

Vol III Issue IX June 2014

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

Chief Editors

Ashok Yakkaldevi
A R Burla College, India

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Ecaterina Patrascu
Spiru Haret University, Bucharest

Kamani Perera
Regional Centre For Strategic Studies,
Sri Lanka

Welcome to Review Of Research

RNI MAHMUL/2011/38595

ISSN No.2249-894X

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Horia Patrascu Spiru Haret University, Bucharest, Romania	Mabel Miao Center for China and Globalization, China
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Delia Serbescu Spiru Haret University, Bucharest, Romania	Ruth Wolf University Walla, Israel
Ecaterina Patrascu Spiru Haret University, Bucharest	Xiaohua Yang University of San Francisco, San Francisco	Jie Hao University of Sydney, Australia
Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Karina Xavier Massachusetts Institute of Technology (MIT), USA	Pei-Shan Kao Andrea University of Essex, United Kingdom
Catalina Neculai University of Coventry, UK	May Hongmei Gao Kennesaw State University, USA	Loredana Bosca Spiru Haret University, Romania
Anna Maria Constantinovici AL. I. Cuza University, Romania	Marc Fetscherin Rollins College, USA	Ilie Pinte Spiru Haret University, Romania
Romona Mihaila Spiru Haret University, Romania	Liu Chen Beijing Foreign Studies University, China	
Mahdi Moharrampour Islamic Azad University buinzahra Branch, Qazvin, Iran	Nimita Khanna Director, Isara Institute of Management, New Delhi	Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai
Titus Pop PhD, Partium Christian University, Oradea, Romania	Salve R. N. Department of Sociology, Shivaji University, Kolhapur	Sonal Singh Vikram University, Ujjain
J. K. VIJAYAKUMAR King Abdullah University of Science & Technology, Saudi Arabia.	P. Malyadri Government Degree College, Tandur, A.P.	Jayashree Patil-Dake MBA Department of Badruka College Commerce and Arts Post Graduate Centre (BCCAPGC), Kachiguda, Hyderabad
George - Calin SERITAN Postdoctoral Researcher Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, Iasi	S. D. Sindkhedkar PSGVP Mandal's Arts, Science and Commerce College, Shahada [M.S.]	Maj. Dr. S. Bakhtiar Choudhary Director, Hyderabad AP India.
REZA KAFIPOUR Shiraz University of Medical Sciences Shiraz, Iran	Anurag Misra DBS College, Kanpur	AR. SARAVANAKUMARALAGAPPA UNIVERSITY, KARAIKUDI, TN
Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur	C. D. Balaji Panimalar Engineering College, Chennai	V.MAHALAKSHMI Dean, Panimalar Engineering College
	Bhavana vivek patole PhD, Elphinstone college mumbai-32	S.KANNAN Ph.D , Annamalai University
	Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust), Meerut (U.P.)	Kanwar Dinesh Singh Dept.English, Government Postgraduate College , solan

More.....

Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.ror.isrj.net



"STRESS MANAGEMENT"

Amit Kumar

Assistant Professor, Department of Commerce, Dyal Singh Evening College,
University of Delhi.

Abstract:

Initially my studied in depth about what is stress and stress management, we visited different colleges and approached different teachers to find out what are the various questions that can be put in our questionnaire.

Now our next job was to pen down the questions we could ask teachers which should not be too harsh and direct that makes teachers uncomfortable to cooperate. After making questionnaire the next hurdle that came was what if teachers didn't knew whether they were stressed or what if they refused even though they were stressed.

So we prepared different sets of questionnaire depending upon the answer of the initial question which our team asked verbally:

ARE YOU STRESSED?

After I was prepared with questionnaire we personally went to different colleges to get them filled.

After we reached our target of getting filled around 350 questionnaires we sougheed out the best 300 upon which we did our further analysis which you will get to know further as our team carries on the presentation.

KEY WORDS:

Stress Management , questionnaires , analysis ,physical health .

OBJECTIVE

Stress has become part of our daily lives. Some stresses get you going and they are good for you - without any stress at all many say our lives would be boring and would probably feel pointless. However, when the stresses undermine both our mental and physical health they are bad. This project shall be focusing on stress that is bad for you.

Objective is to find out how many teachers are stressed, how many needs to discover that they are stressed, what are the key areas where stress management is required. What are the main reasons that are affecting the daily working/efficiency of teachers?

