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A study on job stress among physical education personnel working in training colleges

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Abstract

The modern world, which is said to be a world of achievements, is also a world of stress. One finds stress everywhere, whether it is within the family, business organization/enterprise or any other social or economic activity. From birth to death, a person is invariably exposed to a variety of stressful situations. Not surprisingly, interest in this issue has increased with the progress of the current century, which has been referred to as the "age of anxiety and stress". The purpose of the study was to know the job stress among physical education personnel working in training colleges. To achieve the purpose of the study 300 physical education personnel working in training colleges from the four academic divisions of Karnataka state were randomly selected as subject for the study. Out of these 300 teachers, 87 teachers from Bangalore Division, 74 teachers from Gulbarga Division, 98 teachers from Belgaum Division and 41 teachers from Mysore Division were taken for the study. Job stress of physical education personnel working in training colleges was assessed with the help of Occupational Stress Index (OSI) developed by Dr. A.K. Srivastava and Dr. A.P. Singh. To know the job stress among physical education personnel working in training colleges One way ANOVA Statistical test was used at 0.05 level of significance. This study was concluded that there was a significant difference among job stress of physical education personnel working in training colleges.

Keywords: Training college, physical education personnel, job stress, academic divisions

Introduction

The modern world, which is said to be a world of achievements, is also a world of stress. One finds stress everywhere, whether it is within the family, business organization /enterprise or any other social or economic activity. Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situations. Thus, it is not surprising that interest in the issue has been rising with the advancement of the present century, which has been called the 'age of Anxiety and Stress'.

The term stress is from physical science where it means the force placed upon an object to cause damage, bending, or breaking. In case of human beings, stress is often used to describe the body's responses to demands placed upon it, whether these demands are favorable or unfavorable. Anything that causes stress is called a stressor. "Stress is a condition which happens when one realizes the pressure on them or requirements of situation are wider than they can handle, and if these requirements are huge and continue for a long period of time without any interval, mental, physical or behavioral problems may occur".

Job stress is one of the most important workplace health risks for employees in developed and developing countries. There are a number of workplace factors, called job stressors that make jobs stressful and difficult for a number of employees in services as well as industries. Additional stressors concern interpersonal relationships at work, such as conflicts with the behavior of supervisors, conflicts with colleagues, conflicts with subordinates and conflicts with management policies.

Stress at the workplace is becoming one of the major causes of concern today. Most of the lifestyle diseases are caused by stresses either at the work place or otherwise. Stress is the wear and tear our bodies undergo due to the continuously changing environment. Stress creates an impact on a person both physically and emotionally and creates positive and terrible deteriorating emotions. The encouraging positive note, it can help a person to stay alert and keep him in action and as negative it can lead a person to depression.

It creates fatigueless, anguishes and puts a person in deep pain and agony.

Occupational stress can increase when workers don't feel supported by supervisors or colleagues or feel as if they have little control over work processes. Occupational stress or stressful working conditions have been connected to less productivity, absenteeism, and increased rates of accidents on the job and off the job.

Stress is known to cause emotional exhaustion to teachers and this leads to negative feelings toward students. A stressed Physical Education teacher who is angry will find it difficult to give holistic care to students, which makes the teacher negligent in performing duties. Occupational Stress in Physical education teachers affects their health and increases absenteeism, injury claims, attrition rate, infection rates and errors in treating student. Effective occupational Stress management among Physical education teachers is required for effective teaching environment.

Review of literature

Naresh Gandhi (2018) studied on comparative study of job stress of teachers working in Government aided colleges of Punjab and Rajasthan states. In the present study, the researcher investigated the job stress of teachers working in govt. aided colleges of Punjab and Rajasthan State. In this research, sample of 200 teachers were selected randomly from colleges of Punjab and Rajasthan state. Occupational Stress Index (OSI) by Srivastava and Singh (1984) was used for the investigation. The obtained data were analyzed by mean, standard deviation and t-ratio with the help of SPSS. The study revealed that there is no significant difference in the job stress of teachers working in govt. aided colleges of Punjab and Rajasthan state.

Kamran Nazari and Mostafa Emami (2012) ^[6] conducted a study on the investigation of the relation between job stress and job satisfaction (case study in faculty members of recognized public and private universities in the province of Kermanshah). This study investigates the relationship between job stress and job satisfaction in faculty members of recognized public and private universities in the province of Kermanshah. Two questionnaires are adapted in order to accomplish the research objects through acquiring the responses from faculty members of recognized public and private universities in the province of Kermanshah. Results indicate that most of the teachers do not perceive occupational stress as a big problem in a university environment. They perceive administrative factors as a highly contributing factor in job satisfaction. At last, insignificant relationship is found between occupational stress and job satisfaction. The results also show that there is a significant negative relationship between job stress and job satisfaction.

