

Occupational stress among the male teachers of government senior secondary schools of Haryana

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■ ABSTRACT

The aim of the present study is to determine the occupational stress among the male teachers of government senior secondary schools of Haryana. To assess the statement of the problem total ninety teachers (30 science teachers, 30 math teachers and 30 physical education teachers) were selected for the study. Only male teachers who had working in government senior secondary schools of Haryana 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.

■ **KEY WORDS :** Occupational stress, Senior secondary school

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The word, ‘stress’ is defined by the Oxford dictionary as “a state of affairs 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).

■ METHODOLOGY

Total ninety male teachers (30 science teachers, 30 math teachers and 30 physical education teachers)

from different government senior secondary schools were selected. They were selected randomly from the whole population of school teachers working in senior secondary schools of five districts of Haryana state. 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 male teachers analysis of variance (ANOVA) was applied. The level of significance was fixed at .05 level.

■ OBSERVATIONS AND DISCUSSION

Table 1 shows that the mean and standard deviation

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

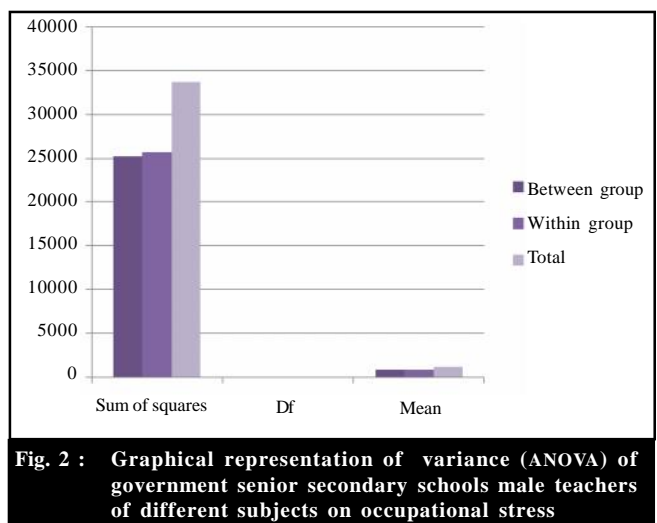
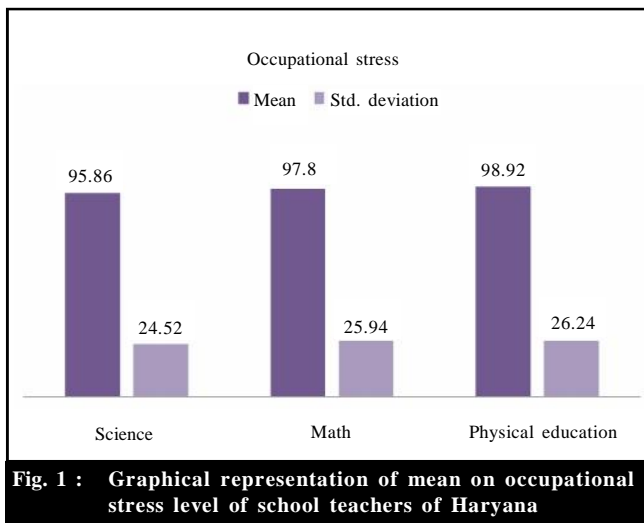
Group	Mean	S.D
Science	95.86	24.52
Math	98.84	25.94
Physical education	98.92	26.24

Significant at 0.05 level t = 1.96

Table 2: Analysis of variance (ANOVA) of government senior secondary schools male 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



on occupational stress variable for Science teachers was 95.86 ± 24.52 ; for Math teachers was 98.84 ± 25.94 and for physical education teacher was 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 Haryana has been graphically exhibited in Fig. 1 Beehr and Newman (1978).

Table 2 reveals that there was found not significant difference in stress of school teachers of different faculties of Haryana 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. Similar work related to the present investigation was also carried out by Billings and Moss (1984); Frese (1985); Friedman (2000); Arnold *et al.* (1991); Lewis (1999); Manthei and Solman (1988) and Sharma and Sharma (1989).

Conclusion :

On the basis of the findings and within the limitations of the study, the following conclusions are drawn:

- The study revealed that there were significant differences in stress among school teachers of different subjects *i.e.* science, language, social science and physical education in Haryana.
- There were no significant difference among the male teachers of different subject of senior secondary schools of Haryana on occupational stress.

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