Upon our evidences we wanted to find out not only the main reasons but also we want to handle our results to the for acting upon them.

This project is designed to assess the stress among university teachers and clarify its risk factors. Weil power

Review of literature

Vasudha Venugopal, (2010), an increasing number of IT professionals have been finding it difficult to handle emotional stress, according to experts. An =occupational hazard,' the stress related to

"STRESS MANAGEMENT"

work needs to be addressed without delay, they emphasize. Coping with stress and striving for mental health welfare should be a matter of concern for all and not treated simply as a lifestyle problem of the 'IT phenomenon', says Nithya Chandrasekaran, a consultant physician for many IT companies in the city. Post-recession, employees feel pressured to perform well.

Vijay V. Raghavan, (2010), The effect of flexible work schedule, employee support and training, and telecommuting as potential coping resources to relieve stress.

Deshmukh N.H. (2009), Stress and life satisfaction among working and non working women from similar levels of socio economic status of the society, resulted that there was no significant difference in physical and family stress among working and non working women.

Toby D. Wall (2003), Psychological distress particularly depression was found to predict absence, with higher levels of distress predicting a greater number of days and number of times absent.

Michael R. Frone (2008), the relationship of work stressors, those work over load and job insecurity, to employees alcohol use illicit drug use resulted, support the relation of work stressors to alcohol and illicit drug use before work, during the workday, and after work.

Shane Schick, (2007), stressed IT professionals who use a balance of problem-focused coping strategies and emotion-focused coping strategies are most successful in dealing with the stress of staying perpetually up-to-date.

Charan, (2007), High work pressure, long hours in front of the computer and a fast-paced lifestyle, if these factors team up to weaken your physical health, here is one more strong reason why they are simply unhealthy: mental health professionals are now convinced that an increasing number of persons working in the IT and IT-enabled services sector fall prey to depression, because of the high stress they undergo.

Murali Raj, (2009), Depression is usually related to work and stress these people undergo because of the pressure to perform better, compete with other colleagues and meet tight deadlines. Most of their work is target-oriented and if targets are not met, it can lead to anxiety.

INTRODUCTION TO STRESS

I generally use the word "stress" when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Anything that poses a challenge or a threat to our well-being is a stress.

We are all familiar with stress — it's a fact of life. With the rapid pace of modern living, it feels increasingly difficult to keep up. Sadly, the negative effects of stress are widespread and growing.

My stress response is triggered when we are faced with overwhelming demands. The demands can be large or small, but it's the importance we attach to them that decides their impact.

Q. What happens when you are stressed?

Ans. Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response.

Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time.

But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school.

INTRODUCTION TO STRESS MANAGEMENT

According to Wikipedia, Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Lets simplify it for you~ stress management refers to reduce the burden of stress through various techniques and psychotherapies Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. [1] Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being.

Despite stress often being thought of as a subjective experience, levels of stress are readily

"STRESS MANAGEMENT"

measurable using various physiological tests, similar to those used in polygraphs.

Many practical stress management techniques are available, some for use by health practitioners and others for self-help, which may help an individual to reduce stress, provide positive feelings of being in control of one's life and promote general well-being.

IN CONTEXT TO TEACHERS:

Stress is a normal part of every teacher's life. But left unmanaged, it countermines effective teaching and learning.

Stress in the workplace

Managing that stress becomes vital in order to keep up job performance as well as relationship with co-workers and employers. For some workers, changing the work environment relieves work stress. Making the environment less competitive between employees decreases some amounts of stress. However, each person is different and some people like the pressure to perform better.

Salary can be an important concern of employees. Salary can affect the way people work because they can aim for promotion and in result, a higher salary. This can lead to chronic stress.[citation needed] Cultural differences have also shown to have some major effects on stress coping problems.

OUR FINDINGS

According to my knowledge and experience I made a questionnaire comprising of key areas where we found that teachers could have stress. My questions comprise the essence of the daily lifestyle of teachers.

