

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Janaki Sinnasamy
Librarian, University of Malaya

Romona Mihaila
Spiru Haret University, Romania

Delia Serbescu
Spiru Haret University, Bucharest, Romania

Anurag Misra
DBS College, Kanpur

Titus PopPhD, Partium Christian
University, Oradea, Romania

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Abdullah Sabbagh
Engineering Studies, Sydney

Ecaterina Patrascu
Spiru Haret University, Bucharest

Loredana Bosca
Spiru Haret University, Romania

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

Hasan Baktrir
English Language and Literature
Department, Kayseri

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Xiaohua Yang
PhD, USA

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Awadhesh Kumar Shirotriya
Secretary, Play India Play, Meerut (U.P.)

Iresh Swami
Ex - VC. Solapur University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

Narendra Kadu
Jt. Director Higher Education, Pune

K. M. Bhandarkar
Praful Patel College of Education, Gondia

Sonal Singh
Vikram University, Ujjain

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

S. Parvathi Devi
Ph.D.-University of Allahabad

Sonal Singh,
Vikram University, Ujjain

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Yallickar
Director Management Institute, Solapur

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

S. KANNAN
Annamalai University, TN

Satish Kumar Kalhotra
Maulana Azad National Urdu University

STUDY OF STRESS AMONG SCHOOL TEACHERS



Seema Rani Sharma

Researcher, Dr. Bhimrao Ambedkar University, Agra.

Short Profile

Seema Rani Sharma is a Researcher at Department of Education in Dr. Bhimrao Ambedkar University, Agra.

Co-Author Details :

AtmPrakash Sharma

Researcher, Dayalbagh Educational Institute (Deemed University) Agra.



ABSTRACT:

The main objective of the study was to Study of Stress among School Teachers. For this purpose 100 school teachers were considered as a sample of the study. Singh Personal Stress Source Inventory was used to collect the relevant data. Descriptive survey method was used in this study. After the analysis of results only 13% teachers were found low stressed and 10% students were found high stressed.

KEYWORDS

Age of Anxiety and stress', economic activity, materialistic world stress.

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. On the basis of these ideas, the researcher has embarked upon the present study and probe into the variables related to managing stress and learning behavior.

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 behaviours, such as engaging, eating and sleeping habits or turning to chemical substances by relief. Collectively all these anxieties are called stress.

STATEMENT OF THE PROBLEM

Study of Stress among school teachers.

DEFINITION

STRESS :

Stress is 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.

According to Cox (1993)

"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."

OBJECTIVE OF THE STUDY

To study and analyze the level of stress among school teachers.

SAMPLE

Good result can be expected from a good sample, hence great care should be observed in the

selection of the sample. It is neither possible nor advisable to study entire population. Testing, interviewing or observation of every individual of population is impractical. Therefore, it becomes necessary to select a representative sample of an adequate size. The researcher has adopted purposive random sampling. The researcher has selected 100 sample units.

METHOD

In the present study, the researcher has employed the "Descriptive survey method." Descriptive method explains what exists at present by determining the nature and degree of existing conditions. Mauly (1970) has explained the wider utility of it as No category of Educational Research is more widely used than the type known variously as the survey normative survey status descriptive study.

TOOL

In the present investigation, the investigator has selected the Singh Personal Stress Source Inventory constructed by Arun Kumar Singh, Ashish Kumar Singh & Arpana Singh.

ANALYSIS AND INTERPRETATION OF THE DATA

Percentage, Mean and standard deviation was calculated of the scores.

