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A study on occupational stress among physical education teachers of government and private schools

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Abstract

The present study was conducted to assess and compare the occupation stress among physical education teachers of government and private school. Sample of 300 (150 Government and 150 Private) physical education teachers (Male & Female 1:1) were selected as sample. The occupational stress index (OSI) by A.K. Srivastava and A.P. Singh. (1983) was used. The statistical analysis was done by mean, SD and “t” observations. The findings of the study revealed that male physical education teachers of private schools have the highest level of occupational stress while female physical education teachers of government schools have least amount of occupational stress. Results also revealed that male and private school physical education teachers have more stress than private secondary school physical education teachers.

Keywords: Occupational stress, physical education teachers, governments schools, private schools

Introduction

Job stress is one of the most important workplace health risks for employees in developed and developing countries (Danna and Griffin, 1999) ^[1]. There are a number of workplace factors, called job stressors that make jobs stressful and difficult for number of employees in services as well as manufacturing 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 (Paul, 2002) ^[2].

Pettigrew and Wolf stated that two types of stress ultimately impacted on teachers: (1) stress based on work related tasks and (2) stress based on the workplace role. Stress based on work related tasks, such as dealing with misbehaving students, addresses the problems associated with different specific tasks that teachers must perform as part of their occupation and job description. Stress based on the workplace role such as lack of necessary resources for proper teaching, refers to how the expectations of teachers about their role in the workplace fit with their real responsibilities that are necessary for teachers to fulfil their roles (Pettigrew and Wolf, 1982) ^[3]. Often, stress within teaching is connected with organizational factors related to the way teachers are expected to work. Such organizational factors that contribute to stress among teachers can be: unreasonably set time frames, excessive bureaucracy, unrealistic deadlines and frightening inspection regimes (Montgomery and Rupp, 2005) ^[4].

Teaching in Physical Education has become a demanding profession which requires exceptional skills. Physical education teachers have to play a very vital role and their work involves a number of duties such as planning, teaching, evaluative, administrative and various unclassified ones (Singh *et al.*, 2009) ^[5]. A physical education teacher requires a greater variety of talents than any other teaching area. Responsibilities of physical education teachers are diverse and the society looks up to him as a leader who can create and maintain general fitness of the sedentary people on one hand and help produce sports persons at grass root level, on the other (Şirin *et al.*, 2011) ^[6]. As a result, physical education teachers working in schools feel their workload heavier, strenuous and difficult too. They face a lot of problems due to longer working hours, inadequate facilities/materials, clerical work and non-congenial working conditions. Some of them feel that in proportion to the expectations of the society they are not given due place, recognition, autonomy, pay, working conditions, opportunities for growth and advancement and so on. This leads to occupational stress. In order to improve the whole prevailing situation, it is very important to assess the occupational stress of the Physical

Education Teachers. So, that these professional are able to contribute maximum to improve the academic system of the schools where they are working. Therefore, the present research was conducted a comparative (gender and workplace) study to determine the stress among physical education teachers of Rajasthan state.

Objectives of the study

1. To find out the status of occupational stress among Female and Male Physical Education teachers working in government and private sector schools of Rajasthan.
2. To compare occupational stress among Female and Male Physical Education teachers working in government and private sector schools of Rajasthan.

Hypotheses

H1: There is no significant difference in occupational stress levels between Physical Education teachers of government and private school.

H2: There is no significant difference in occupational stress levels between female and male physical education teachers.

Materials and methods

Sample

For the present study, 300 Physical Education teachers (150 females and 150 male) working in government and private schools were randomly selected from 5 districts of Rajasthan State.

The teachers were contacted personally and efforts were made to establish rapport with them. In the both groups half of the (75) teachers were taken from Government schools and another half (75) were taken from Private schools. All these teachers had at least three years of teaching experience in the

field of Physical Education.

Tool used: Occupational Stress Index (OSI) by Shrivastava and Singh (1984) [7] was used to assess the level of stress among the physical education teachers. The scale consists of true and false key based 46 items, each related on the five points scale. Two different patterns of scoring were adopted for two types of items. For true items, strongly disagree -1, disagree - 2, undecided - 3, agree - 3, strongly agree - 5 and false keyed items, strongly disagree -5, disagree - 4, undecided - 3, agree - 2, strongly agree - 1. The statements of the items represent the factors which cause stress in one way or others, such as role overload, role ambiguity, role conflict, group and political pressure, responsibility for persons, under participation, powerlessness, poor peer relations, intrinsic improvement, low status, strenuous working conditions, and un-profitability.