The image of our questionnaires:

Following is the questionnaire which gave teachers to answer if their answer to our initial question (are you stressed) was "yes":

1. **FAMILY STRESS**
* Stress about children current/future education
* Stress about family financial security

2. **RETIREMENT STRESS**
* Stress about income you need after retirement
* Stress about your source of income

3. **JOB SECURITY STRESS**
* Stress about your job being permanent

4. **MEDICAL STRESS**
* Stress about current health/fitness problem
* Stress about future health/fitness problem

5. **TARGET STRESS**
* Stress about maintaining student's attendance target
* Stress about maintaining your performance target

6. **CAREER STRESS**
* Stress due to no scope for further studies
* Stress due to limited scope of choosing field other than teaching
* Stress for achieving higher position in your job

7. **LIVELIHOOD STRESS**
* about Stress maintaining /making high living standards

8. **SECURITY STRESS**
* Stress about your general physical/mental security

9. **ANY OTHER STRESS**

Question : How are you dealing with all these stress ?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

"STRESS MANAGEMENT"

Following is the questionnaire which gave teachers to answer if their answer to our initial question (are you stressed) was "no":

1. FAMILY STRESS

- Have you planned everything about your children current future education?
- Are you confident for your family financial security?

2. RETIREMENT STRESS

- Have you planned for your income after retirement?
- Have you planned for your source of income after retirement?

3. JOB SECURITY STRESS

- Do you have permanent job?
- Are you sure of having permanent job in future?
(answer only if you checked 'no' at above question)

4. MEDICAL STRESS

- Do you have any stress for health problems?
- Are you sure of maintaining your future health?

5. TARGET STRESS

- Are you always able to maintain your student's attendance target?
- Do you have stress to maintain your performance target?

6. CAREER STRESS

- Do you wish to study further. Don't you have stress for the same (if you wish to study)?
- Are you happy with your current field i.e teaching
- Don't you wish for achieving higher position in your job? Does it create any stress to you?

7. LIVELIHOOD STRESS

- Are you sure of maintaining/making high living standards?

8. SECURITY STRESS

- Do you have stress related to general physical/mental security?

9. If any of your answer was negative, then do you have stress related to that point?

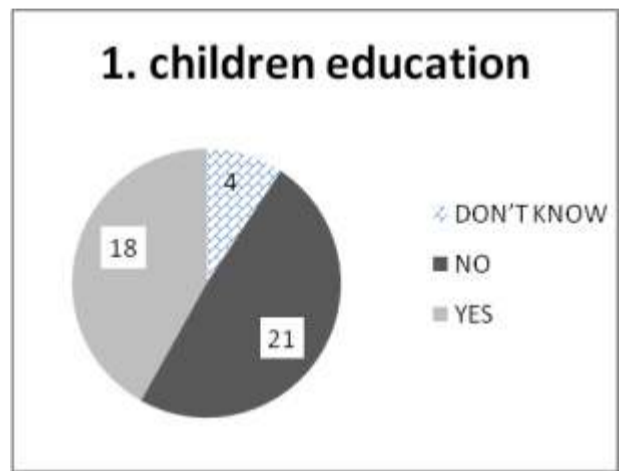
[Answer only if your answer is 'NO' for question 9]
If you don't have any stress even if your answer was negative. Then how are you able to manage your stress?

[Answer only if your answer is 'YES' for question 9]
How can you deal with these stress?

