

Stress Among the Teachers Working Women with Special Reference to Secondary School in Belagavi, Karnataka State: A Study

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Abstract: The main purpose of this research was to study the stress among the teachers (Working Women) with special reference to secondary school in Belagavi District. Today teaching is becoming more challenge as a profession and it is one of the most significant and visible profession in the world. The word stress like success, future happiness, means different types to different people and except for a few specialize scientist. The aim of study is to find out the stress of working women teachers at working place like physical, psychological and suggest remedies. Based on the findings of the study it was majority of teachers (women's) are sufficient relationship with their colleagues. So they do not create any problems among them. Women teachers have some Physical Complaints it is effect on teaching. The overview draws on literature from social, psychological information, family environmental, attitude towards job information and Health information studies.

Keywords: Stress, Working women, Teachers, Secondary schools.

1. INTRODUCTION

Stress was equated with force pressure or strain exerted with force object or person which resists these force and attempts to maintain its original state. Stress is known as the ration of the internal force brought in to play when a substance is distorted to the area over which the force acts. Stress terminology continues to flourish in the Psychological and Social Science.

According to Gaziel H H (1993) ^[1], individual affected by stress may experience feelings of fatigue, loss of sleep, anxiousness and even burnout (exhaustion). In serious cases hypertension and ulcers may also occur. Stress has an effect on a person? Yes, Physical, Emotional and Psychological well-being. Stress is typically defined in terms of The external environmental characteristics;

Individual emotional states; or an interaction various emphasizing the relationship between individuals and their environments. In school teacher's stress is manifested in a growing number of teacher absences per year as well as an increase in early retirement as they simply go through the motions, as they have lost their love for the job.

In this study looked at cultural, personal and situational factors are how the teachers coped with the work related stress. They received a three part questionnaire that examined school size, locus of control, occupational stress and other stress sources.

The concept of stress cannot be ignored in the teacher's profession. The stress which teacher experience while performing the dual role are regular attendance on time irrespective of their health problem, arranging various education and development program which interferes in the time given to family and children.

Sometime work load during the examination and many times dominance by the senior continues noise, crowding pollution etc., sometime family encouragement husband not give the support to the women. They face various problems in society like socialization, process of family, children effect on physical and mental health.

“The changing status of the working women in India” Promila kapur (1974)^[2], finds our reasons for women’s work. She says that women, not because of economic necessity but because they want to have economic independence, individual status some of their socio-psychological needs, is in itself significant indication of their improved status.

Burnout is a work syndrome that stems out of the perceived discrepancy between the efforts put into work and its corresponding rewards (Friedman, 1995)^[3] and leads to decreased prosperity and accomplishments (Burke & Greenglass, 1995)^[4]. It is commonly observed in professions with intense face-to-face interactions, such as teachers or doctors (Schwab & Iwanicki, 1982)^[5]. And its manifestation includes emotional and physical exhaustion, as well as many psychological symptoms – such as irritability, anxiety, and decreased self-esteem (Farber, 1991)^[6]. It should be noted finally that burnout must be viewed as a continuous variable and not be classified as “all or nothing” (Girgin & Baysal, 2005)^[7].

As such, there is a documented need to measure stress among Greek teachers focusing on a particular level of education (due to work differences between primary and secondary education), with a large sample and appropriate instruments. This has become more imperative in order to monitor the extent to which the recent massive educational and financial changes may have impacted on teacher stress (Kyriacou, 2001)^[8]. Therefore, the main aim of the present study is to examine levels of teacher stress among Greek primary school teachers. The secondary aim is to explore whether internal (gender, age, years of teaching experience, and burnout) and external (teaching students with SEN) factors can predict levels of teacher stress.

The stress experienced by different occupation types and job roles has been discussed in many papers with a number of different occupations being described as experiencing above average levels of stress, for example, teachers (Travers and Cooper, 1993)⁹, healthcare (Cooper et al., 1999)^[10], nurses and social workers (Kahn, 1993)^[11], and the ambulance service (Young and Cooper, 1999)^[12], to name but a few. There are a number of work related stressors which have been linked to an increased likelihood of an individual experiencing negative stress out comes. (Cooper and Marshall’s 1976)^[13], original model of work related stress included five sources of stress at work, each of which are represented in the revised model of stress on which ASSET is based (Robertson Cooper, 2002b)^[14], Cooper and Marshall’s five sources of stress, with examples of the components of these sources given for each, are: (1) Intrinsic to the job, including factors such as poor physical working conditions, work overload or time pressures; (2) role in the organization, including role ambiguity and role conflict; (3) career development, including lack of job security and under/over promotion; (4) relationships at work, including poor relationships with your boss or colleagues, an extreme component of which is bullying in the workplace (Rayner and Hoel, 1997)^[15], ; and (5) organizational structure and climate, including little involvement in decision-making and office politics.