Procedure of data collection

Before administering the test, teachers were made clear about the purpose of collecting the data and conducting this research study. Only those who were cooperative and willing to respond were taken after their prior consent. After their consent, occupational stress test selected for the study was administered to the teachers.

Statistical analysis

After the data collection, the statistical analysis was computed. Means, SDs and SEs of all the variables were found out for female and male teachers both government and private schools separately. Student's 't'-test were calculated in order to find out the significant differences on the scores.

Result and observation

Table 1: Mean, SD, SEM and 't' value of occupational stress among female and male physical education teachers of all selected school

| Group | N | Mean | SD | SEM | 't' | dF | Standard error of difference |
|------------|-----|--------|-------|------|------|-----|------------------------------|
| Female PET | 150 | 128.35 | 10.02 | 0.82 | 8.28 | 298 | 2.46 |
| Male PET | 150 | 148.69 | 28.36 | 2.32 | | | |

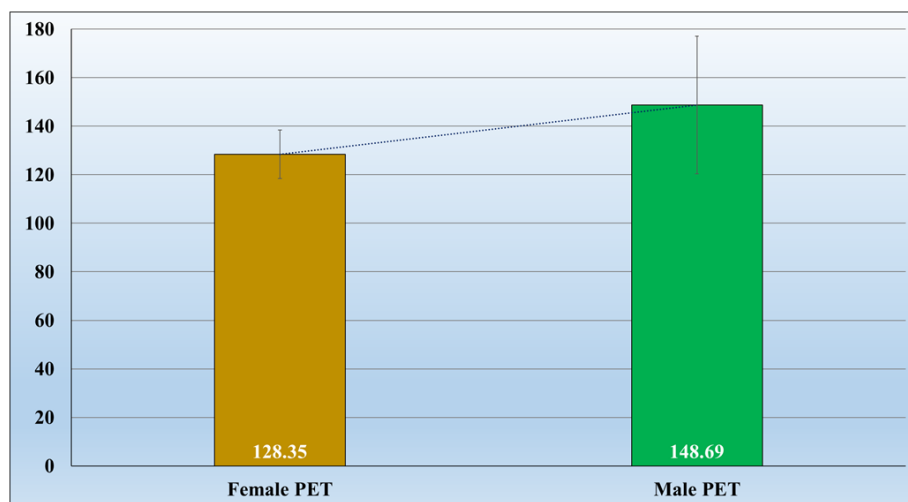


Fig 1: Occupational stress among female and male physical education teachers of all selected school

According to table 1, when we compare the occupational stress among female and male physical education teachers of all selected schools, it shows the value of 't' is 8.28 and two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant. The mean of female physical education teacher

minus male physical education teacher equals to -20.34 and 95% confidence interval of this difference is from -25.1730 to -15.5070. The results presented in table 1 indicate a highly significant difference in the occupational stress among female and male physical education teachers working in all selected schools of Rajasthan.

From the results of the mean depicted in the table 1, it is concluded that male physical education teachers have considerably more occupational stress in comparison to female physical education teachers with a mean value of 148.69 and 128.35 respectively. Hence, the hypothesis “there

will be no significant difference in the occupational stress among female and male physical education teachers of all selected school of Rajasthan” is rejected, results shows that there is a significant difference in the occupational stress levels of female and male physical education teachers.

Table 2: Mean, SD, SEM and ‘t’ value of occupational stress among all selected physical education teachers of government and private schools

| Group | N | Mean | SD | SEM | ‘t’ | dF | Standard error of difference |
|-----------------------|-----|--------|-------|------|-------|-----|------------------------------|
| Government School PET | 150 | 123.73 | 7.50 | 0.61 | 13.97 | 298 | 2.12 |
| Private School PET | 150 | 153.31 | 24.83 | 2.03 | | | |