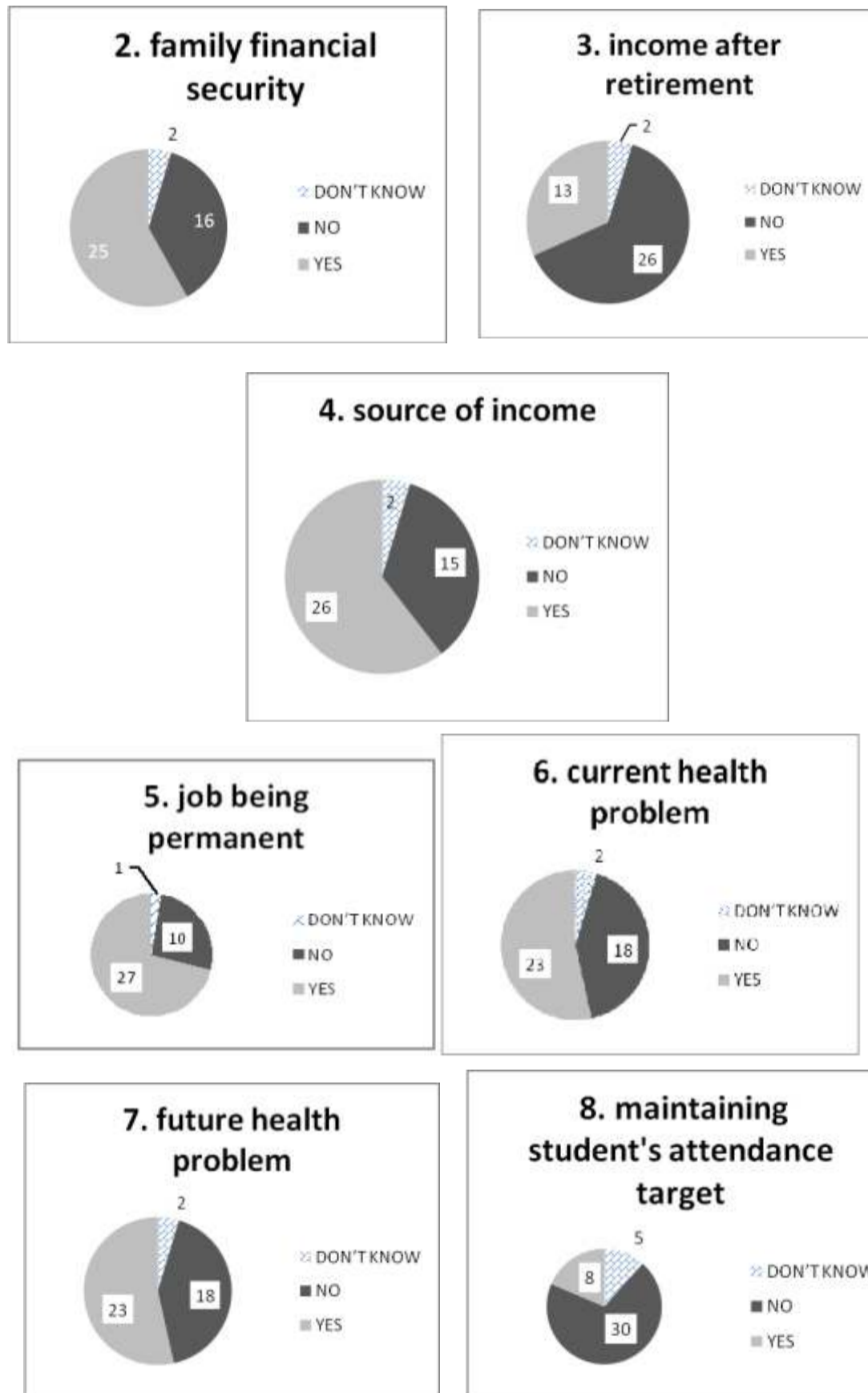


Teachers who agreed on being stressed

