

## COMPARISON OF STRESS OF THE TEACHERS TEACHING VARIOUS SUBJECTS

**Dr. Piyush P. Solanki**

*Assistant Professor & Head,*

*Department of Psychology*

*M B Patel Rashtrabhasha Arts & commerce College*

*Hindi Bhavan , Elish Bridge -6 ,Ahmadabad*

### **Abstract**

Teachers' mental health is a field of research in educational psychology. Students development is possible only through a stress free teacher. A teacher can be satisfied in his/her occupation only when he is stress free. Considering this, the present study was conducted to compare stress between the teachers of various subjects. The aims, methodology and main findings of the study are as under. 1-To measure stress of the teachers teaching various subjects. 2- To check whether there is any difference in stress of teachers working in the different educational stream.3- To check whether there is any difference in stress of ladies teacher and gents teacher. The researchers used a Stress Index made by P.D. Goyal was used to know the teachers' stress. The teachers of mathematics, Social Sciences and Languages were considered. It was a survey type study. In which the samples were given Stress Index and obtained marks were collected. The data obtained were in nominal number scale. F-value and t-value were calculated through SPSS program. There was no significant difference in stress of teachers teaching various objects. There was no significant difference of ladies teacher and gents teacher.

### **INTRODUCTION**

Today's age is 'Super Sonic Age'. Each individual constantly lives in competition in order to survive in his occupation or to develop more and more. He/she is always attempting to achieve a goal while living among many circumstances. At this time it is quite natural that his/her impulses are affected. And sometimes the same impulses determine his/her progress or draw back. In comparison to other occupations, it is unavoidable for the people attached to educational occupation to bear impulsive attitude because in this occupation communication is made between two lively human beings. Thus teachers work with different people at different places starting from students. The present study was taken to know how much stress do the teachers bear because of their work, institution, environment and the society.

### **OBJECTIVES OF THE STUDY**

1. To measure stress of the teachers teaching various subjects.
2. To check whether there is any difference in stress of the teachers working in the different educational stream.
3. To check whether there is any difference in stress of ladies teacher and gents teacher.

### **HYPOTHESIS OF THE STUDY**

1. There will be no significant difference in stress of teachers teaching various subjects.
2. There will be no significant difference in stress of ladies teacher and gents teacher.

### **LIMITATIONS OF THE STUDY**

1. The teachers of only Ahmadabad city were included in the present study.
2. The teachers teaching in Gujarati medium were included in the present study.
3. A ready-made tool was used for the collection of the data which was not standardized.

**SAMPLE SELECTION**

The teachers of four Gujarati medium schools of Rajkot were included as the sample in the present study. Total 60 teachers were included, in which the teachers teaching Mathematics, Social Sciences and languages were respectively 20, 19 and 21. The numbers of ladies teacher and gents teacher were respectively 29 and 31. Tool

Stress index made by Shri Poonam D. Goyal was used as the tool in the present study. In this tool there were total 40 statements measuring the teachers' stress. Each statement was followed by five options like extreme stress, high stress, common stress, less stress and never were given. The teachers had to 3 mark in front of any option according to their opinion. For each option the marking had to be done 5,4,3,2 and 1, starting from its first option. This stress index is given in the appendix.

**DATA COLLECTION**

Permission was taken from the principals of the respected schools and then the stress index was given to the teachers to fill in. The teachers were also given some oral instruction to fill in the detail. There was no time limit to return the filled up stress index. The teachers had taken 30 minutes approximately to fill in this stress index and returned it. It was checked whether the teachers have filled in the necessary details properly or not at the time of collecting the stress index back.

Analysis and interpretation of the collected data

SPSS programme was used to analyses the collected data. Total stress was calculated for the teacher of each subject. F-value for the subject wise group and t-value for the sex wise group were calculated. The result of the analyses is given in the table-1 and table-2.

Table-1  
*Numbers, mean and SD-value of the subject wise groups of the teachers*

Subject	Numbers	Mean	SD-value
Mathematics	20	106.35	14.89
Sciences	19	101.58	20.89
Language	21	101.90	14.90

*Co-variance of stress of the subject wise groups of the teachers*

Source of Co-variance	SS	Df	MS	F
Inter Group	283.192	2	141.556	
Intra Group	16508.99	57	289.631	
Total	16792.183	59		0.489

According to the first part of table-1 the mean of stress of the teachers of Mathematics, Social Sciences and Languages were 106.35, 101.58 and 101.90 accordingly. Whereas SD value were 14.89, 20.89 and 14.90 accordingly.

According to the second part of table-1, F-value found for significance of difference between the subject wise groups through co-variance analysis was 0.489. Which is not significant.

Table-2  
Analysis of stress of the sex wise groups of the teachers

Sex	No. of Samples	Mean	SD-Value	t-value
Ladies	29	103.03	19.08	0.110
Gents	31	103.52	14.83	

According to table-2 the mean of stress of ladies teachers and the gents teachers were 103.03 and 103.52 accordingly. Whereas SD value were 19.08, and 14.83 accordingly. t-value used to know the significance of difference between these means was 0.110. Which is not significant.

### FINDINGS OF THE STUDY

The following findings were found on the basis of analysis and interpretation of the data

1. There was no significant difference in stress of teachers teaching various subjects.
2. There was no significant difference in stress of ladies teacher and gents teacher.

### CONCLUSION

Mental health of the teachers who build the future of the children is necessary. On the basis of the present study the mental stress of each kind of teachers can be known. And with the help of it stress-producing reasons can also be found out and they can be solved. The teacher with his/her balanced impulses can help a child in its all sided development and can be conscious towards his/her own impulses.

### REFERENCE

- Bhatt, D. & Dave C.B. Statistics in Psychology. A'bad : Viral Praksshan
- Chopra, D. Ageless body and Timeless Mind. A'bad.
- Thakur, R.C. (1978). The effect of anxiety and Psychological stress on bilateral transfer. Journal of Psychological Researches, 22, 1-4.