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JOB STRESS IN PHYSICAL EDUCATION TEACHERS IN MADHYA PRADESH



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ABSTRACT:

Modern Living has brought with it not only innumerable means of comfort, but also a plethora of demands that tax human body and mind. One such factor is stress, and job stress in particular which is inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. Stress is received differently by different people. It lies in the eyes of the beholder. The experience of feeling stress depend on which events one notices and how one chooses to appraise or interpret them. Events that are stressful for one person may be routine for another. To see the level of job stress in physical education teachers, a study was conducted with 300 teachers teaching in various government, semi government and self-finance colleges of Madhya Pradesh State. Occupational Stress Index (OSI) by Srivastava and Singh was used as a research tool. Findings of the study were important from the point of view of excellence of teachers and their effectiveness in jobs situations. Research revealed that teachers in self-finance institutions, teachers teaching in Madhya Pradesh and Chhattishgarh female teachers were more stressed. Reasons for this may be attributed to the administrative policies regarding teachers in terms of job security, motivation, due credit, less salary, attitude of the colleagues and head of the institutions, poor working conditions and less scope for professional growth may also be the reasons. Stress felt by female teachers may be attributed to the reason that female teachers have to shoulder dual responsibilities leading to role conflict, insufficient time and gender discrimination in work place.

KEYWORDS: Job Stress, Physical Education, Madhya Pradesh.

INTRODUCTION

Job stress is the harmful physical and emotional response that occurs when there is a poor match between job demands and the capabilities, resources or needs of the workers. A variety of factors contribute to job stress such as negative work load, isolation, extensive hours worked, toxic work environment, lack of autonomy, difficult relationships among co-workers and management, management bullying, harassment and lack of opportunities or motivation to advancement in one's skill level.

Individual recognize themselves by their jobs/occupations, as job is the major focus of their energy, skill and ambition. Their family, occupation and society throw various challenges and it demands problem solving. It can also be the means to find pleasure, satisfactions, growth and fulfillment in life or it can be the cause of stress, boredom, worrying, humiliation and a sense of helplessness, when the desire and performance do not go hand in hand. Occupation can create stress among the employees and certainly is the central context for and contribute to adult development.

MATERIAL AND METHODS:

To see the level of job stress among the degree college teachers of Madhya Pradesh and Chhattishgarh, a study was conducted with three hundred teachers, teaching physical education in different government, semi-government and self-finance colleges of Madhya Pradesh and C.G. To measure the job stress level Occupational Stress Index (OSI) by Srivastava and Singh was used as a research tool.

RESULTS

Findings of the study were important from the point of view of excellence of teachers and their effectiveness in job situation. Stress affects the efficiency of the individuals, so it is necessary to provide proper environment and support to each to maintain individual stress at the optimal level. Overall organizational setup of an institution has a great deal of impact on how the employees perceive things around him or her in the work place. Table I shows the difference between mean values in occupational stress level between three groups of teachers from different government, semi government and self -finance degree colleges.

Table-I

S. No	Groups	Mean	S.D.	t
1.	Govt. & Semi Govt.	92.213 128.76	17.21 23.98	11.69**
2.	Govt. & Self Finance	92.213 183.27	17.21 25.38	31.05**
3.	Semi Govt. & Self Finance	128.76 183.27	23.98 25.38	15.92**

** significant at .01 level.

"Difference between mean values in occupational stress level between three groups".

Above table shows the difference between mean values of different colleges i.e. mean values in semi-government colleges is high in comparison to government colleges (128.76 and 92.21) the difference is significant at .01 level of significance ('t' value is 11.69). In government colleges and self-finance colleges mean is very high in self-finance colleges in comparison to government colleges (183.27 and 92.21), the difference is significant at .01 level of significance ('t' value is 31.05). Table shows the actual comparison of the mean values of semi government and self-finance colleges. The mean value is high in self-finance colleges in comparison to semi government colleges (183.27 and 128.76). Difference is significant at .01 level of significance ('t' value is 15.92).

Table - 2

S. No.	Groups	Mean	S.D.	t
1.	Males	131.1	46.6	0.74
2.	Females	151.8	43.6	

"Difference between mean values in occupational stress level between male and female teachers".

Table - 2 depicts the gender wise difference in mean values in occupational stress level of male and female teachers teaching in Madhya Pradesh and C.G. state in various government, semi government and self-finance colleges.

Table - 3

S.No.	Groups	Mean	S.D.	t
1.	Madhya Pradesh	147.1	10.1	2.98**
2.	Chhattishgarh	135.3	42.6	

** significant at .01 level

"Difference between mean values in occupational stress level between teachers of M.P. and C.G".

Above table shows the difference between the mean values of two groups of teachers i.e. teachers from Madhya Pradesh and teachers from Chhattishgarh. Table shows that mean value of Madhya Pradesh is high in

comparison to Chhattishgarh (147.1 and 135.3). The difference is significant at 0.01 level of significance ('t' value is 2.98).

Analysis of the data shows that majority of the physical education teachers were stressed, as the complex nature of their work did not baffle them. Most of the times in order to prove themselves, they have to put in extra efforts in their role which puts pressure on them. Lack of motivation, facilities and promotional opportunities prevailing in the organization may also act as stress for physical education teachers. High level of job stress in the teachers teaching in self-finance degree colleges may be attributed to the administrative policies regarding teachers in terms of job security, motivation, due credit and most importantly less salary. Amount of stress felt by teachers in government and semi-government degree colleges may be because of the attitude of other colleagues and head of the organization towards physical education. Gender wise analysis revealed that females are more stressed (mean value 151.8) as compared to their male counterparts (mean value 131.1) though the difference found was insignificant ('t' value = 0.74).

This may be because teachers generally have similar job responsibilities as their nature of job remains unchanged. Whatever differences existed between both the groups reasons may be mainly due to the dual responsibilities which a female teacher has to shoulder most of the times, and gender discrimination in work place, which might have led to role conflicts, insufficient time and help need to cope with situation. Teachers belonging to Madhya Pradesh (mean value 147) were found being more stressed as compared to the group of teachers from Chhattishgarh (mean value 135.3). More stress felt by physical education teachers belonging to Madhya Pradesh may be attributed to the fact that Madhya Pradesh is a large state and in recent times self-finance institutions have emerged largely. From the point of view of good salary, job security, and other working conditions are not satisfying in most of the self-finance institutions in Madhya Pradesh.

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