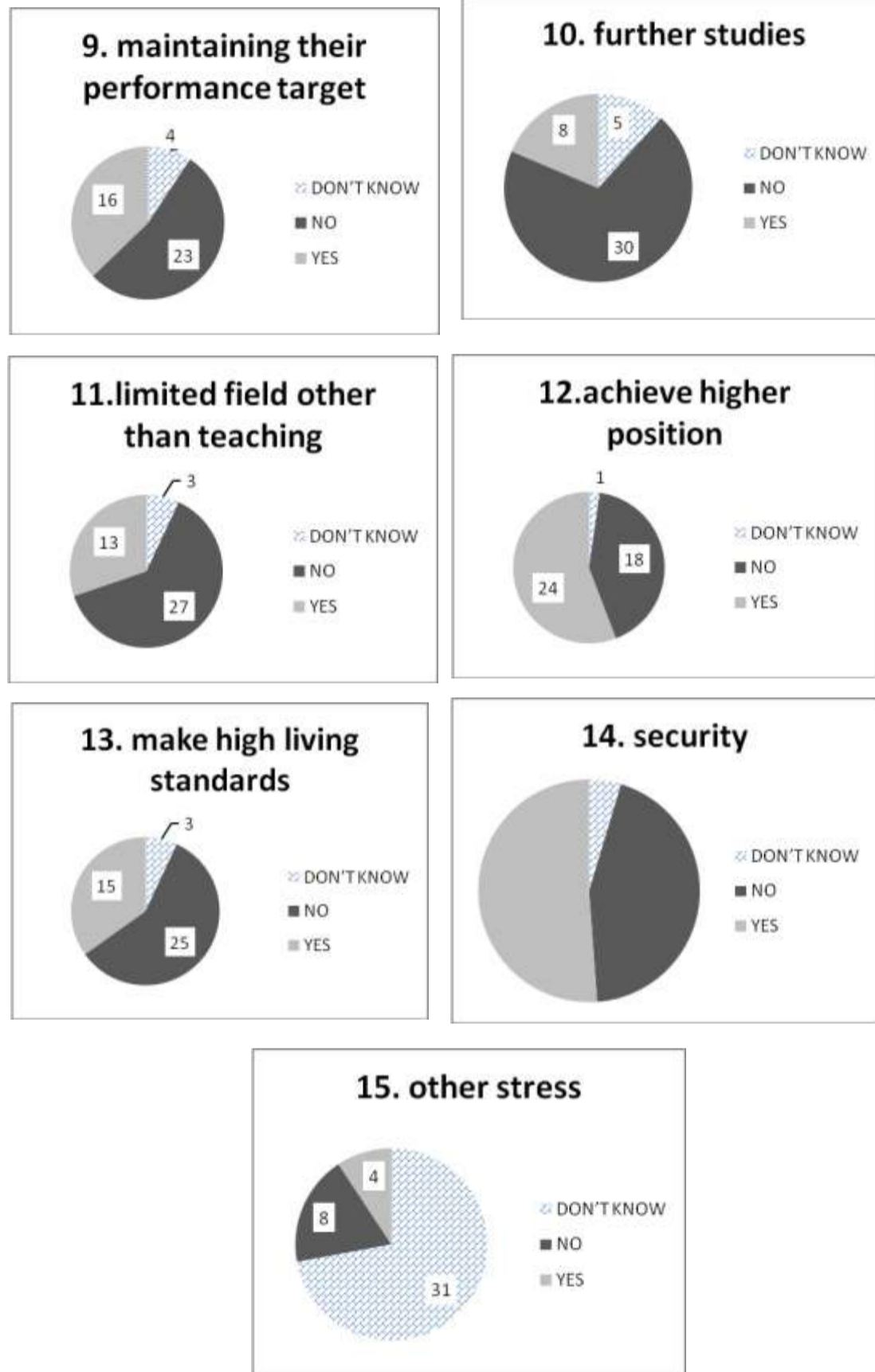
Pie charts based on various areas of being stressed:



"STRESS MANAGEMENT"



