



A study on stress management among school teachers with special references of Comibatore city

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Abstract

Stress has emerged as a significant concern in contemporary society, impacting individuals physical health, mental well-being, and overall quality of life. This provides an in-depth exploration of holistic approaches to stress management, acknowledging the multifaceted nature of stress and the diverse strategies available for its alleviation. By integrating insight from psychology, neuroscience, this abstract offers a comprehensive framework for understanding and addressing stressors at both individual and societal levels.

Keywords: Relaxation, time management, positive thinking, physical activity

Introduction

Teachers stress is a specific type of occupational stress. Teaching has been viewed as a stressful occupation, and this has been recognized as a widespread problem in educational sector. Teachers stress has been describe as the teacher's experience from unpleasant negative emotions (such as anger and depression) and physiological changes (such as increased heart rate) which is as a result of some aspects of the teacher's job that constitute a threat to his self esteem or well being. Teacher stress as experiences of teachers that are characterized with unpleasant negative emotions such as frustration, anxiety, depression and nervousness are the result of some aspects of their work.

It has been suggested that different experience stress at different levels. New teachers may experience stress at the beginning of their career as a result of classroom assignments and students that are difficult to handle while veteran teacher may be stressed out due to changing role, extension of additional duties and the new direction of education. Some teachers succeed in dealing with high level of workplace stress such as enchaining student achievements and pursuing high goal for themselves while others fail to meet up to expectation due to stress. Stress among teachers is caused by environmental as well as individual characteristics. Major environmental factors include poor working conditions, lack of resources heavy workloads and deadlines, lack of job security, poor pay scales, and students' behaviour. Whereas individual characteristics include gender, age, personality and ability to cope up with difficult situations. Job stress in any profession is likely to be experienced by employees and school teachers are no exception. Teaching has been acknowledged as a wearing job which makes large demands on nervous power and vitality of the teachers.

Objective of the study

1. To analyse the family and work life balance.
2. To know the physiological and psychological impact of stress.
3. To know the level of job satisfaction of the teachers.

Scope of the study: Work stress management is restricted within the organization. The study is conducted on the employees of the organization which identifies the factor which are contributed for stress. It provides coping strategies for managing the work stress of the private employees. The study is very important as today people are stressed from overwork, job security information overload and the increasing pace of life. This study captures the relationship between workplace stress and life satisfaction levels among employees who are involved in work environment.

Limitation of the study

1. The respondents are restricted to Coimbatore City.
2. The sample size was limited to 110 respondents.
3. The respondents are0 collected both female and male teachers.

Statement of the problem

Stress has become an integral part of jobs in private sector. Competition is growing day by day thus increasing the levels of stress among employees. The stress that an employes faces in the workplace badly affects the health of individuals. This study is to find the factors that cause the private employees in work place and to analyse how stress affects their health and impact of stress in be haviour changes. The reasons for stress differ from person to person. Every employee needs to have an understandings of his/her own stress including thoughts, feelings and behaviours. Coping techniques are the psychological and social means by which people deal with stress.

Research methodology: The research is conducted by collecting both primary and secondary data. With the help of a well-constructed questionnaire, the primary data was collected. Around 110 people of different age ranges were requested to complete the survey questionnaire to understand the stress management. The secondary data is collected from the website, magazines, journals, and other reports of the internet.

Sample size: The size of the sample for this study is 110 respondents. The data has been directly collected from the respondent through questionnaire framed in a simple and understand way.

Sampling area: Surveys are conducted in the Coimbatore city.

Primary data: The Structure survey questionnaire is given for data collection.

Secondary data: Data are collected with the objective of the study where data is taken from paper, magazine, journals, internet, website.

Analysis tools: The data collected for the study was analysed manually with suitable statistical tools. The statistical tools such as simple percentage analysis and Chi-square test have been used.

Review of Literature

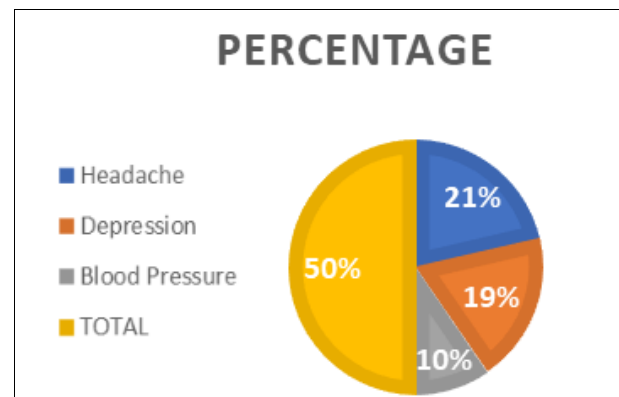
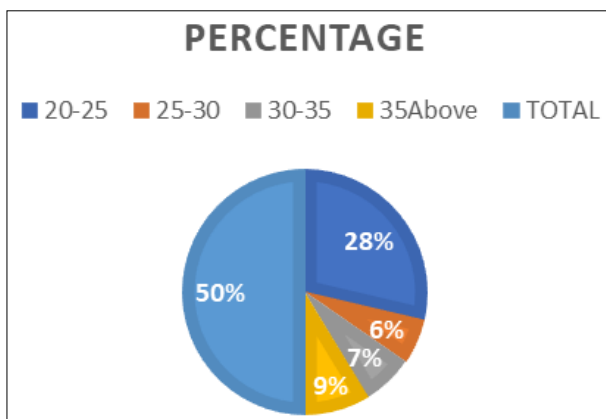
1. Sing and Rani (2015) show in a study in Haryana that stress reduces teachers’ efficiency and effectiveness due to mood disturbance, psychological distress, anxiety, lowered morale, cardiovascular disease and fatigue.
2. Dua & Sangwan (2017) in a study entitled “stress among female high school teachers of Haryana”. The main objective of this study was to work out stress among female high school teachers and it was found that female teachers experience a lot of stress caused by poor working conditions, scarcity of resources, heavy workloads, lack of family support etc.
3. Suvitha *et al.* (2012) conducted a study “among the secondary school teachers”, and found that there is no significant difference in the level of stress with respect to government and private school teachers.