According to farmer reviewed the literature on achievement and career motivation in women and suggested that such motivation differs from that of men as a result of following factors-

- a. Fear of success
- b. Various of success
- c. Home-Career conflict motivation
- d. Myths about women and world of work
- e. Lower risk taking in females.

The present study focuses on the stress among working women’s in teaching profession. The social worker can play on vital role in schools and also can raise the status of teachers and professional development will take place.

The geographical scope of the study was limited to the secondary schools of Belgaum. The topical scope the study was the related problem of working women teachers in Belgaum City. The different factors like social, Psychological and emotional factors related to women and suggestion for the same

2. SCOPE OF THE STUDY

The study was to dimension would provide an opportunity to create an awareness regarding school social work and the teachers role in developing emotional stability in students and hence.

3. OBJECTIVE OF THE STUDY

- To know the respondents age group
- To study the respondents salary satisfaction
- To understand the psychological burden experienced by the respondents.

4. HYPOTHESIS

- Excess workload in the schools as well as a non-cooperation of other staff members can cause stress among the teachers.
- Family, Economical problems load to stress among the working women teachers.

5. MATERIAL AND METHOD

5.1 Period of the Study:

The study was conducted for a period of 2 weeks on December 2009. The respondents were contacted and interviewed in the school premises during their leisure hours.

5.2 Research Instrument

A structured, non-disguised interview schedule was prepared for the purpose of collecting the data. The factors of the study were drawn out from the related studies and the statements of the schedule were framed representing the factors. These were given shape in consultation with the field experts.

5.3 Population profile and Sampling

The study was confined to Belgaum, state Karnataka. This district was selected keeping in mind that it is well endowed with school teachers. For the purpose of the study researcher selected 30 respondents as a sampling size from the 5 secondary schools of Belgaum city by using simple random sampling technique.

6. DATA ANALYSIS AND INTERPRETATION

Table no.1 Distribution of respondent by Age group

Age	Frequency	Percentage
18 to 25	0	0
26 to 30	10	33.33%
31 to 35	6	20%
Above	14	46.67%
Total	30	100 %

The above table shows that majority 47% respondents were false in the age category of above 35 and above where as 33.33% of respondents were false in the age category 26-30 and only 20% of respondents false in age category of 31-35. Since a majority of respondents were 35 to above in year.

Table no.2 Level of Satisfaction with salary

Response	Frequency	Percentage
Yes	9	30%
No (not satisfied)	21	70%
Total	30	100 %

The above mention table indicates that majority 70% of the respondents are not satisfied with their salary. Besides that only 30% of the respondents are satisfied with their salary. Researcher found that some women teachers have poor background joint families so they are not satisfied with their salary.

Table no.3 Extra wages according to work

Response	Frequency	Percentage
Yes	7	23.33%
No	23	76.67%
Total	30	100 %

The table shows 76.67% of the respondent is feeling they don't get extra wages according to their work and Experience. 23.33% of the respondents feel they get wages according to their work.

Table no.4 Physical Complaints

Response	Frequency	Percentage
Headache	15	50%
Chest pain	9	30%
Weakness	6	20%
Total	30	100 %

Above table shows that majority of 50% respondent headache, 30% respondent chest pain and other 20% respondent's weakness during the stress. Due to stress the respondents have somatic complaints.

7. FINDINGS

The major findings of study are discussed below-

- It was seen that majority of the respondents are the age of 31-35 they are middle age group.
- The researcher found that teachers are not satisfied with their salary according into their work.
- It was found a majority teachers have somatic complaints on during stress.

8. CONCLUSION AND RECOMMENDATION

Based on the findings researcher concluded that stress among working women teachers as in present days they are facing lots of problems of stress so the researcher feel it was very important and necessary to understand the reason behind the stress.

- Try to avoid the family problems which effects on the job.
- To reduce the stress they should spent their leisure time in others activities ex- Yoga, reading novels, books, and listen to music, etc.
- Arrange the programme of stress management in schools.
- School should be provided enough Physical facilities to aid teaching and learning in the schools. Teachers should make good use of their time as well as maintain relationship with their colleagues and spent more happy time with their families.

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