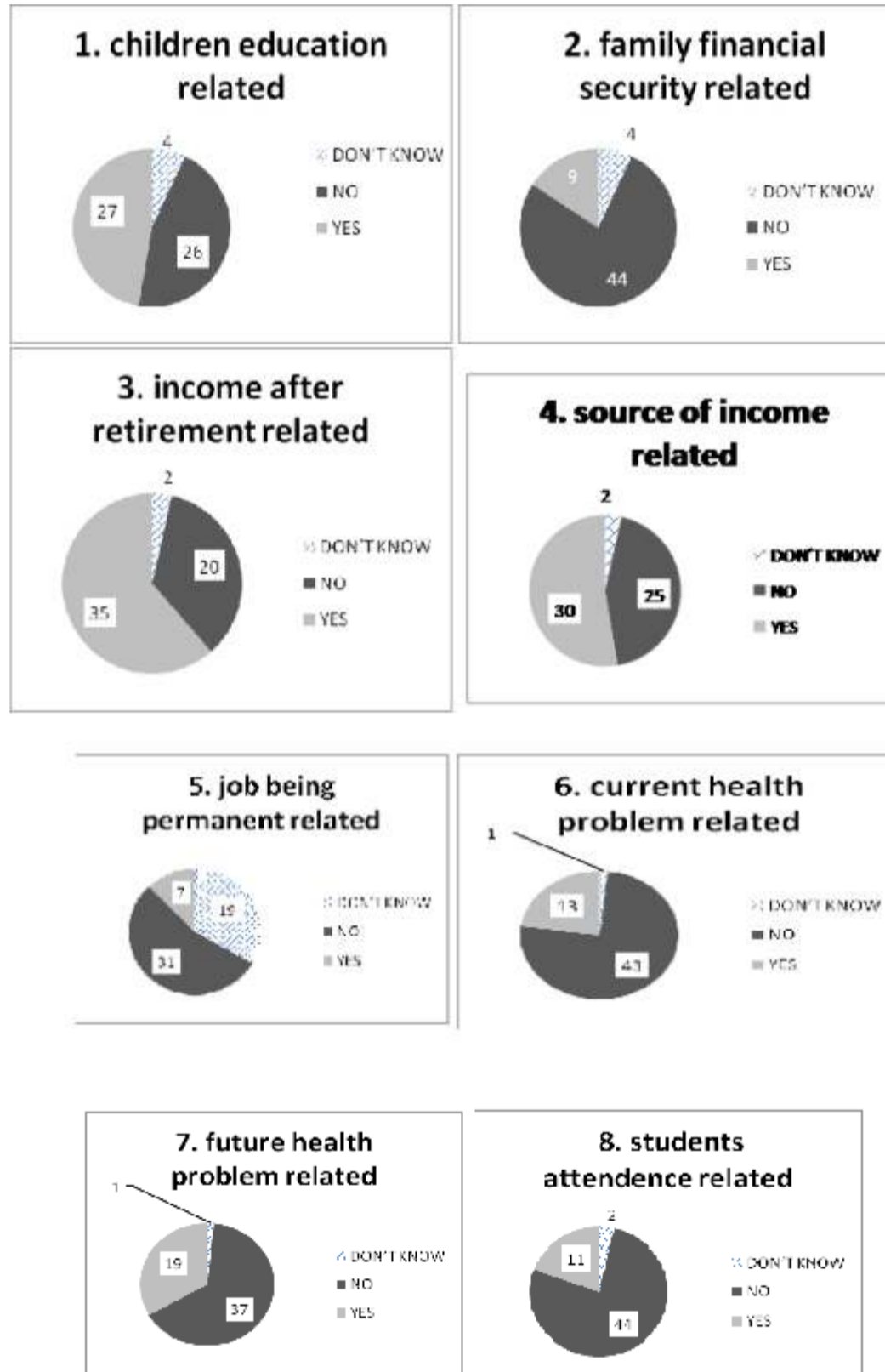
"STRESS MANAGEMENT"



