



Role of Second Order and Derived Factors of Personality on Stressful Behaviour of Self Finance Degree College Teachers

*Roma Kumari

**Lal Babu Singh

*Research Scholar, Department of Psychology, Veer Kunwar Singh University, Ara.

**Associate Professor, Department of Psychology, Veer Kunwar Singh University, Ara

Abstract

Man lives in society since birth, due to which he is affected by both heredity and the environment. These two factors also determine the personality of a person. Individuals choose occupations of their choice to earn their living in society. The work of teaching is revered and respected in society as compared to other professions. The Guru who professes the work of education is considered the most respected person in society. It is also said in our scriptures that "Guru Brahma Guru Vishnu Guru Devo Maheshwara Guru Sakshat Parabrahma Tasmai Sri Guruve Namah". Despite the nobility of the professional teachers with a self-financed degree college faces so much stress and tension in the college environment. The study reveals the role of psychological factors on the stressful behaviour of self-financed degree college teachers.

Key Words: Exvia, Anxiety, Cortertia, Independence, Neuroticism, Achievement, Leadership, Creativity

Introduction

Man is a social creature whose existence cannot be imagined other than society. In the process of socialization, man has to face a variety of situations and contradictions in his views and belief. Through this process, he acquired various social skills and knowledge and education plays a significant role to make a man knowledgeable, socialized and decent. Teachers are the determinants of the futures of any society by paving the path of students.

In today's scenario stress has become an integral part of life. Today every person is suffering from stress in one way or other. On a visit to a self-financed degree college, it has been observed that different teachers handle the same kind of environment and situation differently. Further, the level of stress appears differently

in a different teacher as a reaction to a particular situation. It parked researcher to investigate what kind of personality factors are responsible to tackle Stress.

In the modern era, the guru has not had this glory which was in *Sanatan Dharma*. During visits to a private institution, it was observed that teachers do not feel very proud about their work. The effect of not having a favourable environment on them was visible. In today's perspective, it is seen that in private institutions, the fear of losing the job due to heavy workload, lack of independence, constraints in creativity, despite having the ability to lead, accepting subordination, etc., keep teachers under more stress. Due to these elements, teachers are not able to discharge their duties properly, not only that, despite being in a respected place, they are losing their existence.

Personality

Personality is the total of one's behaviour which he manifests in a particular situation. According to Allport "Personality is the dynamic organization within the individual of those psycho-physical systems that determine his unique adjustment to his environment" (Singh, 2015)

So, $P = \text{Heredity} \times \text{Environment}$

Stress

The word stress originates from the Latin word "strictus" which means narrow or tight (Stress and Learning, 2022). This means the word stress is a state of mind that denotes a kind of strain, tension and pressure.

Stress may be defined as a condition or feeling experienced by a person when he discerns that demands surpass the personal and social potential the individual can deploy (The American Institute of Stress, 2022).

Operational definitions:

Second-order personality factors- The scores obtained for second-order factors in HSPQ are considered second-order personality factors for the research.

Derived factors: The scores obtained for deriving factors in HSPQ are considered to derive factors of personality for the research.

Stress: The scores obtained in SPSSI developed by Arun Kumar Singh is taken as stressful behaviour for the research.

The objectives of the study

- To study the effect of second order personality factors on stressful behaviour of self-finance degree college teachers.
- To study the effect of deriving factors of personality on stressful behaviour of self-finance degree college teachers.
- To study the effect of gender on the stressful behaviour of self-finance degree college teachers.

Hypotheses

- The second order of personality factors is correlated with the stressful behaviour of self-finance degree college teachers.
- Derive factors of personality are correlated with stressful behaviour of self-finance degree college teachers.
- There is a role of gender in the stressful behaviour of self-finance degree college teachers.

Methodology

Type of research: The type of research is quantitative descriptive research.

Population

Teachers of self-financed degrees college in Sitapur district is the population of the research.

Sample

The size of the sample is 100 teachers from self-financed degree colleges.

Sampling

Sampling has been done in two stages, at first 10 colleges were selected out of 90 colleges of Sitapur district by random sampling. In the second stage, 10 teachers were selected from each college by incidental sampling.

Table:1

Number of colleges	Male teachers	Female teachers	Total teachers
10	58	42	100

Variables: -

Independent variable: Second order, derived factors of personality.

Dependent variable- Level of stress.

Tools

- To measure second order and derived factors of personality **H.S.P.Q developed by Raymond B. Cattell and Mary D. L. Cattell** has been used.
- Stressful behaviour has been measured through **SPSSI developed by Arun Kumar Singh, Ashish Kumar Singh and Arpana Singh.**

Statistical techniques:

Mean, standard deviation, t-test and product movement correlation have been used in the paper.

Results

- **Exvvia:** The correlation coefficient between the exvvia and stressful behaviour is -0.32 which shows a low negative correlation between them.
- **Anxiety:** The correlation coefficient between anxiety and Stressful behaviour is +0.46 which shows a moderate positive correlation between anxiety and stressful behaviour.
- **Cortertia:** The correlation coefficient between cortertia and stressful behaviour is -0.29 which shows a low negative correlation between criteria and stressful behaviour.
- **Independence:** The correlation coefficient between independence and stressful behaviour is + 0.58 that's so moderate positive correlation between independence and stressful behaviour.
- **Neuroticism:** The correlation coefficient between neuroticism and stressful behaviour is + 0.60 said which shows a moderate positive correlation between neuroticism and stressful behaviour.
- **Achievement:** The correlation coefficient between achievement and stressful behaviour is +0.42 which shows a moderate positive correlation between achievement and stressful behaviour.
- **Leadership:** The correlation coefficient between leadership and stressful behaviour is +0.28 shows a low positive correlation between leadership and stressful behaviour
- **Creativity:** The correlation coefficient between creativity and stressful behaviour is +0.27 showing a low positive correlation between creativity and stressful behaviour.
- **Level of stress in males and females:** Male and female college teachers differ significantly in their stressful behaviour. The level of stress in female teachers is higher than that of male teachers at significance level of 0.01.

