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**A PERCEPTUAL STUDY ON OCCUPATIONAL STRESS
AMONG THE TEACHING PROFESSION AT PRIVATE ARTS AND
SCIENCE COLLEGES IN THIRUVARUR DISTRICT**



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ABSTRACT

The main purpose of this study was to examine the occupational stress of college teachers working in various private Arts and science colleges in thiruvvarur district. A convenience sampling procedure was adopted for defining the entire population area. A sample size of 65 respondents was participated in this study. This paper took the support of both primary and secondary data for conducting the analyzed. The collected data was edited and coded using , appropriate tools like percentage analysis, mean, standard deviation weighted mean square analysis and chi square test.. The findings of the study shows that faculties of privates Arts and Science

college experienced their higher level of stress. Beyond this study valuable information's were made. It may be useful for further research and secondary data for future.

KEYWORDS :Occupational stress, Faculties, colleges, physical and mental.

INTRODUCTION

Stress has been defined as a physical, mental or emotional response to events which cause mental or bodily tension. One problem with a single definition is that stress is made up of many things. It is a family of related experiences, pathways, responses and outcomes caused by a range of different events or circumstances. Different people experience different aspects and identify with different definitions. Stress is burning issues in modern society. The work place of the 21st century is a fast – paced, dynamic, highly stimulating environment which brings a large number of benefits and opportunities to those who work with in it. The ever-changing demands of the working World can increase levels of stress, especially for those who are consistently working under pressure. While pressure has its positive side in raising performance, if such pressure became excessive, it can be lead to stress which has negative consequences. In many countries, college teacher's job is often considered as the most stressful profession. The below table shows different stress points among profession. It shows that professors stress position 3rd among others.

Table 1 Stress points in different profession

S.NO	Profession	Stress points
1	Senior executive	108.60
2	Share broker	71.00
3	Professor	54.00
4	Economist	38.00
5	Book keeper	21.50

Source: Wall Street Journal, 1996.

The concept of stress cannot be ignored in the teacher profession. Teachers are among the profession reporting the highest level of work-related stress. It may cause such as working environment in colleges and that the main stress factors for teachers and work load, work intensity, role overload, increased class size per teacher and unacceptable pupils behaviors. These factors can lead to burnout depression and emotional exhaustion high absentism, sickness, sleeping problems and cardiovascular diseases, symptoms as major illness. Hence the researcher feels that there is a need to conduct a study on occupational stress of teaching profession.

1.1 OBJECTIVES

To examine the level of occupational stress of college teachers working in private arts and science colleges in thiruvavur district.

To understand how various factors that contribute to stress varies with different demographic profile.

To recommend suitable suggestions to overcome occupational stress.

1.2 REVIEW OF LITERATURE

In order to get acquainted with the occupational stress of faculties substantial literature on the concerned subject was reviewed. Some of the relevant literature that was reviewed in the process of the study are as follows. According to ILO (1986; 1992) work stress is recognized worldwide as a major challenge to work and the healthiness of their organizations.

Selye (1956) 'any external event or internal drive which tends to upset the organic equilibrium' is stress. He has defined stress as the non-specific response of the body to any demand made upon it.

Cooper and Marshal (1976) stated that occupational stress includes the environmental factors or stresses such as work overload, role ambiguity, role conflict and poor working conditions associated with the particular job.

Upadhyay and Singh (1999) found that the executive as well as the teachers experienced a moderate level of stress, the executive experienced more stress than the teachers did. The results revealed a significant difference between these two groups on the experience of stress due to factors such as role overload, intrinsic impoverishment and status variable.

Kyriacou(2000) Teaching has traditionally been considered to be one of the most stressful occupation. "The experience by a teacher of unpleasant, negative emotions, such as anger, anxiety, tension, frustration or depression, resulting from some aspect of his/her work as a teacher'.

1.3 METHODOLOGY

The survey conducted at selected private Arts and Science College teachers in Thiruvarur district. Among the thirteen Arts and Science College, only seven private colleges are participated in this study. The current study was descriptive in nature. Convenience sampling procedure was adopted for defining the entire population area. A self completion questionnaire was administered to the respondents to capture the various aspects that contribute to work stress. These questions were design to cover the necessary issues regarding the research. Finally 65 sample respondents were considered for the study. For fulfilling the objectives of the study secondary data were used. Secondary data were collected pertaining to the selected books, journals, articles, magazines and web resources.

1.4 DATA ANALYSIS AND INTERPRETATION

The collected data was edited and coded, to using appropriate tools such as simple percentage analysis, weighted average mean, ranking and chi-square test. Charts and diagrams are also used to simplify the data.

Table-2 Demographic profile of the College teachers considered for the study

Criterion		No of Respondents(60)	Percentage (%)
Age (years)	25- 35	22	33.84
	36 – 45	31	47.69
	45 and above	12	18.47
	Total	65	100.00
Gender	Male	23	35.38
	Female	42	64.62
	Total	65	100.00
Marital status	married	42	64.62
	single	23	35.38
	Total	65	100.00
Monthly income	< 10000	21	32.31
	10001-15000	24	36.92
	15001- 20000	13	20.00
	>20000	7	10.77
	Total	65	100.00
Educational qualifications	PG Degree	22	33.85
	PG with M.Phil	29	44.62
	PG with Ph.D	14	21.53
	Total	65	100.00
Experience in years	<5years	28	43.08
	6-10 years	24	36.92
	More than 10	13	20.00
	Total	65	100.00
Designation	Assistant professor	53	81.54
	Associate professor	12	18.46
	Total	65	100.00

Source: Primary Data.

