

Comparative Study of Occupational Stress Level Among School and College Teachers**Amit Popli ,**Assistant Professor
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Abohar.
amit21popli@gmail.com**Abstract**

The main aim of the study was to compare occupational stress level among school and college teachers. Stress is the main cause of anxiety, frustration and tension which greatly affects physical and mental health. Teachers, whether teaching in schools or colleges, are also badly affected from stress. It is important for the teachers to take necessary steps to deal and cope with stress by adopting certain guidance and counseling programmes. The study helps to compare occupational stress level among school and college teachers.

Introduction

Teachers are the backbone of education system.

Their qualities like love, affection, character, competence and commitment towards profession put a great effect on students. But a teacher cannot fulfill all the expectations of parents as he faces stress in the profession. Moreover, a teacher has to play many roles to meet the needs, obligations and expectations of their students and parents. While fulfilling the expectations, he suffers from occupational stress. If a teacher maintains a balance between his potentialities and occupation, only then, he can give his best to the students. He can enjoy all the comforts of life. If a balance is not maintained, a teacher, students, their parents and all the members of society are badly affected.

Stress

Stress word is derived from Latin word 'Stringer'. It was used first time in 17th century to mean hardship, strain diversity of affliction. In 18th and 19th centuries, it was used to denude force, pressure, strain or strong efforts with reference to an object or person. Stress is the "Wear and Fear" our bodies face as well as adjust to our continually changing environment. It has bodily and expressivespecial effects on us and can generate positive or negative thoughts. So, a stress is a common occurrence among people causing health

issues, lethargies, lack of interest and lack of physical and liveliness.

Hand Selya (1956) described stress as 'non-specific response of the body to anybody to any demand made upon it'.

Occupational Stress

Occupational Stress is defined as the harmful physical and emotional responses that occur when the prerequisite of job do not match with the capabilities, possessions or requirements of the employee. **Coplan, Cobb & French** (1975) described "occupational stress may be as any characteristic of job environment that poses a threat to the individual".

Rationalization of The Study

It is the era of technology and modernization, in which we are living. In fast growing and dynamic environment, the teacher's role is becoming multifarious. The teachers are being challenged with the task of increased work load, research responsibilities and continuous improvement in skill set. The performance demands have increased extremely. Stress badly puts an effect on their physical and mental health. It is the priority to spot the measure by which teachers can stay away from stress and cope up with it. That's why, in this particular, to some extent more definite results anorganized study is needed to be conducted. The study will go a long way to help the authorities to organize guidance and counseling programmes in

which the teacher can discuss their mental tension. So, the aim of study is to compare occupational stress level among school and college teachers.

Statement of The Problem

Comparative study of occupational stress level among school and college teachers.

Objectives of The Study

- To compare occupational stress level among school and college teachers.
- To compare occupational stress level among female school and college teachers.
- To compare occupational stress level among male school and college teachers.
- To compare occupational stress level among school and college teachers working in rural areas.
- To compare occupational stress level among school and college teachers working in urban areas.
- To compare occupational stress level among government school and college teachers.
- To compare occupational stress level among aided school and college teachers.
- To compare occupational stress level among private school and college teachers.

Hypotheses of The Study

- There is no significant difference in occupational stress level among school and college teachers.
- There is no significant difference in occupational stress level female among school and college teachers.
- There is no significant difference in occupational stress level male among school and college teachers.
- There is no significant difference in occupational stress level among school and college teachers working in rural areas.
- There is no significant difference in occupational stress level among school and college teachers working in urban areas.
- There is no significant difference in occupational stress level among government school and college teachers.

- There is no significant difference in occupational stress level among aided school and college teachers.
- There is no significant difference in occupational stress level among private school and college teachers.

Sample

The sample for the present study included teachers of school and college teachers of District Fazilka . The random sampling technique was used for the selection of the sample. A sample of 120 teachers was taken for the study. Out of 120 teachers 60 teachers from school and 60 teachers from colleges were taken.

Statistical Techniques Used For Data Analysis

- Arithmetic mean
- Standard deviation
- T-test

Analysis And Interpretation Of Data

Hypothesis 1

No significant difference in occupational stress level among school and college teachers.

Table 1
t-test for occupational stress level among the school and college teachers

Sr . No.	Groups	No. of Teachers	Mean	SD	SE d	t-ratio	Level of Significance
1	School teachers	60	137.86	17.55	3.03	0.39	Non-significant at 0.05 and 0.01 level
2	College teachers	60	136.65				

Table 1 shows that t-ratio for school and college teachers is 0.39 which is less than the table value 1.98 against 1/118 at 0.05 level and 2.62 against 1/118 at 0.01 level. It shows that school and college teachers as a single main variable does not differ significantly on occupational stress level. Thus, the hypothesis of non significant difference in the

occupational stress level among school and college teachers can be accepted.

Hypothesis 2

No significant difference in occupational stress level among female school and college teachers.