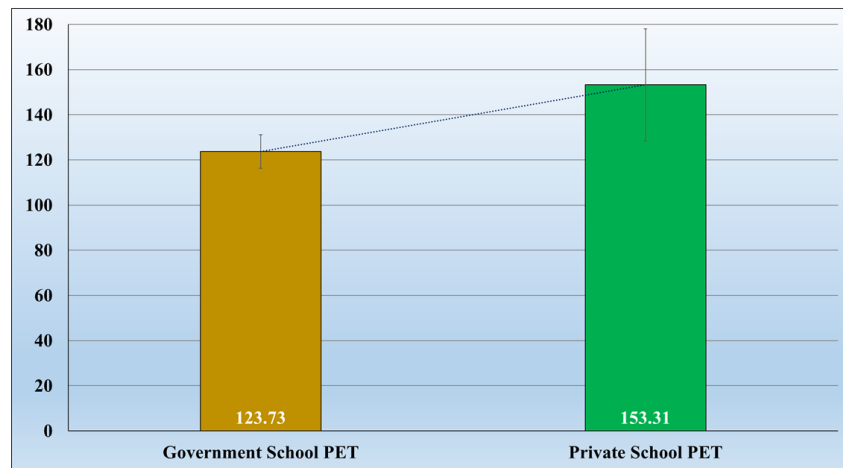


Fig 2: Occupational stress among all selected physical education teachers of government and private schools

According to table 2, when we compare the occupational stress among all selected physical education teachers of government and private schools, it shows the value of ‘t’ is 13.97 and two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant. The mean of physical education teachers of government schools minus private schools equals to -29.58 and 95% confidence interval of this difference is from -33.7478 to -25.4122. The results presented in table 2 indicate a highly significant difference in the occupational stress among physical education teachers working in government and private schools of Rajasthan.

From the results of the mean depicted in the table 2, it is concluded that physical education teachers of private schools have considerably more occupational stress in comparison to physical education teachers of government schools with a mean value of 153.31 and 123.73 respectively. Hence, the hypothesis “there will be no significant difference in the occupational stress among physical education teachers of government and private schools of Rajasthan” is rejected, results shows that there is a significant difference in the occupational stress levels of physical education teachers of government and private schools.

Table 3: Mean, SD, SEM and ‘t’ value of occupational stress among female physical education teachers of government and private schools

| Group | N | Mean | SD | SEM | ‘t’ | dF | Standard error of difference |
|----------------------------|----|--------|------|------|-------|-----|------------------------------|
| Female PET Govt. Schools | 75 | 121.63 | 7.22 | 0.83 | 11.07 | 148 | 1.21 |
| Female PET Private Schools | 75 | 135.07 | 7.64 | 0.88 | | | |

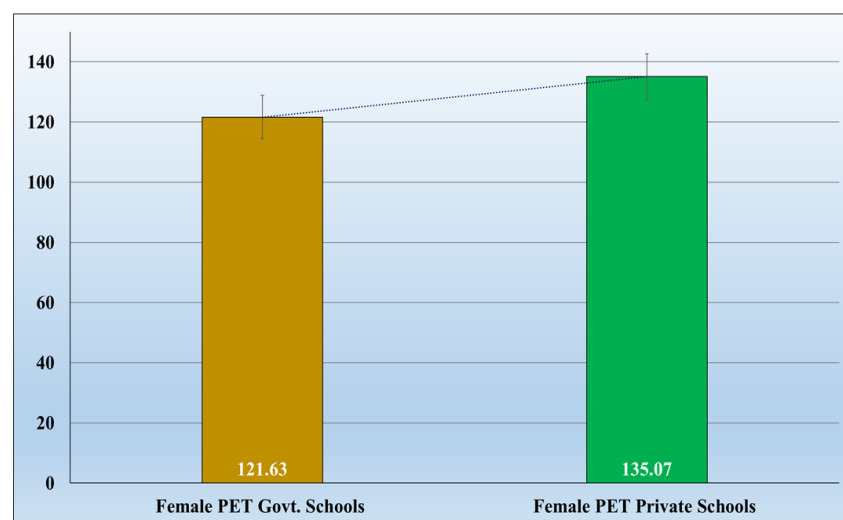


Fig 3: Occupational stress among female physical education teachers of government and private schools

According to table 3, when we compare the occupational stress among female physical education teachers of government and private schools, it shows the value of 't' is 11.07 and two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant. The mean of female physical education teachers of government schools minus private schools equals to -13.44 and 95% confidence interval of this difference is from -15.8386 to -11.0414. The results presented in table 3 indicate a highly significant difference in the occupational stress among female physical education teachers working in government and private schools of Rajasthan.