Data Analysis and Interpretation
Percentage analysis

Table 1: Age of the respondents.

S.no	Age	Respondents	Percentage
1.	20-25	63	57.3%
2.	25-30	13	11.8%
3.	30-35	15	13.6%
4.	35Above	19	17.3%
	Total	110	100%

Source: Primary data



Interpretation

It is interpreted that majority (50%) of the respondents are in the age group of 20-25 years.

Interpretation: It is interpreted that majority (50%) of the respondents belongs to headache problem due to stress.

Table 2: Problem caused due to stress

S. No	Problems	Respondents	Percentage
1	Headache	47	42.7%
2	Depression	42	38.2%
3	Blood Pressure	21	19.1%
	Total	110	100%

Source: Primary data

CHI-Square Analysis

Chi-square Formula: $X^2 = \sum (O-E)^2/E$.

Degree of freedom= (r-1) (c-1)

= (4-1) (4-1)

= 3*3

= 9 **Table Value=** 16.919.

Ho= Null hypothesis (It is lesser than table value).

H1= There is no significant relationship between age and effects of stress.

Table 3

AGE	Mood swings	Overthinking	Sleepless	Tiredness	Grand Total
20-25	14	12	20	17	63
25-30	3	4	1	5	13
30-35	4	1	2	8	15
35 above.	1	6	3	9	19
Grand Total	22	23	26	39	110

Table 4: Chi-square

O	E	O-E	(O-E) ²	(O-E) ² /E
14	12.6	1.4	2.8	0.2
12	13.2	-1.2	-2.3	-0.2
20	14.9	5.1	10.2	0.7
17	22.3	-5.3	-10.7	-0.5
3	2.6	0.4	0.8	0.3
4	2.7	1.3	2.6	0.9
1	3.1	-2.1	-4.1	-1.3
5	4.6	0.4	0.8	0.2
4	3	1.0	2.0	0.7
1	3.1	-2.1	-4.3	-1.4
2	3.5	-1.5	-3.1	-0.9
8	5.3	2.7	5.4	1.0
1	3.8	-2.8	-5.6	-1.5
6	4.0	2.0	4.1	1.0
3	4.5	-1.5	-3.0	-0.7
9	6.7	2.3	4.5	0.7
			Total	-0.7

Result: Calculated chi-square value is (-0.7) lesser than (16.919) table value. So the null hypothesis (Ho) is accepted and the alternative hypothesis (H1) is rejected. Therefore it is interpreted the there is a significant relationship between age and effects of stress.

Findings

- It was found that the majority (57.3%) of the respondents are of the age group of 20-25 years.
- Majority (65.5%) of the respondents are female.
- Majority (76.4%) of the respondents are urban.
- Majority (46.4%) of the respondents are post graduated.
- The monthly income of majority (46.4%) respondents are between ₹10000-15000.
- The majority (55.5%) of the respondents are primary teachers.
- Majority (80.9%) of the respondents are working in private schools.
- It was found that the majority (49.1%) of the respondents have experiences in teaching below 5 years.
- The majority (87.3%) of the respondents are satisfied with their job.
- It was found that the majority (50.9%) of the respondents are being affected by physical health by their work stress.
- It was found that the majority (35.5%) of the respondents are affected by tiredness of stress.
- It was found that the majority (33.6%) respondents are exposed their stress by being silent.
- It was found that the majority (42.7%) respondents are face issues on work pressure as a school teacher.
- It was found that the majority (42.7%) of the respondents are facing problem of Headache due to stress.
- Majority (49.1%) of the respondents are highly stressed once in day in their job.
- It was found that the majority (32.7%) of the respondents effect their personal life by not able to think of other work.
- It was found that the majority (42.7%) respondents a come out of their stress by both listening music or sleep for few hours.

- It was found that the majority (44.5%) respondents manage their family and work balance by separating works to family.
- Majority (45.5%) of the respondents are sometimes affect their behaviour with family and friends.

Suggestion

- Encourage regular exercise, proper nutrition and sufficient step to maintain physical and mental well being.
- Practice mindfulness meditation, deep breathing exercises, or yoga to reduce stress levels and promote relaxation.
- Set boundaries between work and personal life to prevent over commitment and allow time for hobbies, interest and relationship outside of work.
- Spending leisure time at home with family can reduce job related stress.

Conclusion

Lately, the issue of primary school teacher's stretch and related issues of the excess instructor, training changes, Language Capability Assessment for Teachers, and playing hooky, what's more, schools had effectively drawn the general population consideration and as often as possible be the features of daily paper. It is concluded that the management policies and the prevailing scenario of the performance appraisal system is the main causes in creating stress among the teachers. The work overload and interpersonal relationship and enrichment programs adapted by the management are highly conspicuous in creating stress among the teachers.

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