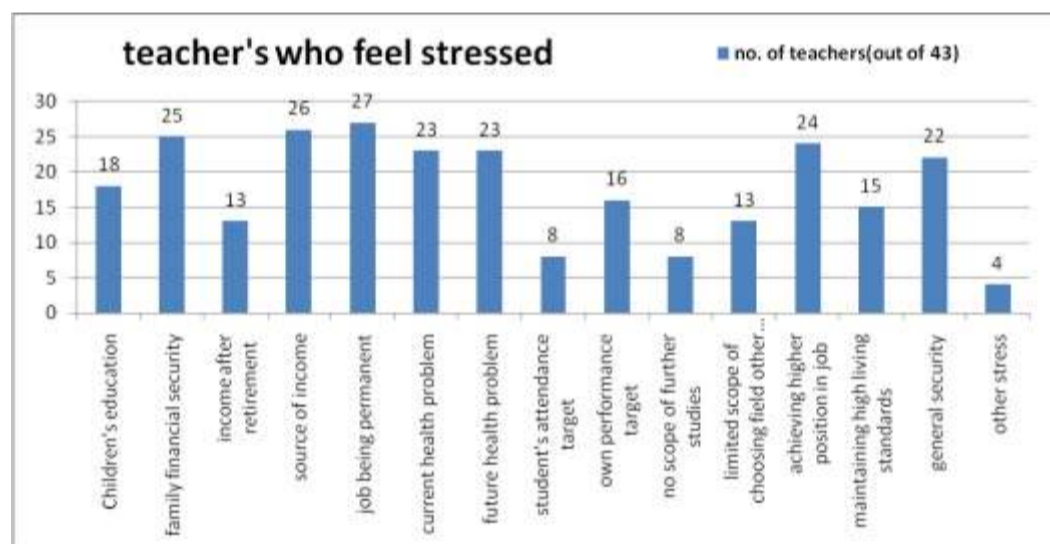
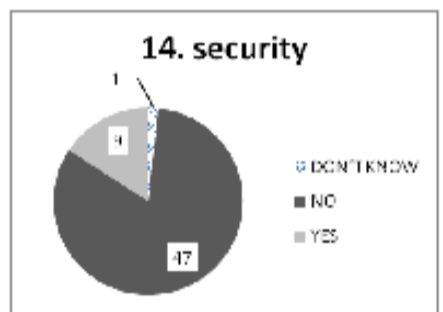
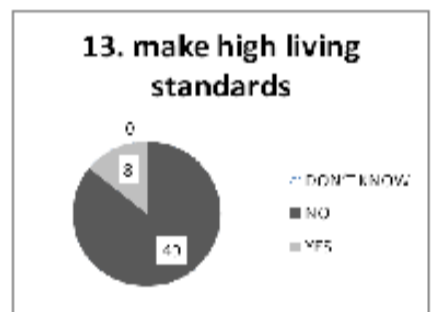
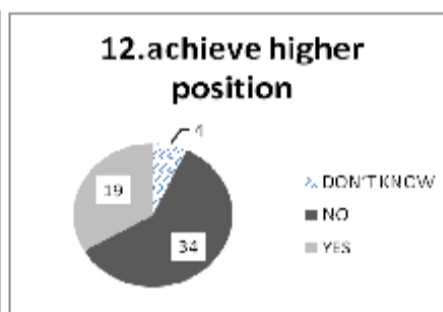
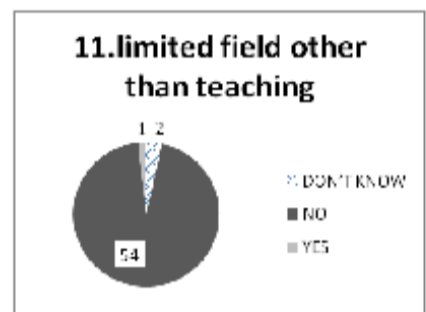
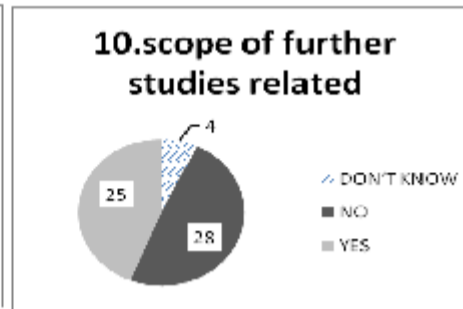
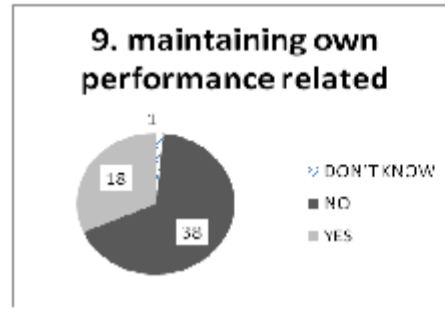
"STRESS MANAGEMENT"

Teachers who disagreed on being stressed

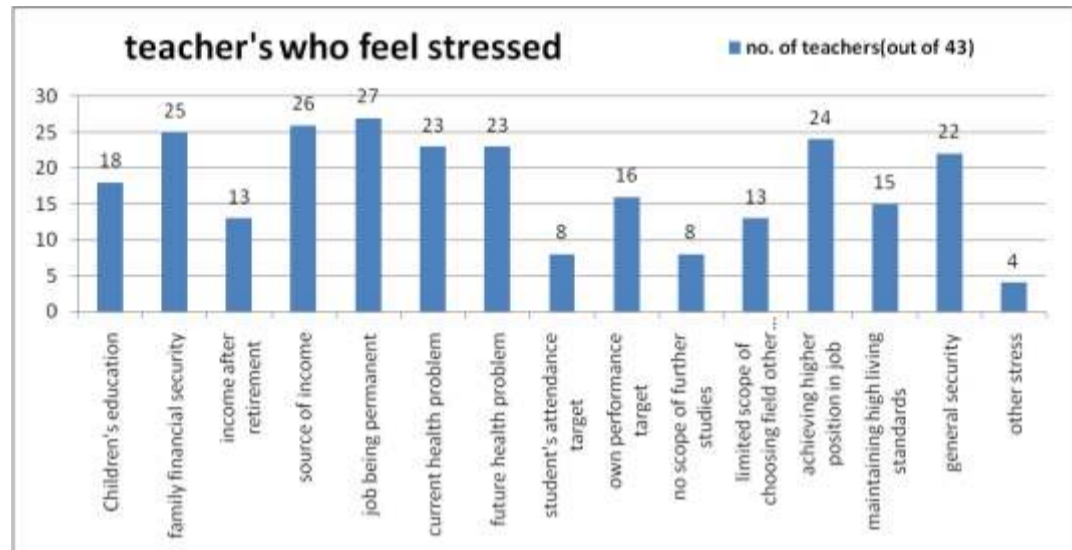
Pie charts based upon the indirect questions asked to find out whether teachers were stressed or not.



