



A STUDY ON DIFFERENT LEVELS OF STRESS AMONG PRIMARY SCHOOL TEACHERS

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ABSTRACT

The main objective of the study was to study and analyze stress of primary school teachers. For this purpose 100 primary school teachers were considered as a sample of the study. Singh Personal Stress Source Inventory (SPSSI) was used to collect the relevant data. Descriptive survey method was used in the present study. After the analysis of results only 13% primary school teachers were found low stressed and 10% primary school teachers were found high stressed.

Keywords: Stress, Primary School Teachers and Singh Personal Stress Source Inventory (SPSSI)

INTRODUCTION

Present advance world is called the 'Age of Anxiety and Stress'. Today stress is a subject, which is hard to avoid. One can find stress everywhere. It could be with in the family, institution and any other social or economic activity. The concept of stress was first introduced in the life sciences by Hans Selye in 1936. But its scientific meaning was, in fact, given in early 20th century, Stress is the process that occurs in response to the situations or events (called stressors) that disrupt or threaten to disrupt our physical, or psychological functioning (Lazarus & Folkman, 1984; Taylor, 1995; Pestonjee, 1992; Baron, 2002). Today in materialistic world stress is found everywhere. In ancient time teaching was done for self-enjoyment. But now it has become profession which is effected by stress like other profession. It is universal truth that some degree of stress is needed for optimum performance of any individual. In teaching profession how far stress is needed for effectiveness so that quality of education should be controlled in future.

Stress is general term applied to the pressure people feel in life. At the time of difficulties one may deal with anxieties by engaging a variety of behaviors, such as engaging, eating and sleeping habits or turning to chemical substances by relief. Collectively all these anxieties are called stress. Stress refers to the individual's perceptions of the demands made by the environment and his ability to meet those demands. When the personal resources and the environmental demands do not match, stress arises. "Stress can be defined as a psychological state which is part of and reflects a wider process of interaction between individuals and their work environment." (According to Cox, 1993)

There have been some literature and studies on the related topic of the present study Akgur, S. and Giarrachi, J. (2003) conducted a study on learned resourcefulness moderates and relationship between academic stress and academic performance, Kashyap, S. and Sidhu, R. (2004) conducted a study on the difference in stress and coping mechanism used by adolescent of science and commerce stream, Kaushik, S. (2004) exhibited a study on stress, strain and work family conflict among working women: intervention through organizational and family support, Broman, C. L. (2005) studied on stress, race and substance use in college student, Kim, K.J., Longes, R.D., Elder, G.H.J. and Lorenz, F (2003) examined the reciprocal influences between stressful life events and adolescents internalizing problems, Kulandaivel, E. (2006) conducted a study on the effect of stress, and Lakshmi, V. (2006) studied on relationship between non-verbal communication and teaching effectiveness, DeNobile, J.J. and McCormik, J. (2007) conducted a study on occupational stress of Catholic primary school staff of investigating biographical differences, Merike, Dasmody and Emer, Smyth (2008) studied on job satisfaction and occupational stress among primary school teachers and school principals in Ireland, Chopra, R. and Gartia, R. (2009) examined the accountability of secondary school teachers in relation to their occupational stress, Alan, H.S., K., Chen and Elaine, Y.C. (2010) studied on work stress of teachers from primary and secondary schools in Hong Kong, Jeffrey, Sprenger (2011) conducted a study on stress and coping behaviors among primary school teachers, Ignatius, O., Nwimoa and Chinagorom, Onwunka (2015) studied on stress among secondary school teachers in Ebonyi State, Nigeria and Bharati, Jani (2017) conducted a study on stress of teachers working at primary school in Kalahandi. On the basis of the review of the literature and studies the researcher has embarked upon the present study.

OBJECTIVE OF THE STUDY

To study and analyze the different levels of stress among primary school teachers.

METHODOLOGY**METHOD**

The researcher has employed descriptive survey method in the present study.

SAMPLE

The researcher has adopted purposive random sampling techniques for selection of the sample. The researcher has selected 100 teachers as a sample from primary school of Agra city.

TOOL

Singh Personal Stress Source Inventory constructed by Arun Kumar Singh, Ashish Kumar Singh & Arpana Singh was used to collect the data.

STATISTICAL TECHNIQUES

Percentage, Mean and Standard Deviation were used to analysis the data.

ANALYSIS AND INTERPRETATION OF THE DATA

To study and analysis the level of stress of primary school teachers, the researcher have collected relevant data by using the Singh Personal Stress Source Inventory (SPSSI). The researcher categorize the stress scores on three levels and calculated mean and standard deviation of the stress scores and presented in the following table1:

Table 1:
Mean and S.D. of Stress Scores on Different Levels of Stress of Primary Teachers

Level of stress	N (%)	Mean	S.D.
High level	10%	81.40	1.17
Average level	77%	53.64	9.86
Low level	13%	25.28	3.10

From the above table it is revealed that 13% teachers are showing low level of stress, 77% teachers are showing average level of stress and 10% teachers are showing high level of stress. The calculated mean values are 25.28, 53.64 and 81.40 for low, average and high stress level respectively. It can be inferred that there are major differences in mean values between all these groups on the basis of statistical result.

CONCLUSION

On the basis of the analysis the result, it is inferred that only 13% primary teachers were found low stressed, 10% were found high stressed and mostly teachers having average level of stress. Many studies concluded that psychological variables are responsible factors for affecting teaching learning activity. After analysis the results of the present study, it can be concluded that teaching learning process is affected by the stress. Stress is a cause of many problems like school climate, management related problems, personal problem, familial problems, financial problems etc. Therefore it is necessary to manage stress of teachers because children education is affected by the teacher's behavior.

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