

# Stress Levels among High School Teachers Working at Selected Government and Private High Schools

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## Abstract

### ➤ *Background of the Study*

At present teaching profession became the most demands serious consideration from the point of school administrators and there are many policy makers come in to order to protect the investment by government into the field of education. They think that there is a high level of tum over, every were including developed countries the major victims of improvement is mainly by stress among teachers.

Teaching, like most human service professions, can be a stressful occupation Teaching has been identified as one of the most stressful occupations, with a large body of research supporting this conclusion. It has also been established that occupational stress reported by teachers cuts across all cultures hence researcher felt interested to conduct this study

### ➤ *Methodology*

The descriptive comparative survey design was adopted for the present study. The sample for the present study includes 100 people from selected government and private high schools of Bagalkot District using convenient sampling technique. The data collected using structured interview schedule and data was analyzed using descriptive and inferential statistics.

### ➤ *Results*

The levels of stress among highschool teachers working at Government and Private highschools reveals that, Most of government teachers (82%) had moderate stress , 18% of them had mild stress, 2% of them had Severe stress, according to the stress scale. Where as in Private teachers majority (72%) of the teachers had moderate stress, 26% of them had mild stress , and 2% of them had severe stress according to stress scale.

The Comparison of stress levels high school teachers working at government and private teachers reveals that, a statistically significant difference was found between the stress of government (16.3±0.52) and private teachers (16.5±0.66) regarding stress at 0.05 level of significance [Z= 2.43]. It indicated that government teachers had more stress as compared to private teachers.

As the calculated Z value(2.43) is more than the Z table value(1.96) H<sub>1</sub> is accepted. Hence there is a significant difference between level of stress working at government and private highschools.

### ➤ *Conclusion*

Findings shows that, there is significant difference in stress level of government and private teachers. Thus it is concluded that thus they need stress reliving therapy and healthy living in the environment.

**Keywords:-** Stress, Government and Private High School Teachers.

## I. INTRODUCTION

Stress is a universal phenomenon, even though patterns of stress responses differ from person to person. The term "stress" became widely used following work on psychological stress by Selye in the 1950's defined stress as "the non-specific response of the body to any demand made upon it". Cox and Mackay (1978) maintain that the concept of stress is elusive because it is poorly defined. On the other hand, Fontana and Abouserie (1993) claim that there is general consensus that stress is a physical, mental or emotional reaction resulting from an individual's response to environmental tensions, conflicts, pressures and similar stimuli.

According to Cox (1978), stress is typically defined in tem1S of:

- external environmental stimulus characteristics
- individuals'emotional states
- An interaction variable emphasizing the relationships between individuals and their environment.

Various approaches to describing stress have been proposed by researchers over the years. The first approach known as the engineering model (Hinkle, 1974), describes stress in terms of the stimulus characteristics of disturbing environments, thus treating stress as an independent variable. This stimulus-based model accounts for stress in terms of physical, external events (Boyle, Borg, Falcon, & Baglioni, 1995). The major consideration in deciding whether a stimulus is considered a stressor or not is the "...intensity of the demand for readjustment or adaptation"

(Selye, 1975, p. 29). Stress is seen as a response to a challenging demand or event (Seyle, 1976). Up to a point, stress can be tolerated and when it becomes intolerable, damage may result, either psychological or physiological, or both (Dunham, 1992). This approach is often criticized since it does not take into account individual differences in response to stress such as personality factors and previous experience with similar demands.

The stimulus approach to the definition of stress is supported by many researchers (e.g. Anderson, 1978; Patel, 1991; Shafer, 1992), who variously define stress as: any given stimulus that demands a stressed individual to adapt or adjust to anything different from the way he or she behaves at any given moment (Anderson, 1978); "a specific response the body makes to all nonspecific demands" Patel (1991: 9); "the arousal of mind and body in response to demands made upon them" Shafer (1992:9)

#### ➤ *Statement of Problem*

“A COMPARATIVE STUDY TO ASSESS THE STRESS LEVEL AMONG HIGHSCHOOL TEACHERS WORKING AT SELECTED GOVERNMENT AND PRIVATE HIGHSCHOOLS OF BAGALKOT DISTRICT”

#### ➤ *Objectives of the Study*

- To compare the stress levels among highschool teachers working at selected government and private highschools of Bagalkot District.
- To assess the stress levels among highschool teachers working at selected government and private highschools of Bagalkot District.
- To find out the association between the stress level with their selected socio-demographic variables among teachers working at selected government and private highschools Bagalkot district.

