



A STUDY ON OCCUPATIONAL STRESS OF UNDERGRADUATE COLLEGE TEACHERS



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ABSTRACT

The present study is intended to gain knowledge about the level of occupational stress of male and female undergraduate college teachers working in rural and urban areas of Sonitpur District of Assam, India. The study also aimed at studying gender and rural-urban differences among the teachers regarding occupational stress. For present study 100 teachers 50 male and 50 female were selected as sample. To collect primary data, Employment Organization Sources of Stressors Scale (EOSS) prepared by Telaprolu and George(2005) was used. The statistical techniques employed were – percentage, mean, standard deviation and t-test. The results of the study indicated that the undergraduate college teachers have low level of occupational stress. Further, the results of the study revealed that there is no significant gender and rural-urban differences among the teachers regarding occupational stress.

KEYWORDS: Occupational Stress, Undergraduate College Teachers, Sonitpur, Knowledge.

INTRODUCTION

Occupational stress is one of the largely discussed areas by various Educationists, Researchers, Psychiatrists, Physicians and Management Gurus across the globe. Work or occupation is a central part of human life. It is the expression of the basic need to accomplish, to create, to feel satisfaction and to feel meaningful. Rewarding work or occupation is an important and positive part of our lives. In a world where uncertainty looms over professional and personal spaces, life style disorders are stemming up. Most of the life style disorders are stress related. Stress is an unavoidable component of life due to increasing complexities and competitiveness in living standards. So everyone experiences stress whether it is within the family, business, organization, study, work or any other social or economical activity. Thus in modern time stress is general

and occupational or job stress in particular has become a part of the life and has received considerable attention in recent years.

The term stress was first introduced in life sciences by Hans Selye in 1936. Hans Selye stated stress as the rate of wear and tear in the body. He defined stress as the non specific response of the body to any demand placed upon it. Hans Selye is considered as a pioneer of research on stress and has seen it as a response not as the environmental stimulus. His pioneering work demonstrated that every demand on the body evokes not only psychological responses specific to the demand but also the non specific and uniform stress response.

Occupational stress is an extremely difficult construct to define. It is stress on the job or occupation,



but stress on the job or occupation occurs in a person. According to the current World Health Organization's (WHO) definition occupational or work related stress is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. There are a number of working conditions that a person encounters on a daily basis which contribute to making work stressful. These working conditions are called stressors and consist of those things which have a negative effect on a worker's physical or emotional well being.

Occupational stress occurs where there is discrepancy between the demands of workplace and an individual's ability to carry out and complete those demands. Teaching as a profession also comes under the gamut of stress making it more demanding and challenging everyday (Hepburn and Brown, 2001; Johnson et al 2005)

Teacher stress is a specific type of occupational stress. It is the experience by a teacher of unpleasant emotions such as tension, frustration, anger and depression resulting from aspects of his/her work as a teacher (Kyriacou,1987).

OBJECTIVES

1. To study the level of stress among the undergraduate college teacher
2. To study the gender difference regarding occupational stress among the undergraduate college teachers.
3. To study the difference between the teachers of urban and rural undergraduate colleges regarding occupational stress.

HYPOTHESES

Ho₁: There exists no significant difference between male and female undergraduate college teachers regarding occupational stress.

Ho₂: There exists no significant difference between the teachers of urban and rural undergraduate colleges regarding occupational stress.

DELIMITATION OF THE STUDY

1. The study was delimited to the undergraduate colleges of Sonitpur District of Assam, affiliated to Gauhati University only.

METHODOLOGY

The study was conducted through Descriptive Survey method of research.

SAMPLE

The investigators selected a sample of 100 college teachers (50 male and 50 female) from four undergraduate colleges of Sonitpur District of Assam, India, through stratified random sampling technique.

TOOL USED.

Employment Organization Sources of Stressors (EOSS) Scale developed by Telaprolu and George (2005) was used to collect primary data.

