

A COMPARATIVE STUDY OF JOB STRESS OF PRIVATE AND GOVERNMENT HIGH SCHOOL PHYSICAL EDUCATION MALE TEACHERS

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Abstract: Stress is becoming a global phenomenon affecting all categories of workers. The people can face any one or all the three types of stress such as physical stress, mental stress and emotional stress. Mental stress arises from normal day to day events like change of job, minor illness, and performance targets to be achieved or even a casual visit by the higher officer to the house unexpectedly. Different people have different tolerance levels of stress with regard to both intensity and duration. Optimum stress leads to high performance and high level of motivation with consequential job satisfaction. Stress above the optimum level leads to adverse consequences both physically and emotionally. The purpose of the study is a comparative study of job stress of private and government high school physical education male teachers. Sample of 100(50-Private+ 50-Govt)physical education male teachers in chikkamagalore district were taken as sample on the basis of random sampling method. The occupational stress index (OSI) by A.K. Srivastava and A.P. Singh. (1983) was used in the present study. The analysis was done by adopting statistical mean, "t" ratio. The findings of the study revealed that government high school physical education teachers have significantly less job stress than private secondary school physical education teachers.

Keywords: Job stress, Physical education teacher, Govt, Private

Introduction

Since the time immemorial, education has been playing key role in making human beings and shaping the civilizations. Our country has a huge resource of the ideas and knowledge to share with the world. Since the ancient civilizations in our country, education has immensely created a profound impact in shaping the behavior of the individuals as well as making the civilizations. However with the changing times, Education has grown to a manifold level in the contemporary world as a result of the growing competitions, specializations in desired fields, systems of transforming as well as transmitting information and knowledge. No society today can afford to ignore the education of its members if it desires to cope up with the aspirations of its members towards the global competition. It can be said that to attain a dignified position in the society, the members of the society must be educated.

Taber's Cyclopedic Medical Dictionary defines STRESS as "the result produced when a structure, system or organism is acted upon by forces that disrupt equilibrium or produce strain". In simpler terms, Stress is the result of any emotional, physical, social, economic, or other factors that require a response or change. It is generally believed that some Stress is acceptable, but when Stress occurs in amounts that we cannot handle, both mental and physical changes may occur. According to Mojoiyola, Stress is derived from the word "stringi", which means "to be drawn tight". Due to many risks, threats and other causes nearly all people experience some sort of Stress. In many job situations, high levels of Stress are an integral part, largely unavoidable component of the work. The need to cope with complexity, ambiguity, conflict and competing demands is a part of organizational life among individuals occupying different positions. Organizations are often unnecessarily Stressful and have a negative impact on individual's physical and mental health. Work-related stress is increasingly recognized as one of the most serious occupational health hazards reducing workers satisfaction and productivity and increasing absenteeism and turnover and it is towards this the study focuses on. The study is being conducted among the Physical education teachers. Teacher's environment include an enclosed atmosphere, time, pressures, excessive noise, sudden swings from intense to ordinary tasks, no second chance, unpleasant sights and sounds and long standing hours. Stress is known to cause emotional exhaustion to Physical education teachers and this leads to negative feelings toward those in their care. Stress is acknowledged to be one of the main causes of absence from work. Anxiety, frustration, anger and feelings of inadequacy, helplessness or powerlessness are emotions often associated with Stress. A Teacher who is angry will find it difficult to give holistic care to students, this makes her negligent in her duties. Occupational Stress in Physical education teachers affects their health and increases absenteeism, attrition rate, injury claims, infection rates and errors in treating student.

Objectives of the study

To Compare the Job Stress of Private and Government High School male Physical Education Teachers.

Hypotheses

There is no significant difference in job-stress between government and private secondary school physical education male teachers.

Methodology

Sample

For the purpose of the present study, a total of 100 physical education male teachers (50 private+50govt) teaching in government and private high schools of chikkamagalore district were selected randomly.

Tool used

Occupational Stress Index (OSI) by Shrivastava and Singh (1984) was the base to administer to assess the level of stress among the physical education teachers. Basically the scale consists of 46 items, each related on the five points scale. As the scale is general in nature so the researchers have been modified the index in relating to the physical education. Two different patterns of scoring have adopted for two types of items. For true items, strongly disagree -1, disagree - 2, undecided – 3, agree – 3, strongly agree – 5 and false keyed items, the reverse components of the job life, which cause stress in one way or others, such as role overload, role ambiguity, role conflict, group and political pressure, responsibility for persons, under participation, powerlessness, poor peer relations, intrinsic improvement, low status, strenuous working conditions, and un-profitability.

Statistical Analysis

Mean, Standard Deviation and 't' test were used to analyses the data.

Results

The job stress of government & private physical education male teachers are given below table

Table -1

The job stress of government& male private physical education male teachers are given below.

Group	No	Mean Score	SD	t value
Government High School Physical Education Teacher	50	112.36	7.37	7.439**
Private High School Physical Education Teacher	50	120.38	8.98	

** Significant at 0.01 level.

Above table reveals that t-value (7.439) for the mean scores of job- stress between government and private schools physical education male teachers which is significant at 0.01 level of significance. In this situation, the null hypothesis "There is no significant difference in job-stress between government and private high school physical education male teachers" is rejected at 0.01 level of significance. It may therefore be concluded that government high school physical education male teachers have less job-stress in comparison to private physical education male teachers.

Conclusion

It is evident that Government high school physical education male teachers were found to have less job stress than private physical education male teachers.

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