#### ➤ *Assumptions*

Refers to beliefs that are held to be true but have not necessary been proven.

The study is based on the following assumptions:

- The government and private teachers will have some level of stress.
- There will be a difference in the stress level between teachers working at selected government and private high schools of Bagalkot District.

#### ➤ *Hypotheses*

- H<sub>1</sub>: There is a significant difference in stress level between teachers working at selected government and private high schools of Bagalkot District.

- H<sub>2</sub>: There is a significant association between stress level between teachers working at selected government and private high school with selected demographic variables.
- H<sub>3</sub>: There is a significant association between stress level between teachers working at selected government and private with selected demographic variables.

## II. METHODOLOGY

#### ➤ *Research Design*

In the present study comparative survey design has been adopted.

#### ➤ *Variables of the Study*

Two types of variables were identified in this study. They are as follows.

- *Socio-Demographic Variables:* Socio-demographic Variables in this study includes background factors namely age in year, gender, religion, marital status, type of family, number of childrens, educational status, year of experience and type of organization.
- *Study Variables:* Study variables include level of stress among highschool teachers working at selected government and private highschools.

#### ➤ *Setting of the Study*

The present study was conducted at moorarji desai residential high schools which are in Navanagar and muchakandi Bagalkot District and Basaveshwara highschool, which is in vidyageri of Bagalkot city.

#### ➤ *Population*

The target population for the present study is teachers working at selected government and private highschools of Bagalkot District who are in the age group of 20-60 years.

The accessible population for the present study is the stress level among teachers working at moorarji desai residential high school muchakhandi and Basaveshwara highschool Bagalkot District, who are in the age group of 20-60 years.

#### ➤ *Sample*

A sample is a subset of population from which the actual data is collected. In this study Sample size is 100 people who are in the age group of 20-60 years. Out of 100, 50 people are selected from government highschools and 50 people are selected from private highschools, Bagalkot.

#### ➤ *Sampling Technique*

In the present study - Convenient Sampling technique was used to selected the government and private high schools, and subjects for the study.

➤ *Criteria for Selection of Sample*

The sampling frame structured by the researcher includes the following criteria.

• *Inclusion Criteria:*

The study includes the people, who are;

- ✓ Able to understand Kannada.
- ✓ Available at the time of data collection.
- ✓ In the age group of 20-50 years.

• *Exclusion criteria:*

The study excludes the people, who are;

- ✓ Not willing to participate in the study.
- ✓ Physically and mentally challenged.
- ✓ Suffering from chronic illness.

*Part- I: Description of samples with their socio demographic variables.*

### III. RESULT

➤ *Presentation of Data*

To begin with, data was entered in a master sheet for tabulation and statistical processing. The findings were presented under the following headings.

**Part-I:** Description of samples with their socio demographic variables.

**Part –II:** Assessment of levels of stress among high school teachers working at selected government and private high schools of Bagalkot District.

**Part –III:** Comparison of level of stress between government and private teachers regarding stress

**Part –VI:** Association of the socio demographic variables of government and private teachers with their knowledge scores.

Characteristics		government	Percentage (%)	private	percentage
		frequency		frequency	
Age	21-30Years	8	16%	8	16%
	31-40 years	22	44%	13	26%
	41- 50 years	7	14%	21	42%
	51 -60 years	13	26%	8	16%
Religion	Hindu	45	90%	49	98%
	Muslim	4	8%	1	2%
	Christian	0	0	0	0%
	Others	1	02%	0	0%
Gender	Male	30	60%	19	38%
	Female	20	40%	31	62%
Marital status	Married	47	94%	43	86%
	Unmarried	3	06%	7	14%
	Widow	0	0%	0	0%
	Divorced	0	0%	0	0%
Type of Family	Nuclear	27	54%	29	58%
	Joint	23	46%	21	42%
Number of Childrens	One	11	22%	14	28%
	Two	28	56%	26	52%
	Three or More	8	16%	3	6%
	None	3	6%	7	14%
Educational status	Tch	3	6%	3	6%
	BA.B.ED,B.SC.B.ED	21	42%	19	38%
	PG	25	50%	18	36%
	Doctorate degree and above	1	2%	0	0%
Year of Experience	1-5 years	13	26%	12	24%
	6-10years	12	24%	11	22%
	11-15years	5	10%	12	24%
	Above 16 years	20	40%	15	30%
Type of organization	Government	50	100%	0	0%
	Private	0	0%	50	100%

Table 1:- Description according to the demographic variables

**Part-II: Assessment of the stress levels among highschool teachers working at selected Government and Private highschools of Bagalkot District.**

Categorization of the people on the basis of the level of knowledge was done as follows: scores 27-40 sever knowledge level, scores 14-26 moderate knowledge level, scores 0-13 mild knowledge level .