DATA COLLECTION

For the collection of data, the questionnaires were distributed to the respondents personally. Before administering the questionnaires, the respondents were made clear about the purpose of collecting the data. They were taken into confidence that their responses to the test items would be kept strictly confidential so that they could respond without any hesitation. The filled questionnaires were then collected on the spot by the investigators.

STATISTICAL TECHNIQUES APPLIED

Percentage, Mean, Standard Deviation and t-test were applied to analyze the collected data.

ANALYSIS AND INTERPRETATION OF DATA

Objective 1: To study the level of occupational stress among the undergraduate college teachers.

Table-1. Distribution of Respondents according to the Level of Occupational Stress.

SL. No.	Level of occupational stress	No.of Teachers	Percentage of Teachers
1.	Very Low(0-80)	29	29%
2.	Low(81-160)	68	68%
3.	Moderate(161-240)	03	03%
4.	High(241-320)	00	00%
	Total	100	100%

In table-1, the teachers have been categorized into four groups on the basis of the level of occupational stress (i.e very low , low, moderate and high) and the percentage of each category has been calculated. It has been observed from the table that 29% of teachers have been placed in the very low level of occupational stress category, 68% of

the teachers have been found to be in the low level of stress category and 03% of the teachers have been found to fall in the moderate level of stress category. No teacher has been found to be in the high level of stress category. Therefore, majority of the teachers i.e 68% have low level of occupational stress.

Objective 2: To study the gender difference regarding the occupational stress among the undergraduate college teachers.

Ho₁: There exists no significant difference between male and female teachers regarding occupational stress.

Table-2: Mean, Standard Deviation and 't'-value of occupational stress scores of male and female undergraduate college teachers.

Gender	N	M	SD	t-value	Remarks
Male	50	97.98	30.81	0.54	Not significant at 0.05 level
Female	50	94.52	33.77		

In order to see if there is any significant difference between male and female teachers regarding occupational stress, t-test has been employed. **Table-2** shows that the Mean and S.D for male teachers have been found to be 97.98 and 30.81 respectively. For female teachers the Mean and S.D are 94.52 and 33.77 respectively. The calculated 't'-value 0.54 is much less than the critical value of 1.98 at 0.05 level of significance. Therefore it is not significant at 0.05 level and the null hypothesis is

accepted. It can be safely concluded that there exists no significant difference between male and female teachers regarding occupational stress.

Objective 3: To study the difference between the teachers of urban and rural undergraduate colleges regarding occupational stress.

Ho₂: There exists no significant difference between the teachers of urban and rural undergraduate colleges regarding occupational stress.

Table-3: Mean, Standard Deviation, and 't'-value of the occupational stress scores of the teachers working in urban and rural undergraduate colleges.

Location	N	M	SD	't'-value	Remarks
Urban	60	93.77	30.67	.77	Not significant at 0.05 level
Rural	40	98.83	34.03		

Table -3 reveals that with 98 df the critical or table value of 't' at 0.05 level of significance is 1.98 and the calculated value of 't' is 0.77. As the calculated value of 't' is much lower than its table value, the difference cannot be taken as significant at 0.05 level. Hence the null hypothesis is accepted. It can again be concluded that there is no significant difference between the teachers of urban and rural undergraduate colleges regarding occupational stress.

CONCLUSION

The present study was designed to study the level of occupational stress, gender differences and rural-urban differences regarding occupational stress among the undergraduate college teachers of Sonitpur District, Assam, India. Accordingly the collected data were analyzed and interpreted on the basis of the objectives formulated. The results of the study revealed that the teachers have been found to have stress level ranging from very low to moderate. Not a single teacher has been found to have high level of stress. No significant difference has been found between male and female teachers and the teachers of urban and rural localities regarding occupational stress. On the basis of the results of the study we can conclude that teaching in the undergraduate colleges is not a highly stressful occupation in Sonitpur District, Assam.

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