



THE JOB STRESS OF TEACHERS

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ABSTRACT

Education is as old as the human race. It is never ending process of inner growth and development of the person. Man learns something every day and every moment. But Stress is involved in every body's life .Today's job holder at any level and in any type of organization under goes a tremendous amount of stress. The effects of such stress would lead to health disorders..In fact the teachers are prone to more stress because dealing with students and caring for their better performance throughout the day is itself a stressful situation. School is considered to a major source of stress in the lives of both students and teachers. The main objective of this study is designed to study the job stress of teachers. Sample comprised of 191 teachers in Tirupati district.

Key words; Teachers, Job Stress

INTRODUCTION:

Stress is involved in every body's life. Today's job holder at any level and in any type of organization under goes a tremendous amount of stress. The effects of such stress would lead to health disorders. In fact the teachers are prone to more stress because dealing with students and caring for their better performance throughout the day is itself a stressful situation. School is considered to a major source of stress in the lives of both students and teachers. Teacher stress is found to involved physical, emotional and attitudinal exhaustion generated by excessive demands upon individual's energy, emotions or resources and common symptoms include diminished pleasure in teaching, increased use of sick leave, drugs or alcohol, irritability, fatigue, depression, in so many and physical problems ranging from migraine headaches and back pain to ulcers.

The aim of the study is the teachers are prone to more stress because dealing with students and caring for their better performance throughout the day, is itself a stressful situation. In particular teacher who are working in Schools.

1. What are the variables, which support job stress of teachers?
2. Is the type of the management which creates job stress of teachers?
3. Is the locality which creates job stress of teachers?
4. Whether teaching experience reduces stress?

The above queries are the immediate puzzling problems, which arose in the Mind of the investigator. The answer to the above doubts may reveal something of interesting conclusions to enable the investigator to understand the job stress

of teachers working in schools in relation to certain variables.

1. Statement of the Problem:

The Job Stress of Teachers

2. Objectives of the Study:

The present research is designed to study the job stress or soft Teachers

1. To test the job stress of teachers and teaching competency scales to be use by teacher himself.
2. To find out the relationship between stress of the teachers and teaching competency.
3. To find out the effect of demographical variables in respect on the job stress of teachers.
4. To study the job stress of Teachers.
5. To study the effect of the following variables on the job stress of teachers.
 - A. Gender
 - B. Locality
 - C. . Type of Management
 - D. Teaching Experience
 - E. Age

3. HYPOTHESES OF THE STUDY:

The following hypotheses & are formulated for the present investigation.

- H1. Teacher differs in their job stress.
- H2. The following variables make a significant effect on the job stress of teachers
- A. There is no significant difference between male and female teachers on the job stress of teachers.
 - B. There is no significant between rural and urban on the job stress of teacher.
 - C. There is no significant between government teachers and private teachers on the job stress of teachers.
 - D. There is no significant between below 10 years experience and above 11 years on the job stress of teachers.
 - E. There is no significant between above 35years and below 35years on the job stress of teacher.

4. VARIABLES OF THE PRESENT STUDY:

A few variables were selected by the investigator as the problem was limited to a certain areas in the present study.

1. GENDER:

It is an important variable. Here this variable is divided into mainly two components.

1. Male
2. Female

The present study mainly focuses on the opinion of the male and female teachers. For the male and female teachers and Residential Schools the data are collected according to the opinions of Male and Female students.

2. LOCALITY:

Rural and Urban students differ in so many respects like behavior, attitude, personality, interest. From this point of view the variable locality as included in this investigation.

3. AGE:

Age is also important sole in the job stress because the thinking is differ from one person to another person so it may also affects the job stress and find out the influence on the job stress at school level. So in the present study age is one of the chosen variables.

4. EDUCATIONAL QUALIFICATION:

The qualification of teachers considered as an important variable as it affects the teachers awareness towards job stress. The person who has high qualifications that person has favorable or positive attitude and uses new methods / strategies in educating the children about the job stress. So the investigate or has selected qualification as one variable in the present study.

5. TEACHING EXPERIENCE:

The teaching experience plays on important role in the job stress in teaching subjects in school level. For the reason that the lack of experience well result in the recognition of the value of the appropriate activities in the development of job stress. So the investigator selected the teaching experience as one variable the teachers having below 10 years, 11 years and above of teaching

6. DESCRIPTION OF THE SAMPLING:

Table showing the size of the sample in variable and category wise.

TABLE-II

S. No.	Name of the Variable	Sub-Group	Number	Total
1	Gender	Male	117	191
		Female	74	
2	Locality	Rural	98	191
		Urban	93	
3	Type of Management	Govt. Bodies	101	191
		Private	90	
4	Teaching Experience	Below 10 Years	148	191
		Above 11 Years	43	
5.	Age in years	Above35	120	191

7. FINDINGS:

In a nut shell the following are the findings of the present study.

- Level of the school teacher's makes 15% of the sample low job stress, 73% of the sample average job stress and 12% of the samples is high job stress.
- Gender of the school teacher's makes significant difference on their job stress. Male teachers have more stress compared to female teachers.
- Locality of the school teachers makes no significant difference on their job stress.
- Types of management of the school teachers make significant difference on their job stress. Private teachers have more stress compared to Government teachers.

5. Teaching experience of the school teachers makes significant difference on their job stress below 10 years teaching experience teachers have more stress compared to above 11 years experience teachers.

6. Age of the school teachers makes no significant difference on the job stress

8. SUGGESTIONS FOR FURTHER RESEARCH:

The present study is limited to school teachers and size of the sample is 191, the following suggestions are given for further research.

1. A similar study may be undertaken on a large sample covering different districts of Andhra Pradesh.
2. A similar study may be undertaken at a time taking the teachers working at different levels.
3. A similar study may be undertaken with the employees of the other profession.
4. A similar study may be undertaken in different states of India.
5. More and more psychological variables may be included in further investigation.