Table 2

t-test for occupational stress level among the female school and college teachers

Sr. No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	Female school teachers	30	137.9	19.6	4.9	0.25	Non-significant at 0.05 and 0.01 level
2	Female college teachers	30	134.60				

Table 2 shows that t-ratio for female school and college teachers is 0.25 which is less than the table value 2.00 against 1/58 at 0.05 level and 2.66 against 1/58 at 0.01 level. It shows that female school and college teachers as a single main variable does not differ significantly on occupational stress level. Thus, the hypothesis of non significant difference in the occupational stress level among female school and college teachers can be accepted.

Hypothesis 3

No significant difference in occupational stress level among male school and college teachers.

Table 3

t-test for occupational stress level among the male school and college teachers

Sr. No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	Male school teachers	30	139.83	15.45	3.86	0.31	Non-significant at 0.05 and 0.01
	Male college teachers						

2	Male college teachers	30	138.63				level
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Table 3 shows that t-ratio for male school and college teachers is 0.31 which is less than the table value 2.00 against 1/58 at 0.05 level and 2.66 against 1/58 at 0.01 level. It shows that male school and college teachers as a single main variable does not differ significantly on occupational stress level. Thus, the hypothesis of non significant difference in the occupational stress level among male school and college teachers can be accepted.

Hypothesis 4

No significant difference in occupational stress level among school and college teachers working in rural areas

Table 4

t-test for occupational stress level among the school and college teachers working in rural areas

Sr. No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	School teachers in rural areas	30	144.13	18.08	4.52	2.96	Significant at 0.05 and 0.01 level
2	College teachers in rural areas	30	130.73				

Table 4 shows that t-ratio for school and college teachers working in rural areas is 2.96 which is more than the table value 2.00 against 1/58 at 0.05 level and 2.66 against 1/58 at 0.01 level. It shows that school and college teachers working in rural areas as a single main variable does not differ significantly on occupational stress level. Thus, the hypothesis of non significant difference in the occupational stress level among male school and college teachers can be rejected.

Hypothesis 5

No significant difference in occupational stress level among school and college teachers working in urban areas

Table 5
t-test for occupational stress level among the school and college teachers working in urban areas

Sr. No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	School teachers in urban areas	30	131.6	17.35	4.33	2.53	Significant at 0.05 level and non-significant at 0.01 level
2	College teachers in urban areas	30	142.56				

Table 5 shows that t-ratio for male school and college teachers working in urban areas is 2.53 which is more than the table value 2.00 against 1/58 at 0.05 level and 2.66 against 1/58 at 0.01 level. Thus, the hypothesis of no significant difference in the occupational stress level among female school and college teachers can be accepted at 0.01 level and cannot be accepted at 0.05 level. So, hypothesis is partially accepted.

Hypothesis 6

No significant difference in occupational stress level among government school and college teachers.

Table 6
t-test for occupational stress level among the government school and college teachers

Sr. No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	Govt. school teachers	20	151.4	13.53	8.38	0.9	Non-significant at 0.05 level and 0.01 level
2	Govt. college teachers	20	143.9				

Table 6 shows that t-ratio for government school and college teachers is 0.9 which is less than the table value 2.02 against 1/38 at 0.05 level and 2.71 against 1/38 at 0.01 level. It shows the government school and college teachers as a single main variable does not differ significantly at occupational stress level. Thus, the hypothesis of no significant difference in the occupational stress level among government school and college teachers can be accepted.

Hypothesis 7

No significant difference in occupational stress level among government school and college teachers.

Table 7
t-test for occupational stress level among the aided school and college teachers

Sr. No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	Aided school teachers	20	146.8	10.3	3.19	2.70	Significant at 0.05 level and non-significant at 0.01 level
2	Aided college teachers	20	138.15				

Table 7 shows that t-ratio for aided school and college teachers is 2.70 which is less than the table value 2.02 against 1/38 at 0.05 level and 2.71 against 1/38 at 0.01 level. Thus, the hypothesis of no significant difference in the occupational stress level among aided school and college teachers can be accepted at 0.01 level and cannot be accepted at 0.05 level. So, hypothesis is partially accepted.

Hypothesis 8

No significant difference in occupational stress level among government school and college teachers.

Table 8
t-test for occupational stress level among the private school and college teachers

Sr . No.	Groups	No. of Teachers	Mean	SD	SEd	t-ratio	Level of Significance
1	Private school teachers	20	123.95	13.66	4.23	1.11	Non-significant at 0.05 level and 0.01 level
2	Private college teachers	20	119.85				

Table 8 shows that t-ratio for private school and college teachers is 1.11 which is less than the table value 2.02 against 1/38 at 0.05 level and 2.71 against 1/38 at 0.01 level. It shows the government school and college teachers as a single main variable does not differ significantly at occupational stress level. Thus, the hypothesis of no significant difference in the occupational stress level among government school and college teachers can be accepted.

Findings of The Study

- There was no significant difference in occupational stress level among school and college teachers.
- There was no significant difference in occupational stress level female among school and college teachers.
- There was no significant difference in occupational stress level male among school and college teachers.
- There was significant difference in occupational stress level among school and college teachers working in rural areas.
- There is partial significant difference in occupational stress level among school and college teachers working in urban areas.
- There is no significant difference in occupational stress level among government school and college teachers.

- There is partial significant difference in occupational stress level among aided school and college teachers.
- There is no significant difference in occupational stress level among private school and college teachers.

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