

Comparative study of occupational stress among physical education teachers of Jammu and Kashmir

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■ ABSTRACT

The paper endeavors to examine the occupational stress among Physical Education Teachers of Jammu and Kashmir. The data was obtained from 333 physical education teachers who are working in various schools of Jammu and Kashmir state. Occupational stress questionnaire was administered among the physical education teachers. Data has been classified on the basis of gender (Male and Female), areas (Rural and Urban) and sectors (Govt and Private). Independent sample t-test has been used to find out the significant difference; if any between male and female, government and private, rural and urban physical education teachers. Analysis of data highlights that there is no significant difference ($P \leq 0.05$) among physical education teachers of Jammu and Kashmir in relation to their gender (Male and Female), areas (Rural and Urban) and sectors (Govt, and Private). The obtained Independent sample t-test values for gender (1.59), sector (0.11) and area (1.18) were not significant at 0.05 level.

■ **KEY WORDS** : Physical education teacher, Occupational stress, Job satisfaction

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The physical education has gained immense importance in the 20th century, with the introduction of physical education as a subject in school and colleges, a large number of physical education teachers are employed in these institutes. Unlike other teachers in the school, the physical education teachers have the extra responsibility of teaching physical education subjects, selection of teams and coaching, accompanying various teams for the tournaments and maintaining discipline in the school. These natures of the job make physical education teachers a unique position in the school and colleges with huge responsibilities and expectations. Thus, physical education teachers are more

prone to stress, especially occupational stress. Lazarus and Folkman (1984) defined, "Stress is in harmonious fit between a person and the environment, one in which the person's resources are taxed or exceed, forcing the person to struggle, usually in the complex way and to cope with." According to Margolis and Kores (1974), "Occupational stress is a condition worth interacting with worker characteristics is to disrupted psychological and physiological homeostasis. Arandelovic and Ilic (2006) reported that the occupational stress is caused by the combination of the high demand of the job and little control over the situation. The causal situation conditions are job stressors and the disrupt homeostasis is job-related

stress.” Occupational stress is one of the serious issues for employees and the employers in any organization. It affects the work efficiency and performance of the employee in the organization. Thus, directly affect the health and well-being of the employees. Therefore, the purpose of this study was to compare occupational stress among physical education teachers in relation to their gender, areas (Rural and Urban) and sectors (Govt and Private).

■ METHODOLOGY

Participants :

Five hundred (500) physical education teachers working in different schools of Kashmir were selected for the purpose of the study. Occupational Stress Questionnaire was distributed among these teachers. Bu only three hundred and thirty-three (333) teachers have returned the completed questioners to the researcher.

Tools :

The researcher had a detailed discussion with the other colleagues and professional experts in the field and physical education and psychology before taking a final decision on the selection of the most appropriate and relevant tools. Due to lack of the standard test of occupational stress related to physical education teachers in the Indian context, the researchers had developed Occupational stress questionnaire by conducting the pilot

study and subjective validity, as it has been assumed that the tool may be conveniently administered to all categories of physical education teachers.

Occupational stress questionnaire :

The questionnaire consisted of thirty-six (36) items each to be rated on five-point scale. Out of 36 items, 23 were true keyed and rests 13 were false keyed. The scale consists of six main occupational stressors for teachers were identified. They are mainly related to the school situation and adversely affect the teacher’s performance. They are working conditions, Role conflict, workload, occupational demands, powerlessness, role ambiguity, motiveless, interpersonal relationship and social support.

■ OBSERVATIONS AND DISCUSSION

The descriptive statistics were computed on the data of occupational stress scores obtained among 333 physical education teachers from the Kashmir.