"STRESS MANAGEMENT"



"STRESS MANAGEMENT"



CONCLUSION

I concluded that, even though the teachers were cooperating with us to fill the questionnaire was providing but either they were feeling shy to admit the fact that they were stressed or didn't know whether they were or not. The results which show that most of the teachers who admitted that were not stressed were actually stressed for many things i.e. they were either worried for some things or were not sure of their future. This kind of situation in which a person is not sure of his/her own future results to stress.

I found out that most of the teachers were stressed with income related problems after their retirement, not only that they will be able to earn same amount or not but also the source of that income is the cause of stress for around 48% of the teachers in university and institute

Teachers stress was also seen in areas related to their current job, as many teachers were stressed for holding a permanent job and achieving a higher position in their respective departments, colleges.

Another key area for teachers to be stressed is their health issues, be it future or current.

IMPROVEMENT IN RETIREMENT PLANS, SETTING UP OF SEPERATE DEPARTMENT WHICH WILL CHECK TEACHERS PERFORMANCE SO AS TO PROVIDE PERMANENT JOB AND PROVISION OF BETTER HEALTH RELATED FACILITIES FOR ALL TEACHERS

Should be considered in order to reduce the institute and university teacher's stress

REFERENCES

1. Palm M. Lehrel, Robert L. Woolfolk, Weply E. sime, (2007), Stress Management, 3rd Edition, Guilford press.
2. Nirmal singh, (2002), Human Relations and Organizational Behavior, Deep & Deep pub.
3. Ajay Shukla, (2006), Stress Management, 2nd edition Unicorn pub.
4. Suja R. Nair, (2005), Organizational Behavior, 1st Edition, Himalaya pub., India.
5. Susan Chirayath, (2009), Organizational role stress and personality traits of software Engineers as revealed through Myers-Brigs type indicator (MBTI) GIM Journal of Management, vol.4, No.1 January-June.
6. Avinash kumar Srivastav, (2007), Achievement climate in public sector – A cross functional study on relationship with stress and coping, IIMB Management Review, December, 2007.
7. Raji Nair, (June 2007), Stress management in ITeS organizations through system thinking and system dynamics presented at National conference on system dynamics organized by IPE & system dynamics society of India, 28-29.
8. Pradhumn kumar, (Nov-2009), Employee burnout in the healthcare sector, Icfai Univ. press, HRM Review.
9. Reshma S Gavali, (Nov 2009), Applied ergonomics and ways to reduce work stress, Icfai Univ. press, HRM Review.
10. R. Paneerselvam, (2005), Research Methodology, Prentice – hall pub.

"STRESS MANAGEMENT"

11. Rangit kumar, (2004), Research methodology, 2nd edition, Sage pub
12. Sunday Hindustan times, (May 4th 2008), Stress is emerging as a major problem for many successful people.
13. Andres LM Larraz, (2011), Stress Management, Trafford pub, U.S.A.
14. Susan R Gregson, (2000), Stress Management, Capstone press, Minnesota.
15. Jonadhan G Smith, (2002), Stress Management, Springer Pub, New York.
16. James S Gordon, (2000), Stress Management, Chelsea House pub. Journal of Information Technology and Economic Development 2(2), 30-48, October 2011 48



Amit Kumar

Assistant Professor, Department of Commerce, Dyal Singh Evening College, University of Delhi.

Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Books Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- * Directory Of Research Journal Indexing
- * International Scientific Journal Consortium Scientific
- * OPEN J-GATE

Associated and Indexed, USA

- DOAJ
- EBSCO
- Crossref DOI
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Review Of Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.ror.isrj.net