



A STUDY ON STRESS MANAGEMENT AMONG COLLEGE TEACHERS IN MAYILADUTHURAI DISTRICT

¹Dr. A. RAVIKUMAR

¹ Assistant Professor of Commerce, A.V.C. College (Autonomous), (Affiliated to Annamalai University, Chidambaram) Mannampandal, Mayiladuthurai District

ABSTRACT

Nowadays stress becomes universal phenomenon. Abrol (1990) discussed about, Every person wants more and more for the attainment of pleasure, due to this competition is increased in every field of life and this competition generates stress among people no doubt the competition is must but we don't ignore its result in the recent years as more and more are coming to take on many jobs. But these college teachers facing various Challenges, one is stress and stress is one cause of coronary heart disease. Stress is common among the career at Workplace. Nowadays the percentage of coronary heart disease is increased among college teachers the main causes are work related stress, value conflict, type of work, standard of living, nutrition, lack of physical exercise. Aditi and Kumari (2005) discussed in their research teachers facing lot of problems like overweight, body ache, and psychosomatic effect etc.

Keywords: Stress, Profession, workplace, etc.,

INTRODUCTION

Stress becomes dangerous when it interferes with his ability to live a normal life over an extended period. The person may feel tired, unable to concentrate or irritable. Stress can also damage the person physical health. Stress can precipitate or aggravate the experience of symptoms. People who are under stress may believe that they are more vulnerable to illness and so attend more closely to their bodies. Financial strain, disruptions in personal relationships, and other stressors lead people to believe that they are ill. Stress has been examined in terms of psycho physiological changes. It increases in physical factors such as heart rate, blood pressure and muscle potential, changes in psychological factors, such as increases in fear, anxiety, anger and decreases in cognitive ability and sensitivity to others.

STATEMENT OF THE PROBLEM

As compared to other levels of educational system in the society, higher education has a much bigger role to play. Being at higher level of the educational pyramid and thus able to influence other levels of education, and having wider access to all available knowledge, it can undoubtedly operate as a powerful instrument to help the process of social change in Indian society. It nurtures the competency of future leadership in the students who hold the potential to develop the society. It prepares them to successfully carry

out different responsibilities for social, economic and political development. Higher education is 'higher' also because it is at the frontier of knowledge trying to further expand these frontiers.

College Teachers are arguably the most important group of professionals for our nation's future. Therefore, it is disturbing to find that many of today's teachers in higher education are dissatisfied with their jobs. Job satisfaction is good not only for employees but society as a whole. It increases productivity and classroom performance in the college. These aspects are important in higher education in India. The government of India is highly concerned to provide quality education at college level. But without job satisfaction among the behaviour of the college teachers, the objective of providing quality education would not be materialized. Therefore, job satisfaction is needed among college teachers to promote quality education.

SCOPE OF THE STUDY

This study of the stress management depends on the college teachers and then management. Because the stress related to work, family, decision, your future, and more. Stress is both physical and mental. It is caused by major life events such as illness, the death of a loved one, a change in responsibilities or expectation at work and increase job promotion, avoids loss, or changes in the organization. Changing worker demographics (race/ethnicity, gender, and age) and worker safety and health

IMPORTANCE OF THE STUDY

Stress underlies such diverse conditions as psychosomatic, heart diseases and can be a major contributor to disturbances in one's emotional, social, company and family life. It inhibits creativity and personal effectiveness and exhibits itself in a general dissatisfaction; there is great impact in college teachers that end up with stress. Thus an attempt is made to assess the various dimensions of stress among college teachers

OBJECTIVES OF THE STUDY

The following are the objectives of the study

1. To identify the various causes for stresses that affects the teachers in the college atmosphere
2. To identify the different ways in which the teachers manage stress
3. To find out techniques applied by the College teachers for managing stress.
4. To give suitable suggestions to manage stress.

METHODOLOGY

In this study both primary and secondary data has been used for the purpose of collecting data. The primary data have been collected through the well-structured questionnaire. In order to understand the stress management among college teachers, 100 samples were selected as a sample in Mayiladuthurai District by adopting opportunistic sampling method. The secondary data have been collected from various published literature like text books, magazines, newspapers and websites. Data has been analysed using percentage and interpreted for meaning inferences.

LIMITATIONS OF THE STUDY

The study is subject to the following limitations.

- ❖ The study area is confined only to Mayiladuthurai District
- ❖ The sample size is supposed to be representative of the views of the college teachers. The study of sample size is restricted to only 100 respondents due to time constraints.

RESULTS AND DISCUSSIONS

Out of 100 respondents, 42% belonged to age category of 31 to 35 years, 30% belonged to the age category of up to 30 years, 22% of customer belonged to the age category of 36 to 40 years and the rest of 6% pertaining to the age category of above 40 years. 72% of the respondents are unmarried and the remaining 28% are got married. This reveals that a vast majority of the respondents are taken for the study is unmarried.

