

“A comparative study of occupational stress and life satisfaction between teachers of private and government primary schools”.

Dr Isha Varshney
Asst.Prof.
JIE Greater Noida
ishavarshney.gn@jagannath.org

Abstract

The society was economically independent and people got satisfied with their hunger out of the natural fruits and vegetation which grew on earth. There was no concept of property. There was no specialization as the occupation is concerned. Hence we can say that in old days a person were almost free from the concept of occupational stress, but this world of ours founded upon science and technology, is highly mechanized and materialistic. Thus, as a result the life has become quite challenging and competitive at all levels.

Key words: *Occupational stress, life satisfaction, Primary teachers*

Introduction

Education is the capacity to realize the value of one existence and make it worthy for the development of his own and his surroundings. It is universal process that humanizes the humanity and makes life progressive, civilized and cultured. Education is an experience that has a formative effect on the mind, character or physical abilities of an individual. It transmits education, knowledge, skill and values from one generation to another. It enables a person to think clearly and at effectively to realize self-assertive goals and aspirations. It is dynamic and continuous process by which human being develop thinking and reasoning, problem-solving ability. Education is essential for development of an individual as well as of society.

Significance of the study

Now days when India is progressing by leaps and bounds and is on the verge of becoming a developed nations, we cannot afford to neglect talents of our teachers because the scan progress. The teachers influence the immixtures minds of the youth. He immature minds of the youth, he treats and moulds the young mind into various forms. The economic condition of teachers is also miserable and we know that our country is economically backward and the standard of the masses is very low. In present day society only those people command respects that power and money. The society the past which respected teachers has vanished. The poor teacher does not enjoy much prestige in the society of today. These schools employee teachers at very low salaries and the teachers cannot give his best to the students. There is a great dis satisfaction and frustration among teachers working conditions I schools and college are appalling. It is very sad that the persons in charge of education are then salvers quite ignorant. They look down upon teacher as more employees and nothing else. In such conditions the teacher’s feels helpless and frustrated.

The need of study is to find out satisfaction of teachers in their life because if they satisfied in their life, they will be satisfied in their occupation and perform their job in a better way. There is mushrooming growth of school during recent years but there is unavailability of adequate Teaching learning material, poor infrastructure and new recruitment policy, and poor connectivity. These factors could cause an impact on their job satisfaction. The study aims to find out the impact these factors on their life satisfaction.

Statement of the problems

“A comparative study of occupational stress and life satisfaction between teachers of private and government primary schools”.

Objectives

- 1) To study occupational stress of teachers in private and government primary schools.
- 2) To study life satisfaction of teachers in private and government primary schools.
- 3) To compare life satisfaction of teachers of private and government primary schools.
- 4) To compare occupational stress of teachers of private and government primary schools.

Hypotheses

1-There is a significant difference between occupational stress between private and government primary school teachers.

2- There is a significant difference between life satisfaction of private and government primary school teachers.

Selection of the area

Ujhani city was selected as the target area for conducting the present study due to the convenience in the availability of schools, for data collections. There are number of govt. primary schools and private primary schools available in Ujhani city. It is a city with cultural peace and diversity.

The travelling distance between Chandausi and Ujhani is 85km. and travelling time is approx 2½ hours by bus. Good daily service of bus is available here Ujhani is the residential and working area of researcher while that of supervisor is Chandausi.

Population

In order to serve a useful purpose, sampling should be unbiased or representative. The logic of the theory of sampling is the logic of induction, i.e. we proceed from particular (sample) to general (population) and all the results are expressed in terms of probability.

There are many schools of govt. primary teachers and private primary teacher where occupational stress and life satisfaction both are provided. There are almost 10 to 12 schools in Ujhani city.

Sample

In order to obtain in objectives of the study 100 teachers of govt. primary teachers and private primary teachers were selected randomly from schools of primary level of Ujhani city govt. teachers and private teachers at primary level are being taken.

The researcher selected, primary schools of Ujhani city randomly.

TABLE A (Government teachers)

Sl.No.	Name of city	No. of teachers	Total of schools
1	Ujhani	50	15

TABLE B (Private teachers)

Sl.No.	Name of city	No. of teachers	Total of schools
1	Ujhani	50	10

Variable

The following two type of variable were used in this study:-

- a) Independent variable
- b) Dependent variable

Independent variable

Independent variables are those that by the experimenter can be manipulated or controlled the independent variable I the study is attitude.

