

# The Study of Mental Stress of Government Secondary School Teachers of Surendranagar District

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## ABSTRACT

The researcher has carried out study to know mental stress of male and female government secondary school teachers working at government secondary schools at Surendranagar district. The researcher wants to know that is the mental stress has done any impact over work life, job satisfaction level and productivity in government secondary schools of Surendranagar district. Is the mental stress equally effects to male and female secondary school teachers working at government secondary schools of Surendranagar district? The researcher has chosen the tool of Dr. G.S.Patel sir named as mental stress measurement tool to measure mental stress of government secondary school teachers and to carry out the particular research study. The researcher has chosen sample size of 100 teachers from which 59 are male government secondary school teachers and 41 are female government secondary school teachers. The researcher has chosen convenience sampling method for the particular research study. The researcher has used various statistical tools like mean, standard deviation, and one tailed t-test for the particular research study. From the analysis the researcher concluded that there is no significant difference about mental stress between male and female government secondary school teachers working at government secondary schools at Surendranagar district which states that both male and female government secondary school teachers are equally victim of mental stress at work place.

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## 1. Introduction

The era is very fast and today person wants to earn as quickly as possible and due to that the hunger of earning fast and comparing our work life with others results in mental stress at workplace. Today nobody can challenge that we don't have mental stress at our work place, everybody has mental stress less or more at work place all over the world and due to these each researcher needs to know that is the mental stress significantly affect work life of the employees in every organization or not? And the researcher has chosen specific segment for the particular research study including government secondary school teachers working at secondary schools at Surendranagar district using survey method for the particular research study including both male and female government secondary school teachers working at government secondary school of Surendranagar district.

### Is mental stress impacting work life, productivity and job satisfaction at work place?

Every organizations and employees knows that mental stress is very harmful for the organizational productivity, job dissatisfaction or discontent at workplace but one other fact is that mental stress is also inseparable part for the individual or organizational work life and no organizations can completely reduce work stress. If an organization wants to improve job satisfaction and organizational productivity they surely needs to know by doing research regarding that is mental stress impacting work life, productivity and job satisfaction at work place? And these question leads researcher to carry out the study that mental stress impacting work life, productivity and job satisfaction at work place or not to both male and female

government school secondary teachers working at secondary schools of Surendranagar district.

## 2. Review of Literature

According to the research on a study of stress, proneness, adjustment and job satisfaction as predictors of administrative effectiveness of principles with an objective to study the relationship between principles' stress proness and their administrative effectiveness with sample size of 423 principles of intermediate colleges. The researcher has developed and used the principle administrative stress proneness scale for the study. The job satisfaction index, an Indian adaption of bray field and rothes index of job satisfaction made by rathore were used for measuring job satisfaction of principles and find out that stress proneness of principles was not significantly related to their administrative effectiveness and no relationship was found between teacher based stress proneness of principles and their administrative effectiveness. (Agarwal, V., 1983)

According to the researcher on a study related to effect of area on mental stress of high school teachers of Ahmedabad using Mental Stress Rating Scale developed by Dr. Ganpatsinh Patel as a tool for the research study which included 7 factors related to mental stress and by collecting the score using Rating Scale from the schools. After the collection of data from the different teachers, the researcher calculated the score according to their respective scoring keys. The researcher has done a careful planning of the analytical framework and used Mean, Standard Deviation and t-test for the research study and the researcher finds that the null Hypothesis that "There is no significant difference between mean score of mental stress of

high school teachers of rural and urban area” is not rejected. Thus, the Researcher has concluded that the teachers of both rural and urban area possess equal mental stress. (Jesal Patel 2013)

According to the researcher on a study on occupational stress of teachers working in DIET colleges with regard to age and region with an objectives of (1) To find out whether there is a significant difference in the occupational stress among different age groups of teachers working in DIET Colleges (as whole and dimension-wise).(2)

To examine the difference in the level of occupational stress among DIET college teachers belong to different regions (as whole and dimension-wise) and used descriptive survey method of research for the present study. The researcher used a sample of 480 DIET college teachers by adopting Stratified Random Sampling technique from different colleges in United Andhra Pradesh. Occupational stress level was measured by using the Occupational Stress Index developed by Srivastava and Singh (1981). Different statistical techniques viz., Mean, Standard Deviation, t-test and F-test have been used to test the hypothesis and concluded that the significant difference was found in occupational stress among teachers of different age group of DIET colleges i.e., below 30 years, 30-45 years and 46 and above age groups. Mean scores that below 30 years age group teachers experienced more occupational stress compared to 31-45 years and 46 years and above age group teachers. There was no significant difference in the level of overall and dimension wise occupational stress of teachers working in DIET colleges with regard to region. Therefore, the region (Telangana, Andhra & Rayalaseema) of teachers did not influence the levels of occupational stress. (D Prasanna Kumari, Dr. G Suneetha Bai 2016)

