



THE INVESTIGATION ON LEVEL OF OCCUPATIONAL STRESS AMONG PHYSICAL EDUCATION AND OTHER SUBJECT TEACHERS: A COMPARATIVE STUDY

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ABSTRACT

The present investigation aimed to compare the level of occupational stress between Physical education teachers and other subject teachers at the high school level. To investigate occupational stress among physical education teachers and other subject teacher's researcher selected 60 subjects in the two districts of Karnataka namely Dakshina Kannada and Udupi. 30 subjects from each stream respectively. The study delimited teachers who experience more than 3 years in the same institution. After data collection Mean was computed for comparison between two selected groups. To assess the signification of the difference between the mean in the case of significant z test was applied. All the statistical treatments were carried out with a significance level of 0.005. From the findings, it was observed and conclude that there is no significant difference between the occupational stress among Physical education teachers and other subject teachers.

Keywords: Occupational Stress, Physical education, Subject teachers and High school.

INTRODUCTION

Stress is a term in psychology and biology, first coined in the biological context in the 1930s, which has in more recent decades become commonly used in popular parlance. It refers to the consequence of the failure of an organism human or animal to respond appropriately to emotional or physical threats, whether actual or imagined. Stress symptoms commonly include a state of alarm and adrenaline production, short-term resistance as a coping mechanism, and exhaustion, as well as irritability, Muscular tension, inability to concentrate, and a variety of physiological reactions such As headache and elevated heart rate. Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. Taber's Cyclopedia Medical Dictionary defines STRESS as "the result produced when Structure, system or organism is acted upon by forces that disrupt equilibrium or produce Strain".

Teachers are the torch bearers of society as they mould the destiny of the children. They spread the light of knowledge and remove the darkness of literacy. They play a key role in creating social cohesion, national integration,



and a learning society (Khan 2010). Teaching is a highly noble profession and teachers are always a bone to society. The ultimate process of education could be 3 simplified as a meaningful interaction between the teacher and the taught. The teacher thus plays a direct and crucial role in molding a pupil towards education (chamundeswari 2013). The reality is that the teacher is normal but the work situation is often unpredictable and sometimes even abnormal from a professional point of view. Teachers working within the school system confront multiple stressors daily that result in varying levels of evidence to suggest that teachers perceive, their jobs as more stressful than other comparable professionals, and studies have shown that up to one-third of teachers report experiencing a high level of stress. Although, both the Physical education teachers and the other course teachers suffer from stress there can be a considerable difference in the type as well as the level of stress they suffer. Both the groups have their responsibilities and are dedicated solely to their work. Stress at work can be a real problem for the organization as well as for its workers. Good management and good work organization are the best forms of stress prevention. If employees are already stressed, their managers should be aware of it and know to help. Work-related stress is the response people may have when present with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. Stress is a fact of everyday life. When people reach out for help, they are often dealing with circumstances, situations, and stressors in their lives that leave them feeling emotionally and physically overwhelmed. Arandelovic and Iliac (2006) reported that occupational stress is caused by the

combination of the high demand of the job and little control over the situation. The causal situation conditions are job stressors and the disrupted homeostasis is the job-related study and subjective validity, as it has been assumed that the tool may be conveniently administered to all categories of physical education teachers.

METHODOLOGY

To investigate occupational stress among physical education teachers and other subject teacher's researcher selected 60 subjects in the two districts of Karnataka namely Dakshina Kannada and Udupi. 30 subjects from each stream respectively. The study delimited teachers who experience more than 3 years in the same institution.

To the assessment of occupational stress "Occupational Stress Index" questionnaire was used, developed, and standardized by Dr. A K Srinivas and Dr. A P Singh, Department of Psychology, Banaras Hindu University, Varanasi.

Keeping in view the objectives of the present study the investigator had collected the data with the prior permission of the principal of the concerned school. In this phase, the teachers were administered a job occupational stress scale which comprises 35 questions. These questionnaires were supplied and were requested to fill in the information and if any ambiguities regarding questions researcher clarified. The subjects were given ample time to fill in the questionnaire and were not allowed to discuss the questionnaire.

After data collection Mean was computed for comparison between two selected groups. To assess the signification of the difference between the mean in the case of significant z test was applied. All the statistical treatments



were carried out with a significance level of 0.005.

DATA ANALYSIS AND INTERPRETATION

TABLE 1
REPRESENTS OCCUPATIONAL STRESS AMONG PHYSICAL
EDUCATION TEACHERS AND OTHER TEACHERS IN HIGH
SCHOOL

	<i>Physical education Teachers</i>	<i>Other subject Teachers</i>
Mean	81.24	79.94
Standard Deviation	7.004	6.856
Known Variance	50.063	47.975
Observations	30	30
z-value	0.928	
P(Z<=z) one-tail	0.176	
z Critical one-tail	1.644	
P(Z<=z) two-tail	0.353	
z table value	1.959	

Table no.1 shows the mean values of Physical education teachers are 81.24 and other teachers are 79.94. S.D of Physical education teachers is 7.0044 and other subject teachers is 6.856. Here there is no difference between calculated mean values in the selected variable. Above table shows Z value of the selected variable is 0.928 it indicates there are no significant differences in occupational stress between Physical education and other subject teachers. Both teachers have the same level of occupational stress.

DISCUSSION ON HYPOTHESIS

The calculated Z value is 0.928, which is less than the table value of 1.9599. Hence we researcher accepting the null hypothesis (H₀) and conclude that there is no significant difference between the occupational stress among Physical education teachers and other subject teachers.

SUMMARY AND CONCLUSION

The reality is that the teacher is normal but the work situation is often unpredictable and sometimes even abnormal from a professional point of view. Teachers working within the school system confront multiple stress daily that results in varying levels of evidence to suggest that teachers perceive, their jobs as more stressful than other comparable professionals, and studies have shown that up to one-third of teachers report experiencing a high level of stress.

Unlike other teachers in the school, the physical education teachers have the extra responsibility of teaching physical education subjects, selection of teams and coaching, accompanying various teams for the tournaments, and maintaining discipline in the school. These natures of the job make physical education teachers a unique position in the school and colleges with huge responsibilities and expectations. Both the groups have their responsibility within the school and this study reveals the same.

CONCLUSION

From the findings, it was observed and concludes that there is no significant difference between the occupational stress among Physical education teachers and other subject teachers they have the same level of occupational stress.

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