From the results of the mean depicted in the table 3, it is concluded that female physical education teachers working in private schools have considerably more occupational stress in comparison to physical education teachers working in government schools with a mean value of 135.07 and 121.63 respectively. Hence, the hypothesis "there will be no significant difference in the occupational stress among female physical education teachers of government and private schools of Rajasthan" is rejected, results shows that there is a significant difference in the occupational stress levels of female physical education teachers of government and private schools.

Table 4: Mean, SD, SEM and 't' value of occupational stress among male physical education teachers of government and private schools

| Group | N | Mean | SD | SEM | 't' | dF | Standard error of difference |
|--------------------------|----|--------|-------|------|-------|-----|------------------------------|
| Male PET Govt. Schools | 75 | 125.83 | 7.23 | 0.83 | 16.72 | 148 | 2.73 |
| Male PET Private Schools | 75 | 171.55 | 22.55 | 2.60 | | | |

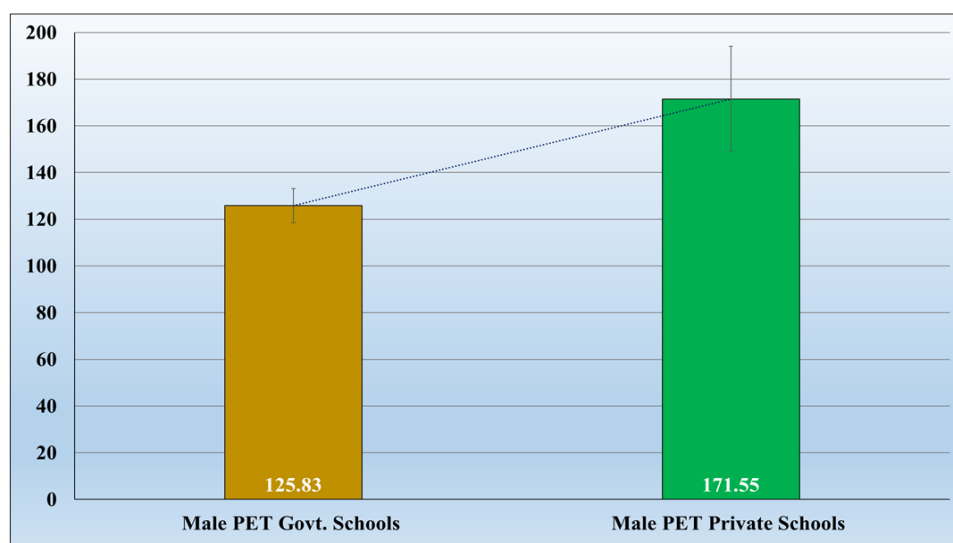


Fig 4: Occupational stress among male physical education teachers of government and private schools

According to table 4, when we compare the occupational stress among male physical education teachers of government and private schools, it shows the value of 't' is 16.72 and two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant. The mean of male physical education teachers of government schools minus private schools equals to -45.72 and 95% confidence interval of this difference is from -51.1235 to -40.3165. The results presented in table 4 indicate a highly significant difference in the occupational stress among male physical education teachers working in government and private schools of Rajasthan.

From the results of the mean depicted in the table 4, it is concluded that male physical education teachers of private schools have considerably more occupational stress in comparison to physical education teachers of government schools with a mean value of 171.55 and 125.83 respectively. Hence, the hypothesis "there will be no significant difference in the occupational stress among male physical education teachers of government and private schools of Rajasthan" is rejected, results shows that there is a significant difference in the occupational stress levels of male physical education teachers of government and private schools.

Discussion and Conclusion

Result of the study shows that there is a significant difference

in the occupational stress levels among physical education teachers working for government and private schools. When we compared the result on the basis of gender and gender itself, the analysis depicted the same observation and there is a significant difference in the occupational stress levels of female and male physical education teachers; female physical education teachers of government and private schools as well as male physical education teachers of government and private schools. Although the maximum occupational stress was found in male physical education teachers working for private schools while the minimum occupational stress was found in female physical education teachers of government schools.

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