

Occupational stress among the female teachers of private schools of Gwalior

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Abstract

The aim of the present study is to determine the Occupational stress among the female teachers of Private schools of Gwalior. To assess the statement of the problem total 60 teachers (20 English teachers, 20 Hindi teachers, and 20 physical education teachers of Gwalior) were selected for the study. Only female teachers who had working in Private schools of Gwalior were selected. Occupational stress was measured by “Teachers Occupational Stress Scale prepared by Dr. O. P. L. Srivastava and Dr. Bina Srivastava”. To determine the level of significant difference descriptive study and to find out the group difference Analysis of Variance (ANOVA) was applied. The level of significance was fixed at .05 level.

Keywords: occupational stress, female, Gwalior

Introduction

The word “stress is defined by the Oxford Dictionary as “a involving demand on physical or mental energy”. In medical parlance „stress is defined as a perturbation of the body s homeostasis. Extreme stress conditions are detrimental to human health. But in moderation stress is normal and in many cases, proves useful. An occupational stress can be caused by too much or too little work, time pressure and deadlines, fatigue from physical strains of work environment, excessive travelling, long hours, having to cope with changes in work (Arnold *et al.*, 1991) [1].

Methodology

Total 60 female teachers (20 English teachers, 20 Hindi teachers, and 20 physical education teachers of Gwalior) from different Private schools were selected. Occupational stress was measured by “Teachers Occupational Stress Scale prepared by Dr. O. P. L. Srivastava and Dr. Bina Srivastava”. To determine the level of significant difference descriptive study was applied to determine the significance of difference among the science, math and Physical education female teachers Analysis of Variance (ANOVA) was applied. The level of significance was fixed at .05 level.

Delimitation

- The study will be further delimited to Female.
- The study will be further delimited to Gwalior region.
- The study will be further delimited to Private schools of Gwalior region.

Table 1: Descriptive statistics of school teachers of different subjects on occupational stress

Group	Mean	S.D
English	95.86	24.52
Hindi	98.84	25.94
Physical Education	98.92	26.24

Significant at 0.05 level $t=1.96$

The above table shows that the mean and S. D on occupational stress variable for 20 English teachers is 95.86 ± 24.52 , 20 Hindi teachers is 98.84 ± 25.94 , and 20 physical education teachers is 98.92 ± 26.24 . The table 1 shows that the occupational stress level of Physical education teacher is slightly higher than the other subject 's teachers. The mean of occupational stress of school teachers of Gwalior has been graphically exhibited in Fig. – 1

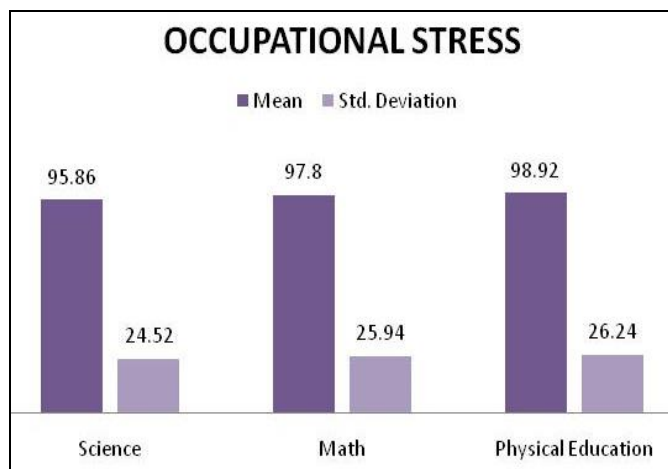


Fig 1: Graphical representation of Mean on occupational stress level of school teachers of Gwalior

Table 2: Analysis of variance (Anova) of Private schools female teachers of different subjects on occupational stress

Source	Sum of Squares	Df	Mean	F	Sig
Between Group	25217.553	30	840.585	2.65	0.02
Within Group	25578.837	19	852.628		
Total	33687.013	49	1122.900		

Significant at 0.05 level $t = 2.95$

Table – 2 reveals that there was found not significant

difference in stress of school teachers of different faculties of Gwalior as the obtained F' ratio 2.65 was lesser than tabulated

value of 2.95 required for the F' ratio to be significant at .05 level with degree of freedom.

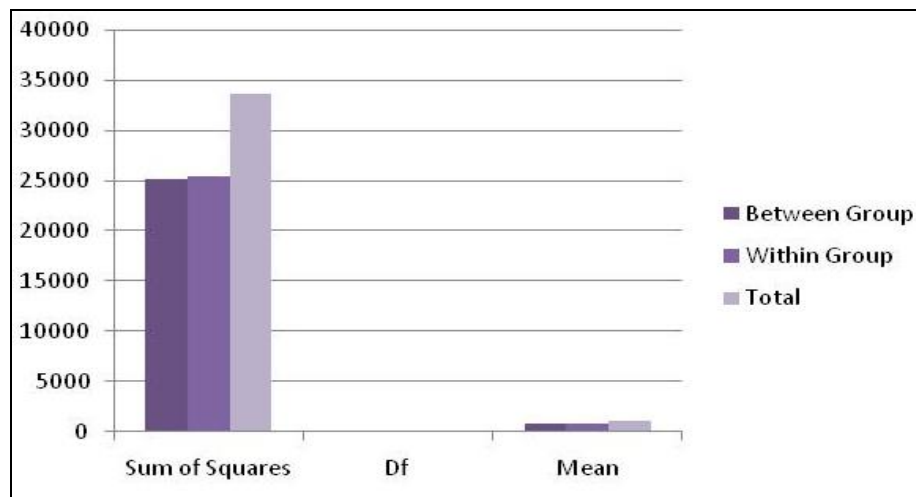


Fig 2: Graphical representation of Analysis of variance (Anova) of Private schools female teachers of different subjects on occupational stress

Conclusion

- The study revealed that there were significant differences in stress among school teachers of different subjects i.e.20 English teachers, 20 Hindi teachers, and 20 physical education teachers of Gwalior.
- There were no significant differences among the female teachers of different subject of Private schools of Gwalior on occupational stress.

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