36% of them are language teachers and the proportion of science and humanities teachers are 32% each. It is clear that, 4% of the respondents fall under the category of head of the dept., 14% respondents belongs to the category of Associate professor, 82% respondents belongs to the category of Assistant professor. 35 respondents are having work experience with 5 to 10 years in teaching, followed by 33 respondents are having teaching experience between up to 5 years, 20 respondents are having experience between 10 to 15 years and 10 respondents are having above 15 years in teaching experience.

It indicates clearly out of 100 respondents, 38 respondents are got their salary above Rs.10,000, followed by 34 respondents are get between Rs.8001-10,000, followed by 18 respondents are get Rs.6001-8000 and 10 respondents are get below Rs.6000. Majority of the college teachers (60%) are satisfied with the Financial and promotional aspects like salary, incentives etc. given by the Govt.

59% of them opined that it is good, followed by 36% as very good followed by 5% as fair and it was noted no one opined that the students behavior in the classroom as bad and very bad. Majority of the respondents (65%) stated that it is good; 25% of the respondents stated that it is Very good and 10% of the respondents stated that it is fair.

It was inferred from the table, 50% of them have very much satisfaction with this aspect and it was noted that no one opined that some few and not at all. 55 respondents are satisfied their job in self-financing college teachers, followed by 32 respondents are highly satisfied their job and it was noted only 3 respondents are dissatisfied their job. 52% of College teachers were stressed through the poor student behavior and results. 12% of College teachers were stressed through the management politics. 28% were stressed in the interference of work with personal life. Only 8% of college teachers were stressed through their colleagues.

This study clearly shows that opinion about the sharing stress problems. 56% of the College teachers were sharing stress problems with friends, 30% of the College teachers were sharing stress problems with colleagues, 10% of the College teachers were sharing stress problems with their family and only 4% of the College teachers were not shared the stress problems. 82% respondents are said (Always) heavy work load, and then remaining 18% respondents are said (Often) heavy work load. 30% of the College teachers were reading books, 20% of the college teachers were taken coffee, 18% of the college teachers were listen music's, 18% of the college teachers were undertake yoga and meditation, 10% of the college teachers were taken rest, and only 4% of the college teachers were exercised for managing stress.

SUGGESTIONS

- If the institution concentrates and give more importance to financial problems, Unsatisfactory Work, working environment the level of depression rate will be reduced comparing with the present level.
- Since the individual often get into stress due to organization changes, proper communication should be given to reduce such stress. Seek professional help when appropriate.
- Employee can exercise regularly and get enough sleep. Make time to enjoy an activity outside the work place.
- If you dislike something at home or work, try to change those things that trouble you. "Griping" doesn't solve much.
- Maintain a positive attitude; this will make it easier to live and work with others. Learn about the various relaxation methods available to help you ease your daily tensions.
- Do activities that help you feel relaxed and content (e.g., taking a brisk walk, stretching, or imagining you are in a favourite place).
- Work stress is a real challenge for college teachers and their employing institution. As institution and their working environment transform, so do the kinds of stress problems that employees may face. It is important that your workplace is being continuously monitored for stress problems.
- Further, it is not only important to identify stress problems and to deal with them but to promote healthy work and reduced harmful aspects of work. Work in itself can be a self can be a self-promoting activity as long as it takes place in a safe, development and health- promoting environment.

CONCLUSION

The college teachers having lot of work stress due to their work, and students performance. Majority of the teachers share their problems with friends. The stress can not be avoided, so it should be managed with the proper usage of management techniques. Mainly in rural area the college teachers should use lot of techniques for managing stress like yoga, meditation, listening music's, reading books and rest. Stress Management is the important techniques it is used depends upon their work schedule.

Stress at work can be a real tricky to the organization as well as for its workers. Good management and good work organization are the best forms of stress prevention. If employees are already stressed, their managers should be aware of it and know to help. Work related stress is the retort people may have when present with work demands and pressures that are not matched to their knowledge and abilities and which encounter their ability to cope. Stress occurs in a wide range of work situations but is often made worse when employees feel they have little support from supervisors and colleagues and where they can cope with its demands and pressures. There is often confusion between pressure or challenge and stress and sometimes it is used to excuse bad management exercise. In the workplace and at home, stress and other difficult situation are at an all- time high. Factors such as job insecurity, long hours, continuous change and impractical deadlines can cause serious problem for workers. The aim and goal of the paper is to know the various factors to stimulate stress level among teachers in college level. Workplace stress occurs when there is an imbalance the demands and perceived pressures of the work environment and a specific ability to cope. An individual's experience of

stress at work is to a large extent affected by the level of control they have over their working condition / densities, the degree of support they receive from others in the workplace and the strategies they use to respond to work pressures.

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