

Comparison of Job Stress in Male physical education teachers and female physical education Teachers in the Schools of the Ganderbal District at J&K

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Abstract

The purpose of this study was comparison of job stress in male physical education teachers and female physical education teachers in schools of the Ganderbal district. This research was descriptive and survey study. Statistical population included all male and female physical education employees of schools in the ganderbal District . Statistical sample size was estimated using the Morgan Table to be 267 individuals who were selected using multi stage cluster sampling. 138 individuals of this group were male physical education teachers and 129 individuals were female physical education teachers. For collection of data, the Steinmeyer (1977) job stress questionnaire was used. The reliability of the job stress questionnaires was calculated using the Cronbach's alpha coefficient in this research which was 0/862 respectively. For data analysis SPSS software and statistical methods of independent t-test was used. The results of the research showed that significant ($P>0/05$) difference exists between scores of job stress for male physical education teachers and female physical education teachers. In other words, job stress was less among male physical education teachers compared to female physical education teachers.

KEYWORDS: Job Stress, physical Education Teachers, male and female

Introduction

Stress is a general and global phenomenon that involves psychological, physical, family and social dimensions of humans (Hassanzadeh et al, 2005). The expression of stress goes back to the fifteenth century and means tension or physical pressure. In 1706, this expression was used to describe hardship, difficulty or misfortune and in mid 19th century its meaning was extended to include pressure and a force exerted on the body and psyche (Pouladi Reyshahri, 1995).

Now a day, a large number of workers (teachers) undergo stress (cited in Bagherzadeh et al, 2004). Job evolutions such as organizational changes change in income and wage, job promotion, decreased or increased human resources and social changes are topics that in a way exert pressure on the individual and lead him or her to disturbance, worry, concern and anxiety (Robbins, 2005, cited in Hashemzadeh et al, 2000). Job induced stress is one that inflicts particular individuals. In this definition, both personal traits and job factors are involved. Since the person and environment have mutual effect on each other, in fact, it can be stated that job stress in such a weave is induced by interaction. Therefore, mutual interaction between work conditions and personal traits of the occupied person are such that demands of the work place are more than the person can handle (Harneleh, 2000, cited in Goodwini et al, 2012). On this basis, job stress is one of the components influential on health, security and comfort of individuals. The more a person is exposed to a tensionful and stress inducing environment, his or her psychological health is more at risk (Goodwini et al,

Method

This research was descriptive and survey study. Statistical population included all male and female physical education employees of schools in the city of Ganderbal. Statistical sample size was estimated using the Morgan Table to be 267 individuals who were selected using multi stage cluster sampling. 138 individuals of this group were male physical education teachers and 129 individuals were female physical education teachers .

Measurement Instruments

The Steinmeyer Job Stress Questionnaire (1977). Steinmeyer prepared this questionnaire for evaluation of job stress of employees and it includes 36 items with 3 degrees (completely correct, to some extent correct and incorrect) regarding tension causing situations in the work environment. The translation of this questionnaire has been brought in the book of psychological stress (Gharachedaghi, 1991) and Yaghoubi (1995) has reported reliability coefficient for it using halving the questionnaire and re-testing of 0/69 and 0/72 respectively. Hassanzadeh and colleagues (2005) has estimated its reliability coefficient using the Cronbach's alpha coefficient to be 0/85. In this research, the questionnaire reliability using the Cronbach's alpha method was equal to 0/78. Data analysis was performed using SPSS software and statistical methods of student t-test, independent t-test,

Results

Table 1. Distribution of number of participants

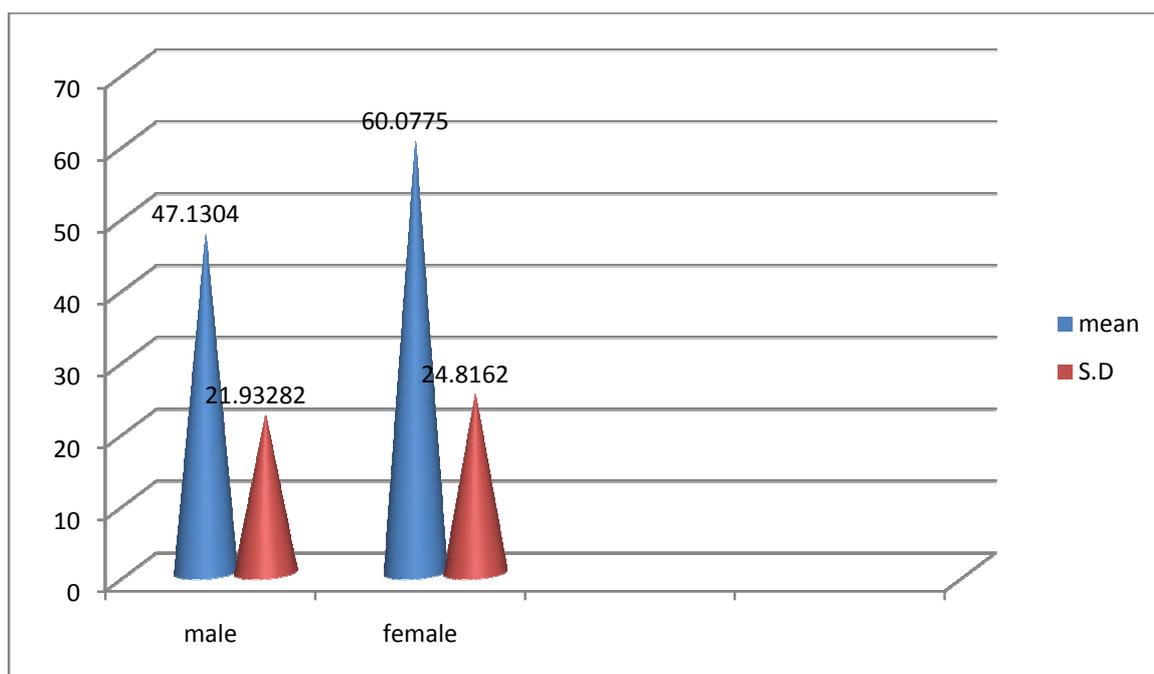
Group	Number	Percent
Male Physical education teachers	138	51.7
Female Physical education teachers	129	48.3
Total	267	100/0

As shown in Table 1, from a number of 267 teachers participating in the study, 138 were male teachers and 129 female teachers.

Considering the results of the Klomogorov-Smirnov test, it is noted that distribution of traits among the sample is similar to their distribution in a normal population. Therefore, the independent t-test was used for testing the hypotheses. Considering Table 2, results of tests showed that significant difference exists between score of job stress for male and female teachers ($P > 0/05$) and mean job stress among male teachers is less than female teachers.

Table 2. Results of independent test for comparison of job stress in each of the two groups

Variable	Teachers	Mean	S.D	T	Degree of freedom	Significance level
Job stress	Male	47.1304	21.93282	4.524	265	0.05
	Female	60.0775	24.8162			



Discussion and Conclusion

This research showed that difference exists in job stress among male and female teachers and mean job stress among male teachers is lower than female teachers. In agreement with this finding, that ladies working in education department were found the most affected group. No doubt stress is the dilemma in all professions but in teaching profession it is ongoing. Teachers stress is not only one country problem actually it is a cross cultural disease .Mark and Riding, 1991.The results are supported by Kyriacous and Sutcliffe, 1979. The type of teachers stress was noted by Nias 1996.

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