Dependent variable

Dependent variable is the measured change in the pupils performance attributable to the influence for independent variables the study involved two dependent variable.

- 1) Occupational stress
- 2) Life satisfaction

Tools of data collection

For collecting new unknown data required for the study of any problems the selection of suitable instrument is of vital importance for successful research.

occupational stress index

The investigator used “occupational stress index for knowing the occupational stress of govt. teachers and primary teachers at primary level. This tool constructed by Dr. A.K. Srivastava and Dr.A.P.Singh.

Life satisfaction scale tool

The Life Satisfaction (LSS) is developed with a view to provide a handy tool for identifying persons having low satisfaction in life, and who may require psycho-diagnostic help.

Statistical techniques

The obtained scores (or X scores) were analysed by the help of mean, S.D. and ‘t’ test.

RESULTS AND DISCUSSION**Statistical Analysis****Objectives**

- a) **To study occupational stress of teachers in private and govt. primary schools.**

TABLE- A

Sl.No.	Primary Teachers	No. of teachers	Mean	S.D.
1	Govt, primary teachers	50	127.66	9.02
2	Private primary teachers	50	132.34	14.51

b) To study life satisfaction of teachers in private and govt. primary schools.**TABLE- B**

Sl.No.	Primary Teachers	No. of teachers	Mean	S.D.
1	Govt, primary teachers	50	132.34	16.13
2	Private primary teachers	50	118.7	4.98

c) To compare life satisfaction of teachers of private and govt. primary schools.**TABLE -C**

Sl.No.	Primary Teachers	No. of teachers	Mean	S.D.
1	Govt, primary teachers	50	127.66	9.02
2	Private primary teachers	50	132.34	14.51

d) To compare occupational stress of teachers of private and govt. primary schools.**TABLE -D**

Sl.No.	Primary Teachers	No. of teachers	Mean	S.D.
1	Govt, primary teachers	50	127.66	9.02
2	Private primary teachers	50	132.34	14.51

Hypothesis verification

Null hypothesis was formulated. Data were collected with the help of tool . Hence to carry out the research and also reach on some conclusion. The data give statistical treatment. The data analysed and discussed as below:

Hypothesis I

There is a significant difference between occupational stress between private and govt. Primary school teachers .

TABLE-E

S.No.	Primary teachers	N	Mean	SD	t- value	Level of significance
1	Govt.teachers	50	127.66	14.51	1.93	.05=1.96
2	Private teachers	50	132.34	9.02		.01=2.57

- Table A shows that mean of group I was 127.66 And SD of group I 14.51
- The mean of group II was 132.34 and SD of group II was 9.02
- The calculated 't' value was 1.93
- The table value at df 98 is 1.97 at 0.05 level and 2.57 at 0.01 level of significance. Our calculate 't' value is 1.93 which is lesser at both level significance. So it is not significant and null hypothesis is accepted at the both the level.

Hypothesis II

There is a significant difference between life satisfaction of private and govt. Primary school teachers.

TABLE-F

S.No.	Primary teachers	N	Mean	SD	t- value	Level of significance
1	Govt.teachers	50	132.34	16.13	5.71	.05=1.96
2	Private teachers	50	118.7	4.98		.01=2.57

- Table no 1 shows that mean of group I was 132.34 And SD of group I 16.13
- The mean of group II was 118.7 and SD of group II was 4.98
- The calculated 't' value was 5.71
- The table value at df 98 is 1.97 at 0.05 level and 2.57 at 0.01 level of significance. Our calculate t' value is 5.71 which is greater at both level significance. So it is significant and the null hypothesis is rejected at both the level.

Discussion

From the result of the study it is clear that the primary schools teachers as a whole are found to be highly. Stressed, this finding supports the past research that the teaching profession has become one of the most stressful professions.

The next finding of this study revealed that on the basis of the type of school private school teachers face more stress than the government Teachers. This may be due to low salary and more. Burden of working in private schools.

Similarly, primary teachers of private and government are similar. Schools teachers have been found to differ significantly in the level of occupational stress. The private school teachers have found to be significantly more stressed than their govt. School teachers.

From the results of the study it is also clear that primary schools teachers as a whole are found to be satisfied with average satisfaction.

The private primary schools teachers are average and satisfied with their mental, job, social and family. The govt Primary school teachers are average satisfied with their life.

