

Effect of School Area on Mental Stress of Primary School Teachers of Surendranagar District

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ABSTRACT

Most of people experience stress at one time or another. People often work well under certain stress leading to increase productivity. The situation may not be under control. High level of mental stress is harmful for anyone. They should know their level of mental stress that allows them to perform optimally in their lives. Mental stress may be different according to school area, urban and rural. The people of rural area mostly live with normal and peaceful life though they suffer from mental stress like unemployment, sort of schools, education system etc. The people of urban area live with high life style, busy schedule, achieving more education though they suffer from many problems. Thus, there is stress according to their situations. Stress has its own part according to their situations; none can escape from mental stress. The objective of the study has to study the effect of school area of primary teachers of government primary schools of Surendranagar district. For the present study survey method has used by the researcher. Data has collected from government primary school teachers in Surendranagar district. The data has collected from 100 primary teachers residing urban and rural school area of Surendranagar district. In this study researcher has used Mental Stress Rating Scale developed by Dr. G.S. Patel as a tool of the research study. For the analysis and interpretation of data, Mean, S.D., and T test were used. From the analysis the researcher concluded that there is no significant difference about mental stress between urban and rural school area government primary school teachers working at government primary schools at Surendranagar district which states that both have equally victim of mental stress at work place.

1. Introduction

Stress is a natural and anticipated feature of the experience of work and life. 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. Most of people feel mental stress at one time or another. The researcher has chosen specific segment for the particular research study including primary school teachers working at government primary schools at Surendranagar district using survey method for the particular research study including both urban and rural area primary school teachers working at government primary schools of Surendranagar district.

2. Review of Literature

Manojkumar (2015) studied stress at work and employee's satisfaction of faculty members of private institutions and universities in Northern India. The study was conducted to find out the impact of workload and workplace on employee's job satisfaction. A sample of 300 faculty members was taken from different private institutions and universities within north region of India. Researcher has used Minnesota Satisfaction questionnaire (MSQ) as a tool of the research study. The results indicated that out of seven variables, five variables are positive predictors, having strong significant effect on job stress and job satisfaction level of faculty members. On the other

hand, two variables have no significant direct effect on job stress and job satisfaction level of faculty members.

Patel (2013) studied effect of area on mental stress of high school teachers of Ahmedabad district. The study was conducted to find out the effect of area on the mental stress of high school teachers of Ahmedabad. Researcher has used 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. A sample of 100 high school teachers was taken from Ahmedabad district. 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. Researcher concluded that the teachers of both rural and urban area possess equal mental stress.

Kapadiya (2012) studied mental stress of high school teachers of Ahmedabad district. The study was conducted to find out the effect of gender, area and type of school on the mental stress of high school teachers. Researcher has used mental stress rating scale of Dr. G. S. Patel as a tool of this research study. There was a sample of 100 high school teachers was taken from Ahmedabad district. The results indicated that gender and area had no significant difference between the mean score of mental stress of high school teachers. Whereas, type of school had significant difference at the mean score of mental stress of high school teachers.

Mathews (2005) studied the occupational stress of teachers. This study was conducted to find out the level of occupational stress of higher secondary school teachers of Kerala. A sample of 60 school teachers was taken from Idukki and Kottayam districts of Kerala. Results indicate that 48% of teachers of Kottayam district experienced low stress whereas 80% teachers of Idukki district showed low stress. In this study, it was found that there was no significant relationship between the levels of occupational stress of both the districts of Kerala.

Kaur (2006) studied the mental health and occupational stress among school teachers. This study aimed at investigating mental health and occupational stress among school teachers. The objectives were to study the mental health and occupational stress of male and female teachers, government and private teachers of Muktasar and Ludhiana district teachers. The results indicated that male and female teachers take care of their personal wellbeing. Males are less anxious and have less disabling symptoms as compared to female teachers. Private school teachers are more mentally healthy than government school teachers.

3. Objective of the study

The entire objective of this study is to study the effect of school area on the mental stress of primary teachers of government primary schools of Surendranagar district.

4. Variables of the study

In this study, mental stress is the dependent variable and school area is an independent variable.

5. Hypothesis of the study

H₀: There is no significant difference between mean score of mental stress of school area of government primary school teachers.

6. Importance of the study

Every human being passes through mental stress in different situation, so the teachers also pass through mental stress. As the present time value of education has been raising to an extent level, so the work, responsibilities and performance of the teachers have also raised. Many times they are unable to manage with their work as well as themselves. They become on the verge exhaustion. There must be remedies or step of relaxation, so teachers may handle themselves by relaxation. According to this situation of mental stress as per the demand of relaxation the study of the mental stress is necessary.

14. Research Analysis

No.	Hypothesis	N (100) Total	Total Score	Average	S.D.	Difference Of Average	Standard Error Of Average	T value	Significance level
1.	U	52	4102	78.88	21.36	-5.64	4.29	1.31	Not Significant
	R	48	4057	84.52	21.52				

From the above table, the researcher has found that the averages of urban and rural school area government primary teachers are 78.88 and 84.52. The T value is 1.31 which is not significant at 0.05 level. It reflects that the mean scores of mental stress of government primary school teachers of urban

7. Limitation of the study

The limitation of the study that this study is limited to the primary teachers of Government Primary Schools.

8. Total Population

The total population for the study is approximate 5000 government primary school teachers actually working as government primary schools at Surendranagar district. The researcher needs to choose the samples from above population with an objective to carry out the research study. In short, the researcher is very clear about the total population to carry out the research study.

9. 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 52 having urban school area and 48 having rural school area government primary school teachers are selected as a sample of the study.

10. Sampling method

The researcher has used convenience sampling method as a sampling method for the specific study.

11. Tool of research

The researcher has used Mental Stress Rating Scale which was constructed by Dr.G.S.Patel for the specific research study. This tool is reliable to carry out the specific research study.

12. Data collection

The investigator collected the score by using mental stress rating scale from the government primary schools. After the collection of data from the different primary teachers, the researcher calculated the score according to their respective scoring keys.

13. Analysis and Interpretation

An analysis of the data is the most skilled task of all the stages of research. An analysis of the data that have been collected is equally very important. A careful planning of the analytical framework should, therefore, be envisaged by the researcher. Mean, Standard Deviation and T – test was used for this study.

and rural school area do not differ significantly. So the null hypothesis is not rejected at 0.05 level. Thus, it may be concluded that primary teachers of government primary schools of both the school area possess equal mental stress.

15. Findings of the study

In the backdrop of analysis and interpretation of the results of the present investigation, the findings are as follows.

The researcher finds that the null hypothesis that "There is no significant difference between mean score of mental stress

of school area of government primary school teachers." Is not rejected. Thus, the researcher has concluded that the primary teachers of government primary schools both urban and rural school area possess equal mental stress.

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