Venkataraman, P. S. and R. Ganapathi (2013) ^[7] worked on a study of job stress on job satisfaction among the employees of small scale industries. The purpose of this study is to examine the impact of job stress on job satisfaction among the employees of small scale industries in Madurai. The correlation analysis indicates that the employee job satisfaction is negatively and significantly associated with work load and role conflict, while the employee job satisfaction is positively and significantly correlated with the physical environment in small scale industries. The regression analysis shows that the job stress factors of workload and role conflict have the negative impact on employee job satisfaction

while, the job stress factor of the physical environment have the positive impact on employee job satisfaction at one per cent level of significance. It is very important that the small scale industries understand the needs of its employees and provide what is best for the employees. Constant appraisal programs and appreciation should be given to reinstate and motivate the employees. In order to enhance the satisfaction of their jobs and lives of employees should compensate with equitable incentives.

Lokendra Singh Narwariya and Sudhira Chandel (2019) conducted a research study a comparative study of occupational stress and emotional intelligence among physical education teachers working in Kendriya Vidyalaya and Public Schools of Madhya Pradesh. In this study, the authors concluded that every strong emotion has at its roots an impulse to action; managing those impulses is basic to emotional intelligence." The terms emotional intelligence, emotional literacy, emotional competence and emotional competencies are used in varying contexts throughout these pages. Emotional intelligence is the capacity to acquire and apply information of an emotional nature, to feel and to respond emotionally. This capacity resides in the emotional brain/mind. Emotional literacy and emotional competence are used interchangeably to describe the relative ability to experience and productively manage emotions. The shorthand for these terms is EQ. Emotional competencies are skills and attributes self-awareness, empathy, impulse control, listening, decision making and anger management, whose level of development determines the strength of our emotional intelligence and the degree of our emotional competence.

Methodology

The purpose of the study was to know the job stress among physical education personnels working in training colleges. To achieve the purpose of the study 300 physical education personnels working in training colleges from the four academic divisions of Karnataka state were randomly selected as subject for the study. Out of these 300 teachers, 87 teachers from Bangalore Division, 74 teachers from Gulbarga Division, 98 teachers from Belgaum Division and 41 teachers from Mysore Division were taken for the study. Job stress of physical education personnels working in training colleges was assessed with the help of Occupational Stress Index (OSI) developed by Dr. A.K. Srivastava and Dr. A.P. Singh.

Statistical techniques

To know the know the job stress among physical education personnels working in training colleges One way ANOVA Statistical test was used at 0.05 level of significance, if the 'F' value found significant post hoc analysis was applied to know the mean differences in job stress among physical education personnels working in training colleges with the help of Statistical Package for Social Sciences (SPSS) 23rd version.

Result and Discussion

Table 1: Shows the one way ANOVA of job stress among physical education personnel

	Sum of squares	Df	Mean square	F	Sig.
Between Groups	3991.821	3	1330.607	3.185*	.024
Within Groups	123677.966	296	417.831		
Total	127669.787	299			

*Significant at 0.05 level, $F(3,296) = 2.64$

The above table shows the one way Anova of job stress among physical education personnel. It shows that obtained F value of job stress among physical education personnel was 3.185 at 0.05 level of significance, which was greater than the table value 2.64 ($df_1 = 3$ and $df_2 = 296$). Hence, the null hypothesis is rejected and formulated the alternative hypothesis that there was a significant difference among job

stress of physical education personnel.

As the F value found significant in the job stress among physical education personnel, Least Significant Difference (LSD) post hoc test was carried out to find the significant difference between the paired means and presented in Table-2.

Table 2: Shows the post hoc analysis of job stress among physical education personnel

Academic divisions (Mean value)	Academic divisions (Mean value)	Mean difference	Sig.
Bengaluru (134.71)	Belagavi (126.23)	8.48*	.005
	Kalburgi (128.99)	5.72	.078
	Mysuru (125.76)	8.95*	.021
Belagavi (126.23)	Kalburgi (128.99)	2.76	.383
	Mysuru (125.76)	.47	.900
Kalburgi (128.99)	Mysuru (125.76)	3.23	.418

*The mean difference was significant at the 0.05 level.

Post hoc test results presented in the table-2 reveals that there was a significant difference found in job stress among physical education personnel, between the Bengaluru and Belagavi division and Bengaluru and Mysuru division. Mean values shows that there was a steady and a linear difference in the job stress among physical education personnel with respect to the academic division of Bengaluru, Belagavi, Kalburgi and Mysuru.

A comparison of the mean value of job stress among physical education personnel is presented in Figure-1.



Fig 1: Graphical representation of comparison of mean value of job stress among physical education personnel

Conclusion

In the view of findings and limitation of the study, it can be concluded that there was a significant difference among job stress of physical education personnel working in training colleges. It can be further concluded that there was a significant difference found in job stress among physical education personnel between the Bengaluru and Belagavi division and Bengaluru and Mysuru division.

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