The Table 1 shown that the obtained mean for occupational stress in the male is 121.70 and those of females are 119.55. The standard deviation obtained is 11.64 and 10.35, respectively. Likewise, mean occupational stress among Govt, and Private sectors physical education teachers are 121.11 and 120.96 whereas, a standard deviation is 11.99 and 9.78, respectively. Similarly, the obtained mean for occupational

Table 1 : Descriptive statistics of occupational stress among physical education teachers of Jammu and Kashmir			
Factors		Mean	SD
Gender	Male (n=234)	121.70	11.70
	Female (n=99)	119.55	10.35
Sector	Govt, sector (n=223)	121.11	11.9
	Private sector (n=110)	120.96	9.78
Area	Rural (n=180)	120.42	11.4
	Urban (n=153)	121.81	11.09

Table 2 : Comparison of occupational stress among physical education teachers of Jammu and Kashmir				
Factors		MD	DF	't' Value
Gender	Male (n=234)	2.14	331	1.59
	Female (n=99)			
Sector	Govt, sector (n=223)	0.16	331	0.116
	Private sector (n=110)			
Area	Rural (n=180)	1.39	331	1.18
	Urban (n=153)			

Not significant at 0.05 Level (DF=331, t_{tab}=1.96)

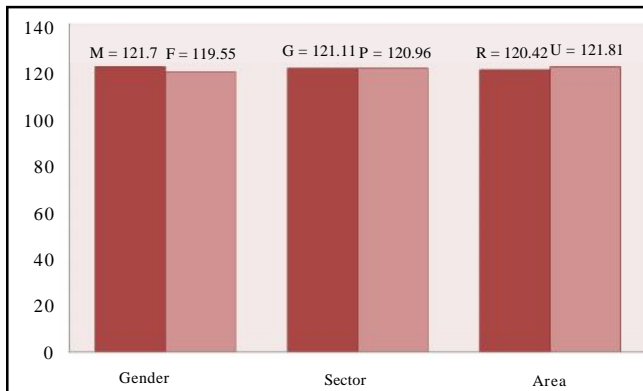


Fig. 1 : Graphical representation of mean scores on occupational stress among physical education teachers

stress among rural and urban physical education teachers is 120.42 and 121.81, respectively, whereas, standard deviation are 11.47 and 11.09, respectively.

The Independent sample t-test (Table 2) was computed for comparing occupational stress among physical education teachers of Jammu and Kashmir (Male versus female, Rural versus urban, Govt, versus Private). The obtained 't' values were not significant at 0.05 level.

It has been observed that male and female physical education teacher experience same level of stress, as there is no significant difference in their occupational stress. The reasons for no significant difference may be attribute to equal remuneration, working conditions, working hours, workload and equal social status of both the genders. Male as well female teacher might be enjoying an equal status. The result is supported by the finding of Alay and Kocak (1990) and Demirel *et al.* (2005).

Similarly, it has been that there is no significant difference between Government and Private physical education teacher on Occupational stress. Previously, Govt, sector is most preferable among the aspirants for job, but now scenario has changed, Private schools also pay various incentives to their teachers so that they perform better in their school, this might be the reason that there is no significant difference in occupational stress between Govt and Private school teachers. Joshi and Jogsan (2011) also did not find any significant difference in occupational stress between Govt and Private school teachers.

Finally, it has been observed that the physical education teachers working in rural and urban areas show no significant difference on the variables of occupational

stress. This is because of the fact that official facilities and provisions might be same for both the areas, Further it is noteworthy that now-a-day's rural areas have been uplifted at par with urban areas with respect to conveniences and other factors. Rao (2007) also found no significant difference between teachers working in rural and urban localities in possession of stress toward teaching profession. Similar work related to the present investigation was also carried out by Aftab and Khatoun (2012); David (2014); Jeyaraj (2013); Murphy (1995); Reddy and Poornima (2012); Sabherwal *et al.* (2015).

Conclusion :

On the basis of present investigation it has been observed that there is no significant difference in occupational stress among physical education teachers of Jammu and Kashmir in relation to their gender (Male and Female), areas (Rural and Urban) and sectors (Govt, and Private). All the physical education teachers, irrespective of their gender, areas and sectors experience some level of occupational stress due to nature of their occupation.

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