Table -2

Sample	n	M	S	D	σD	t	Significance
Female	42	72.09	11.29	8.35	1.48	5.75	Significant at 0.01 level
Male	58	63.74	7.25				

Interpretation and discussion

Exvvia: It was found that extrovert people tend to present most of their things to others in some form or the other. Due to this, they show less stressful symptoms. The nature of an extroverted person is social and talkative, it is often seen in such a person that he/she shares even the smallest things with others. There are very few things they focus their attention on. Therefore, there is not much frustration in such a person due to which the symptoms of stress are seen less in them.

Anxiety: Anxiety makes a person mentally weak. Due to this, a person takes every little thing in a negative form, that is why such people get worried over the smallest thing. In private institutions, the workload is so high that he cannot consider himself independent mentally. Due to which is stressful behaviour a start

appearing in the person. Not only this, such people considered every work to be negative and problematic. Consequently, to which they start showing more stressful behaviour.

Cortertia: When a person is mentally in a state of consciousness then he can easily solve even the biggest problem. So, that there is no sense of frustration. Therefore, in this situation, the person appears to be satisfied. Mental alertness always keeps a person ready to tackle any situation. He is not afraid of any situation and his mental alertness keeps a person successful in his life.

Such people who are not in a state of mental consciousness are afraid to face situations due to which mental tension is visible in them.

Leadership: Leadership is such a quality of personality that people can organize and lead them to attain a common objective and to present their point of view concretely. But in private institutions, it has often been seen that people do not have the freedom to speak and take decisions freely. Because in today's time due to increasing unemployment, people suppress their will and say yes to others due to the fear of losing their jobs. Due to this, they have to be subordinated by others even though they can lead. That causes mental stress in them.

Independence: Freedom refers to the freedom of the individual to present his or her independent views and act independently and not be under any pressure. Due to the work pressure, and restrictions in a private institution, the person is neither able to express his thoughts freely nor is he able to discharge his duties freely. Due to this stress is seen more in them. Freedom contains such a quality in a person that if there is a slight interference in his work, then it affects the person a lot. This is the reason that teachers working in private institutions express stress more because they do not get a conducive environment there.

Neuroticism: Neuroticism keeps the person in a frightening state. People suffering from this always live in an atmosphere of fear and apprehension. Such people always negatively take the situation. They exaggerate any task and present it as problematic. As a result of which the effect of stress is seen the most in such people. Due to the pressure of work in private institutions, the people suffering from it, show more stressful behaviour.

Achievement: When a person achieves a goal motivated by his desire, it is called achievement. To achieve the achievement, it is more necessary for the person to be mentally independent. Because when a person gives 100% only then he can achieve his goal. In private institutions, the person gets new responsibilities day by day, due to which the person gets stuck in the same problems. Consequently, he/she is not able to follow his dream seriously, as a result of which the behaviour of stress starts showing in him.

Creativity: Creative person tries to find new solutions to any problem. When such a teacher presents a new solution to a problem in the institution, most of the solutions are not accepted. It causes a feeling of tension in him. A naturally creative person is stressed while trying to find out a solution, this is the reason why there is a positive correlation between creativity and stressful behaviour in teachers working in private institutions.

The difference in stressful behaviour between female and male teachers: Differences in stressful behaviour are found between female and male teachers. It has been seen that women are more prone to stressful behaviour, mainly because of their double responsibility on them. Apart from their jobs, women have to discharge their household duties also. Due to this dual burden female teachers show more stressful behaviour in comparison to their male counterparts.

Conclusion

Based on this research, it can be said that there is an effect of second order and derived factors of personality of teachers working in self-finance degree college on their stressful behaviour. It has also been found through this research that due to the dual burden of work the level of stress in female teachers is more than that of male teachers.

References

- Best, J.W.& Kahn, J.V. (2012). *Research in Education* (10th ed.). New Delhi: PHI Learning Private Limited.
- Dwivedi, R.K. (1995). *Organizational culture and performance*. New Delhi: M.D. Publications.
- *Manual for High School Personality Questionnaire (HSPQ)* by Raymond B. Cattell and Mary D. L. Cattell. Published by The Institute and Ability Testing, Inc 1968-69.
- *Manual for Singh Personal Stress Source Inventory (SPSSI)* by Arun Kumar Singh, Ashish Kumar Singh and Arpana Singh. Publisher: Agra National Psychological Corporation 2004.
- Singh, A. K. (2015). *Modern General Psychology*. New Delhi.: Motilal Banarsidass.
- Singh, A.K. (2017). *Research Methods in Psychology and Sociology* (13th ed.) New Delhi: Motilal Banarsidass.
- Stress and Learning. (2022). Retrieved from https://link.springer.com/referenceworkentry/10.1007/978-1-4419-1428-6_203.
- The American institute of stress. (2022). Retrieved from <https://www.stress.org/what-is-stress>.
- The University of Lucknow. (2022, April 7) Retrieved from <https://www.lkouniv.ac.in/article/en/college-list>.