Level of stress	Government		Private	
	F	%	F	%
Mild	9	18%	13	26%
Moderate	40	80%	36	72%
Sever	1	2%	1s	2%
<b>Total</b>	<b>50</b>	<b>100%</b>	<b>50</b>	<b>100%</b>

Table 2:- Levels of Stress among Highschool Teachers Working at Government and Private Teachers N=100

The levels of stress among highschool teachers working at Government and Private highschools reveals that, Most of government teachers (82%) had moderate stress , 18% of them had mild stress, 2% of them had Sever stress, according to the stress scale. Where as in Private teachers majority (72%) of the teachers had moderate

stress, 26% of them had mild stress , and 2% of them had severe stress according to stress scale.

**Part-III: Comparison of stress levels between government and private highschool teachers**

Government			Private			Z Value
Mean	SD	Mean%	Mean	SD	Mean%	At 5% level of significance and two tailed test is 1.96.
16.3	±0.52	36%	16.5	±0.66	33%	2.43

Table 3:- Comparison of Stress Levels of Government and Private Teachers N = 100

The Comparison of stress levels highschool teachers working at government and private teachers reveals that, a statistically significant difference was found between the stress of government (16.3±0.52) and private teachers (16.5±0.66) regarding stress at 0.05 level of significance [Z= 2.43]. It indicated that government teachers had more stress as compared to private teachers.

**Part-VI: Association of the Knowledge Scores of People with their Socio-demographic Variables.**

To find out association of the knowledge scores of people with their socio-demographic variables a research hypothesis was formulated.

As the calculated Z value(2.43) is more than the Z table value(1.96) H<sub>1</sub> is accepted. Hence there is a significant difference between level of stress working at government and private highschools.

H<sub>2</sub>: There will be a significant association between stress levels among government highschool teachers with their socio- demographic variables.

H<sub>3</sub>: There will be a significant association between stress levels among Private highschool teachers with their socio- demographic variables.

The hypothesis was tested using Chi-square test.

Demographic Variables	Government		Private	
	Value of chi-square	Level of Significant	Value of chi-square	Level of Significant
Age	0.69	NS	1	NS
Gender	0.76	NS	0.75	NS
Religion	1	NS	1	NS
Marital status	1	NS	0.64	NS
Type of family	0.56	NS	1	NS
Number of childrens	0.73	NS	1	NS
Educational status	1	NS	0.02	NS
Year of experience	0.10	NS	1	NS
Type of organization	1	NS	1	NS

Table 4:- Association of the Stress Levels of Highschool Teachers with their Socio-Demographic Variables.

Df = 1

NS = Not significant

\* Significant (P < 0 .05)

The association of the stress level of highschool teachers with Their Socio-demographic Variables shows that, there is no significant association found between knowledge of government highschool teachers with their demographic variables like, age, gender, religion, marital status, type of family, number of children, educational status, year of experience and type of organization. Similarly, there was no found any stress level of private highschool teachers and demographic variables like age , gender ,religion , marital status, type of family , number of childrens, educational status, year of experience and type of organization.

Thus the  $H_2$  stated is rejected as there is no significant association found between government teachers and private teachers stress level with their demographic variables like age, gender, religion, educational status , marital status , type of family, number of childrens, year of experience and type of organization .

Thus the  $H_3$  stated is rejected for socio demographic variables like age, gender, religion, educational status and type of organization.

#### IV. CONCLUSION

The study concluded that the both government and private teacher are under stress during their working ours because of the organization assessing the work of all teachers

#### RECOMMENDATIONS

On the basis of the findings of the study following recommendations have been made:

- A similar study can be conducted among Medical health educators, degree college teachers, Anganwadi workers and Village leaders.
- Effectiveness of teaching programmes to teach the teachers of stress client on basic knowledge on stress may be tested.
- Follow- up study can be conducted to evaluate the effectiveness of an information of stress scale.
- There is need and scope for counseling services to be offered to their stress clients.

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