According to the researcher on a study on occupational stress of teachers working in DIET colleges with regard to age and region with an objective of (1) To investigate the effect of occupational stress on life satisfaction. (2) To find out the gender difference in term of occupational stress. (3) To explore occupational stress in private and public school teachers. For this purpose, Data was collected by using demographic sheet, organizational role stress scale and satisfaction with life scale and The study concludes that job stress has negative effect on life satisfaction. It is further found that females are more stressed due to their job than male teachers. In term of educational sector, private and public sector school teachers share more or less equal stress. The findings of this research have implications for promoting our understanding of occupational role stress and life satisfaction in Pakistani academic system in order to introduce effective preventive measures to reduce the incidents of occupational stress and to increase life satisfaction. (Shehnaz Bano, Dr. Sadia Malik 2014)

According to the research on effect of occupational stress on life Satisfaction among private and public school teachers with the purpose of to analyse the occupational stress among teachers teaching in B.Ed colleges of Hoshiarpur District in relation to gender (male\ female), subject stream (science \ arts) and nature of job (permanent \ adhoc) including a random

sample of 52 teacher educators was selected from these colleges that constituted about 50% of the total population and occupational stress level was measured by using Occupational Stress Index developed by Srivastava & Singh (1981). The data collected through the tool was subjected to statistical analysis and results were drawn out. Mean and standard deviation of the total sample and relevant sub samples was computed and group comparisons were done by applying t tests. The results of the study lead to draw out following conclusions:

(1).Teachers teaching in B.Ed colleges experience moderate level of occupational stress. (2) Male and female teacher educators showed insignificant variation in occupational stress indicating that no differences exist in occupational stress levels based on gender.(3) Science and art teacher educators showed insignificant variation in occupational stress indicating that no differences exist in occupational stress levels based on subject streams.(4) Permanent and adhoc teacher educators showed significant variation in occupational stress indicating that differences do exist in occupational stress levels based on nature of jobs.( Dr. Vipinder Nagra 2013)

### 3. Research Methodology

#### Hypothesis

**H<sub>0</sub>:** There is no significant difference of mental stress between male and female government secondary school teachers.

**H<sub>1</sub>:** There is significant difference of mental stress between male and female government secondary school teachers.

#### Total Population

The total population for the study is approximate 750 secondary government school teachers actually working as a secondary government schools at Surendranagar district. The researcher needs to choose the samples from above population with an objective to carry out the research study. In sort the researcher is very clear about the total population to carry out the research study.

#### Universe

The universe of the study for research is all the government school teachers working in secondary government schools of Surendranagar district. No other in spite of secondary government school teachers are included for the specific research study. In short, the researcher is very specific about universe of the study.

#### Sample Size

Sample Size means how many respondents have participated during the research study. The researcher has chosen 100 samples for the study from which 59 Male government secondary teachers and 41 female government secondary teachers are selected as a sample of the study.

#### Sampling method

There are two types of sampling methods.

1. Probability sampling method
2. Non probability sampling method.

**Probability Sampling Method**

Probability sampling method includes simple random sampling, cluster sampling, systematic sampling and stratified random sampling method.

**Non Probability Sampling Method**

Non probability sampling method includes convenience sampling, judgemental or purposive sampling, snowball sampling and quota sampling.

According to research needs and statistical calculations the researchers needs to choose one of the sampling method probability or non probability sampling method and the researcher has used convenience sampling method as a sampling method for the specific study.

**Tool Used for the study**

The researcher has used mental stress measurement tool which was constructed by Dr.G.S.Patel Sir for the specific

research study. This tool is reliable to carry out the specific research study.

**Data collection**

There are two kinds of data collection method, primary data collection method and secondary data collection method.

**Primary data collection method**

The primary data collection method is personal interview, group discussion, survey method etc... The researcher has used survey method for the specific research study.

**Secondary data collection method**

The secondary data collection method is all the literature used for the study like project report, research papers, review of literature, financial reports, old thesis, government surveys, websites, research books etc... The researcher has used many of these secondary data collection tools for the specific study.

**4. Research Analysis**

No.	Hypothesis	N(100) Total	Total Score	Average	SD	Difference Of Average	Standard Error Of Average	T Value	Significance level
1.	M	59	7209	122.19	11.81	-2.25	2.70	0.83	Not Significant
	F	41	5102	124.44	14.24				

From the above table, the researcher has found that the averages of male and female government secondary teachers are 122.19 and 124.44. The T value is 0.83 which is not significant at 0.05 level, which indicates that the null hypothesis is accepted at 0.05 significant level. The mental stress of both male and female government secondary school teachers are same and not any significant difference regarding mental stress of both male and female government secondary school teachers working at government secondary schools of Surendranagar district.

**5. Conclusion**

The researcher has carry out the research study to know is mental stress impacting work place, work life and productivity at job or not? In spite of knowing the truth that it has more or less impact over the work place, work life and productivity at

job. By keeping these in mind the researcher has decided to do specific study to know the mental stress has any impact on work place, work life and productivity at job for both male and female government secondary school teachers. The researcher used Dr. G.S. Patel Sir mental stress measurement tool for the survey purpose for the Surendranagar district including sample of 100 government secondary school teachers from which 59 teachers are male and 41 teachers are female using convenience sampling method and found that there is no significant difference of mental stress between male and female government school secondary teachers working at Surendranagar district. Thus, the researcher has concluded that the male and female government school secondary teachers of Surendranagar district possess equal mental stress.

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