Conclusion-

The following conclusions were drawn:

- 1) The govt. and private primary school teachers do not differ significantly on sub scales. Role overload, responsibility for person power lessens unprofitably.
- 2) The govt. and private primary school teachers differ significantly or subscales. Role ambiguity, role conflict, unreasonable group and poor peer relationships and low status.
- 3) The govt. and private school teachers difference significantly on over all occupational stress level. Private primary school teachers have more stress level them govt. primary school teachers.

The study analysed occupational stress and life satisfaction of teachers. It was found that occupational stress levels of teachers were slightly higher than their life satisfaction levels. Economic problems experienced by teachers might have caused this result. Economic insufficiency of individuals mostly affects their life satisfaction. Analysis showed that there was a positive significant relationship between occupation stress and life satisfaction.

Teachers working in govt. schools had higher life satisfaction than those working in private schools and there was a statistically significant difference between these two groups of teachers. In ujhani

schools are inspected by the govt. of education. Teachers working in govt. schools are permanent govt. servants and have no risk of dismissal.

On the other hand, teachers working in private schools work on contractual basis and their contracts are extended each year according to their performance. For these reasons, teachers have to achieve a great success in their work and to improve and renew themselves to stay at the same school. These might have negatively affected life satisfaction of teachers working in private schools.

This study analysed their relationship between occupational stress and life satisfaction of teachers. It was found that there is a correlation between occupational stress and life satisfaction; however, life satisfaction levels of teachers were found to be slightly higher than their..

Suggestions for Future Research

Researches are not the end results but they always open new ways and directions for further endeavours. In the same way, the present investigation is also not the dead end. It can be extended by including new variables, sample and place. At the same time further reasons can be undertaken while removing the limitations of the study. Some of the important suggestions can be given as follows:

- The present research was conducted on a smaller sample of teachers working in different schools of Ujhani, which is limited in size, further research can be conducted on larger sample including teachers from different cities and regions.
- A comprehensive research can be planned and conducted on teachers of different categories like primary school, middle school, secondary school, senior secondary school and university teachers with different grades.
- This kind of study can also be conducted on teachers of English, Hindi and Urdu medium schools.
- A comparison of teachers of rural-urban background, different age groups, socio-economic status and length of job can also be made in this regard.
- Studies regardless of religion, cast and creeds on married and unmarried, male and female, school teachers which seems to be a neglected area of research can also be carried out.
- In the present investigation interview method and projective techniques could be used, besides using the questionnaire for data collection to validate the results of the present investigation.
- Further, this kind of research can also be conducted on life satisfaction, burnout, job commitment, job involvement, job motivation and quality of work life dimensions
- The levels of stress of teachers in relation to their biological, psychological and social systems.
- The long term effects of occupational stress on teachers

Bibliography

Ahmad, N., Raheem, A. and Jamal, S. (2003). Job satisfaction among school teachers. *The Educational Review*, 46(7), 123-126

Anbuchelvan, C., 2010, "Occupational Stress of High School Teachers", *EduTracks*, 9 (9), pp. 31-33.

Bachkirova, T. (2005). Teachers stress and personal values: An exploratory

Betoret, F.D. (2006). Stressors, self-efficacy, coping resources and burnout among secondary school teachers in Spain. *Educational Psychology*, 26(4)

Borg, M.G. and Falzon, J.M. (1989). Stress and job satisfaction primary school teachers in Malta. *Educational Review*, 41, 271-279.

Boyle, G.J., Borg, M.G., Falzon, J.M. and Baglioni, A.J. (1995). A structural model of the dimension.

Broiles, P.H. (1982). An inquiry into teachers stress: Symptoms, sources and prevalence. DissertationAbstract International, 43(4), 1077-A.

Capel, S.A. (1987). The incidence of and influences on stress and burnout in secondary schoolteachers. British Journal of Educational Psychology, 57, 279-299

Chopra, R., and Gartia, R., 2009, "Accountability of Secondary School Teachers in Relation to their Occupational Stress", EduTracks, 8 (7), pp. 41-43

Cooper, C.L. (1986). Job distress: Recent research and the emerging role of the clinical occupational psychologist, Bulletin of the British Psychological Society, 39, 325-331.

DeNobile, J.J., and McCormick, J., 2007, "Occupational Stress of Catholic Primary School Staff: Investigating Biographical Differences", A Paper presented at the Annual Conference of the Australian Association for Research in Education, Fremantle,

