

Assessment of Professional Life Stress Level of School Teachers

Shivesh Shukla

Director of Physical Education & Sports Narsee Monjee College of Commerce and Economics

Mumbai, India

PhD Scholar, Department of Physical Education University of Mumbai

Abstract

The purpose of the study was to assess the professional stress level of school teachers. Sample consisted of 100 randomly selected school teachers ranging between the age group of 25-35 years of the subjects were from different schools from Mumbai suburbs. The Questionnaire developed by David Fountana was utilized for the collection of data which is adopted by the British Psychological Society and Rutledge Ltd for assessment and managing stress. The various responses received were analyzed by using rating scale and descriptive technique of percentage. The finding of the study indicates that in Mumbai there are only 1% teachers found under high stress, 23% were under moderate stress and rest 76% teachers do not have much stress in their professional life. The study also revealed that the teachers with low stress were leading their professional and personal life more conveniently and smoothly as compared to rest of the teachers.

KEYWORDS: Stress, Teachers, Professional life and Personal life.

INTRODUCTION

Stress is an integral part of the natural fabric of life. Some of it occurs because we try to do too much in the time available and some of the difficulties with inter personal relationship either at home or at work. Stress is a state of mind, which reflects certain biochemical reactions in the human body and is projected by a sense of anxiety, tension and depression. In general term stress is applied to the pressures people feel in life. When stress overloads the system the levels of the hormones adrenaline, noradrenaline and corticosteroids begin to rise and in short term this gives rise to tense muscles, nausea and rapid breathing and heart rates, this leads to degenerative diseases of the heart, kidneys, blood vessels and other part of the body. Professional/ Occupational stress has been defined as employee's mental state aroused by a job situation or a combination of job situation perceived as presenting excessive or divergent demands. Cooper and Marsal defined professional stress as negative environmental factors or stressors associate with a particular job.

After going through so many aspects of stress which is having an impact on professional life, the researcher wants to assess the professional stress level of school teachers.

OBJECTIVE OF THE STUDY

The objective of the study was to assess the professional stress level of school teachers.

DELIMITATIONS

- The study was confined to the 100 school teachers age ranges in-between 25-35 years.
- The study was delimited to questionnaire method.
- The study was confined to schools which are in Mumbai Sub Urban area.

LIMITATIONS

- No scientific tool or method available for measuring professional stress level among teachers except questionnaire method.
- No special motivation technique was used during the test. Therefore the difference might have occurred in performance due to lack of motivation was recognizing as the limitation of the study.
- The heredity and environment factors which very considerable were identified as limitation.

HYPOTHESIS

H1 It was hypothesized by the researcher that there will be low professional life stress among school teachers.

H2 It was hypothesized by the researcher that teachers maintain well balance between their professional and personal life.

METHODOLOGY & RESEARCH DESIGN

For the defined study 100 school teachers, age ranging between 25-35 were randomly selected as subjects for the study. The criterion measures chosen to test the hypothesis were the Professional Life stress Questionnaire by David Fontana and it was adopted by British Psychological Society and Routledge Limited for assessment and measuring stress, was distributed to the selected subjects. The answer sheet was scored with the help of a scoring key provided for this purpose. The statistical procedure applied was rating scale and descriptive technique of percentage which are in consonance with study or questionnaire developed by Penman, Toufin and Mc Mohan.

Rating Scale

<u>Score</u>	<u>Level of Stress</u>
28-60	Very High Stress
17-27	Moderate Stress
0-16	Low Stress

RESULTS & FINDINGS

Collected data of teachers was analyzed with the help of rating scale and descriptive technique of percentage of area.

TABLE 1 – FREQUENCIES AND PERCENTAGES OF RESPONSES OF SUBJECTS ON ASSESSMENT OF PROFESSIONAL STRESS LEVEL OF SCHOOL TEACHERS

STRESS LEVEL			
	HIGH STRESS	MODERATE STREE	LOW STRESS
SCORES	27 and above	17-26	Less than 16
NO. OF SUBJECTS	1	23	76
PERCENTAGE	1%	23%	76%

The finding of the study indicates that 1% of school teachers were having high stress level, 23% moderate and 76% of school teachers did not have much stress in their professional life. The study also revealed that the teachers with low stress were leading their professional and personal life more conveniently and smoothly as compared to rest of the teachers.

CONCLUSION

- The study has indicated that majority of the school teachers of Mumbai Suburbs area have low professional life stress.
- There was significant difference between the different categories of professional life stress.
- The majority of school teachers balance well between their professional and personal life and therefore, they are under low stress.

REFERENCES

- 1- Cannon W., The wisdom of the body, New York, 1932, 57 (4), 321-328
- 2- Cooper, C.L., Burnout? Mid life Courses? Lets understand ourselves, Contemporary education, 1981, pp. 103-108
- 3- Cooper, C.L. and Marshall, J., Occupational Source of stress: A review of the literature relating to coronary heart disease and mental ill health. Journal of Occupational Psychology, 49, pp. 11-28.
- 4- Mishra PP, Human Stress: Concepts and Models, Stress Behaviour, Vol.1, 2004:1
- 5- Srivastava. A.K. and Singh, A.P., Construction and Standardization of an occupational stress index: A pilot study, Indian Journal of Clinical Psychology, 8, pp.133-136