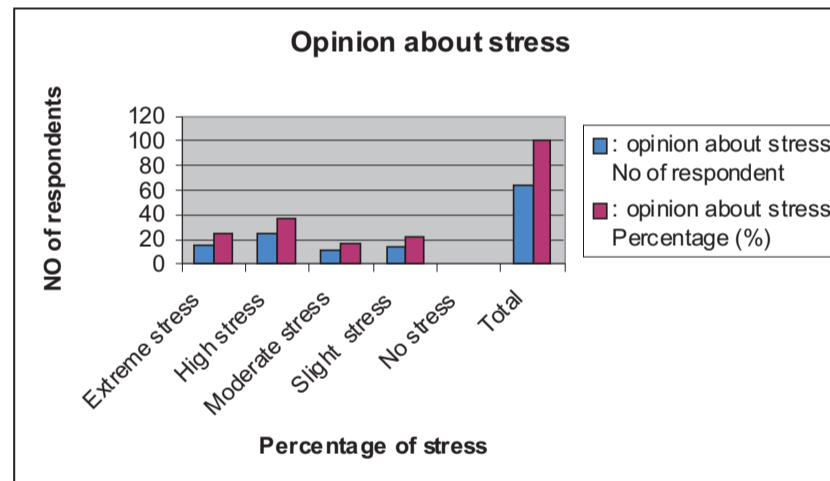
The demographic profile of respondent reveals that respondents who were age between 25-35 made up of 33.84 percent of the entire respondents. Those who were 36-45 years old constituted only

47.69 percent, while 40 years and above constituted were insignificant proportions of 18.47 percentages of the entire respondents. Most of the respondents were Females, constituting 64.62 percentages of all the respondents. Majority of the respondents sampled were married and they constituted 64.62% while 34.38% were single. Respondents who were holders of income between 10000-15000 constitute 69.23percent; 15001-20000 constituted 20% and above constituted 10.77%. Majority of the respondents who has experienced between 5-10 years constitutes 80% and of above constitutes 20%.

Table-3: opinion about stress

Particulars	No of respondent	Percentage (%)
Extreme stress	16	24.61
High stress	24	36.92
Moderate stress	11	16.92
Slight stress	14	21.55
No stress	0	0
Total	65	100.00

Chart – 1 Opinion about stress



Source: primarydata.

WEIGHTED AVERAGE SCORE ANALYSIS.

Table 4 Factor influencing occupational stress of college teachers.

Sl no	Sources	Always	Often	Occasionally	rarely	Never	(WA)	WAS)	WM	Rank
1	High responsibility	13	25	12	10	5	226	3.47	2.26	V
2	Poor salary	34	16	6	4	5	265	4.077	2.65	I
3	working environment	17	14	16	9	9	218	3.32	2.18	VII
4	Teacher roles	15	9	12	18	11	194	2.43	1.94	X
5	Job security	18	20	14	7	6	232	3.56	2.32	III
6	workload	22	14	18	5	6	236	3.62	2.36	II
7	Student interruptions	15	20	15	10	5	225	3.55	2.25	VI
8	Inadequate staffs	19	13	20	7	6	227	3.49	2.27	IV
9	Poor administration support	12	8	25	12	8	199	3.06	1.99	IX
10	Work life balance	16	11	22	10	6	216	3.32	2.16	VIII

*WA- Weighted average, WAS- weighted average score, WM- Weighted Mean

Source: Compiled by the researcher

From this above (table 3), it is explicit that most of the college teachers stated that inadequate salary is highly influenced that (2.65). Second factor was work over load (2.36), third factor is job security (2.32). The fourth factor was inadequate staff (2.27). Fifth and six one was high responsibility (2.26) and student interruptions (2.25) respectively. It could be concluded that the stress is highly influenced by inadequate salary and lowly influenced by teacher's roles.

Table-5 Chi-square analysis

Factor	Calculated value	Table value	Degrees of freedom	Remarks
Age and stress at work	7.62	12.592	6	Significant at 5% level
Salary and stress	13.24	21.026	12	Significant at 5% level

Source: Compiled by the researcher

1.5 SUGESTIONS

- ▲ More academic staff should employ to counter the effect of increased student enrolment.
- ▲ Stress management seminars should be organized for academic staff by the management to promote health of the academic staff.
- ▲ The management should try to increase the salary level of the teachers to support present living conditions.

1.6 CONCLUSION

From the results obtained through the survey it has become evident that some factors are more

prone to cause stress among teachers than others including salary, infrastructure, and work overload etc. Thus the management tries to formulating the policies and strategies to reduce the level of occupational stress, deliberate effort has to be made to greater job scanning, work load, re structure the salaries and provision for timely promotions. It may help the college teachers to work with stress free environment.

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WEB RESOURCES:

1. [http://: aboutstress.com](http://aboutstress.com)
2. [http://: ehow.com](http://ehow.com)
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