

Study of Occupational Stress Level of Physical Education Teachers of Gondia District of Maharashtra

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Abstract: Present study Occupational stress level of physical education teachers of Gondia District of Maharashtra was conducted on 50 physical education teachers of different teachers working in Schools. Non-Probability sampling method was used for present study. In non-probability sampling purposive sampling method was used. P M. Aftab and T. Khatoon. Teacher's Occupational Stress Scale (Khatoon, 2012) was used as tool of data collection. This scale consists 75 items. It was administered on school teachers. Likert type scale in English language. After collection of data, it analyzed and presented in percentage form.

Keywords: physical education

I. INTRODUCTION

Occupational Stress

For the past many decade's workers have been accustomed to the promise of long-term job security. At the same time organization could generally rely on committed employees who spent their entire career sporting them. Now the relationship of employee and employer has changed. The modern world, which is said to be a world of achievements, has been replaced by the alternate world of stress. One finds stress everywhere, whether it be family, a business organization, enterprises, or any other social or economic organization. The event of stress is however a matter of degree. Stress in occupation arises due to a misfit between personal skills and abilities and the demand of the non-fulfillment of the demands of a person by job environment. Cooper and Marshal (1976) defined occupational stress as a environmental factor or stressors such as work overload, role conflict, role ambiguity, and poor working conditions associated with job. Several writers developed framework to and the understanding of work stress. Various authors provided different categories of work stress. There is always someone else ready to "step into one's shoes" should one be found wanting. Various authors provided different categories of work stress.

Objectives of the Study

The study is based on the following objectives:

1. To study the level Occupational stress level of physical education teachers of Gondia District of Maharashtra.

Hypothesis

2. Keeping in view the literature review and objectives of the study, the following hypotheses are formulated.

H1: The physical education teachers may have higher job satisfaction

Delimitations of the Study

- The study was delimited to college teachers only.
- The study was delimited to 50 college physical education teachers only.
- The study was delimited to college male teachers only.
- The study was delimited to college of Gondia Maharashtra only.

Limitations of the Study

- The study was entirely dependent upon the information provided by the samples/ subject. Whatever the information will be provided by the sample will be taken as the final data response for the study.
- Investigator was unaware of psycho-socio-economic status of the subjects as each individual bank employee is in different psychological state while giving responses for the present study. They also belong to different social cultural strata of the society and their behavior is accordingly different, and at the same time they may be from different economic classes.
- Researcher was entirely depended upon established questionnaire. The questionnaire will be standardized and valid for measuring the variables for the present study.
- Some of the respondents might not have given the actual information due to fear psychosis of being disclosed.

II. RESEARCH METHODOLOGY

Research Design

The aim of the present research was to investigate effect of occupational stress and emotional intelligence on Occupational stress of physical education teachers and teachers of other disciplines. For the present study descriptive research design was used. Descriptive Survey method was used to collect the data from the respondents by using standardized questionnaire. After collection of the data percentage was used to analyze the result.

Sample Design and Sampling

Sample Design

Non-Probability sampling method was used for present study. In non-probability sampling purposive sampling was used. Total N-50 subject was selected for present study.

Tools of Data of Collection

P M. Aftab and T. Khatoon. Teacher's Occupational Stress Scale (Khatoon, 2012) was used as tool of data collection. This scale consists 75 items. It was administered on college and university teachers. Likert type scale in English language. The purpose of the questionnaire is to measure Occupational stress level of school teachers.

Administration of the Tests

Researcher was sent questionnaires to subjects by post or email and distribute personally those are available in nearby areas. Separate page of instruction and information regarding questionnaires was given to respondents along with questionnaires.

Data Presentation

Table No. 1: Table showing the Percentage level of Occupational stress of Physical Education teachers.

| N | Extremely high stress | High stress | Above average stress | Average/moderate stress | Below average stress | Low stress | Extremely Low stress |
|----|-----------------------|-------------|----------------------|-------------------------|----------------------|------------|----------------------|
| 50 | 07% | 10% | 31% | 38% | 09% | 03% | 02% |

Table 1. shows the level of Occupational stress of Physical Education teachers of different Schools of Gondia where 07% teachers shown very high satisfaction, 10% were high satisfaction level, 31% has above average satisfaction, 38% Average/moderate satisfaction, 09% Below average satisfaction, 03% were shown dissatisfaction, 02% Highly dissatisfaction in their Occupational stress level.

Results

- 07% of teachers showed extremely high occupational stress.
- 10% found high occupational stress.
- 31% has above average occupational stress.
- 38% have average/moderate occupational stress.
- 09% have below average occupational stress.
- 03% have low occupational stress.
- 02% have extremely low occupational stress.

III. CONCLUSION

This data indicates a significant portion of teachers experience some level of occupational stress, with a majority having average to above average stress levels. It's important for educational institutions to provide adequate support and resources to help teachers manage their stress effectively.

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