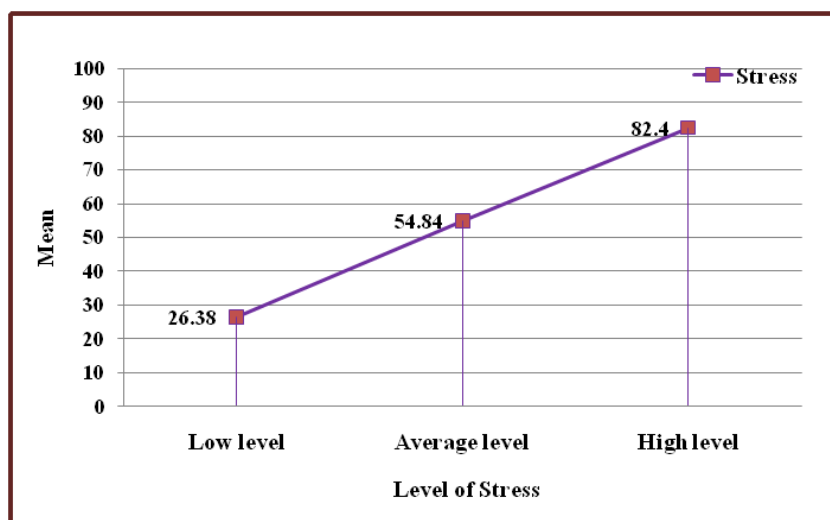
To study and analysis of level of stress of school teachers researcher have collected relevant data by using the Singh Personal Stress Source Inventory (SPSSI). To study and analysis the data researcher categorize the stress scores on three levels and calculated mean and standard deviation of the stress scores and presented in the following table 1.

Table 1 :
Mean and Standard deviation of stress scores on
different levels of stress

Level of stress	N	Mean	Standard deviation
High level	10%	82.40	1.17
Average level	77%	54.84	9.86
Low level	13%	26.38	3.10

From the above table it is reveals 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 comparative study of stress level and scores calculated mean values are 26.38, 54.84 and 82.40 respectively for Low, Average and High stress level. The statistical data is clearly showing that there is major difference in mean values between all these groups.

Graph No. 1 :
Mean values of level of stress of school teachers



Mostly teachers are showing average stress and 10% teachers are showing high stress and only 13% teachers are showing low stress. Psychological variables are affecting teaching learning activity. After the analysis results we can say that, teaching learning process will be affected by the stress. Stress is a cause of many problems like school climate, management related problems, personal problem, familial problems, financial problems etc. So it is necessary to manage stress of teachers because children education is affected by the teacher's behaviour.

BIBLIOGRAPHY

1. Akgur, S. & Giarrachi, J. (2003). Learned resourcefulness moderates and relationship between academic stress and academic performance. *Educational psychology*. Vol-23 (3). PP-287-294.
2. Broman, C. L. (2005). Stress, race and substance use in college. *College student journal*. Vol-39 (3). PP-340-352.
3. Kashyap, S. & Sidhu, R. (2004). A study of the difference in stress and coping mechanism used by adolescent of science and commerce stream. *Souvenir, National seminar on enhancing human potential: psychological perspectives* October 1-2, 2004, Dayalbagh Educational Institute, Agra.
4. Kaushik, S. (2004). Stress, strain and work family conflict among working women: intervention through organizational and family support. *Souvenir, National Seminar on enhancing human potential: psychological perspectives*, October 1-2, 2004, Dayalbagh Educational Institute, Agra.
5. Kim, K.J., Longes, R.D., Elder, G.H.J. & Lorenz, F (2003). Reciprocal influences between stressful life events and adolescents internalizing problems. *Child development*. Vol-74 (1). PP-127-143.
6. Kulandaivel, E. (2006). The Effect of stress. *Res. High, JADU*. Vol-16. P-56.
7. Kumar, S. (1990) Concept of Teacher effectiveness. *Bhartiya Shikshan*. Vol-6. pp-22-25.
8. Lakshmi, V. (2006) A study of the relationship between Non-verbal communication and teaching effectiveness. *Dissertation, Dayalbagh Educational Institute, Agra*. pp -78.
9. Laxmi, V. (2006). A study of the relationship between Non-verbal communication and teaching effectiveness. *Dissertation, Dayalbagh Educational Institute, Agra*.

Publish Research Article

International Level Multidisciplinary Research Journal

For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.org