



# A STUDY OF OCCUPATIONAL STRESS AMONG TEACHERS IN PRIVATE UNIVER- SITY

## AUTHORS DETAIL

(1)

Dr. Vishnu Kumar jatav (Principal)  
Shri Krishna Mahavidyaya , Sikandra , Dausa (Rajasthan)

(2)

Dr. Sonia Kaur Bansal (Assistant Professor)  
Gyan Vihar School of Education  
(Suresh Gyan Vihar University,Jaipur)

## ABSTRACT

The present study deals with the level of occupational stress among private university teachers. It is defined by three Dimensions : - Perceived self-efficacy , student disruptive behaviour and the Institutional climate. to explore the findings related to occupational stress among university teachers, the researcher sampled 30 teachers from a private university,. The researcher collected the data with the help of occupational stress questionnaire data sheet. Teachers' responses to all 15 items of the occupational stress questionnaire were recorded. The scores were obtained after the tests were conducted and occupational stress was calculated using mean and percentage statistics.

**KEYWORD :** - Occupational stress , Teacher , Educationists , Perceived self-efficacy , Student disruptive behaviour, questionnaire , percentage , statistics

## INTRODUCTION

Teaching is considered a profession of human service, so some degree of tension is enough within the teaching profession, but after so many years of work, when a teacher starts feeling the tension beyond its limits, irritation starts. Occupational stress is the psychological term for the experience of prolonged exhaustion and low interest in the current job. It can be defined as a feeling of physical and emotional exhaustion due to stress from working with people in difficult or difficult situations. Stress is followed by symptoms such as chronic fatigue, anger and suspicion, quickness to act and sensitivity to cold. For example, headache and fever etc.

Once a teacher starts feeling job-related stress and if left untreated, the teacher can enter three stages of stress. First a teacher gets emotionally exhausted. Once exhaustion sets in, the teacher may begin to distance herself from students and colleagues, isolating herself from those who need help. Eventually, a teacher begins to doubt his ability to do a task successfully. There is a feeling of lack of personal achievement in the job

The study looked at the effect of university type, gender, socio-economic status, marital status and designation on job stress levels. Occupational stress harms the overall personality of the teacher. It also affects the teaching efficiency of teachers. Initially the self-motivational attitude of the teacher prevails but gradually this motivation disappears very mysteriously due to the effect of internal stress. This tension can be seen in any teacher, enthusiasm for work and work fluctuates from day to day

## OBJECTIVES

To study of the occupational stress level in teachers of Private University

To study of the occupational stress level in teachers of EDUCATION Department in a Private University

To study of the occupational stress level in teachers of AGRICULTURE department in a Private University

To study of the occupational stress level in teachers of HMCT department in a Private University.

## POPULATION

In the present research population is the teachers of Education Department, Agriculture Department and HMCT Department in a private University of Jaipur ( Suresh Gyan Vihar University Jaipur ) .

## SAMPLE

In the present research sample is 30 Teachers of a Private University, jaipur. Which have been taken different Departments .

## RESEARCH METHODOLOGY

In the present research survey method is used by the researcher. The Survey method is the technique of gathering data by asking questions to people who are thought to have desired information. A formal list of questionnaires is prepared. Generally , a non disguised approach is used. The respondents are asked questions on their demographic interest opinion.

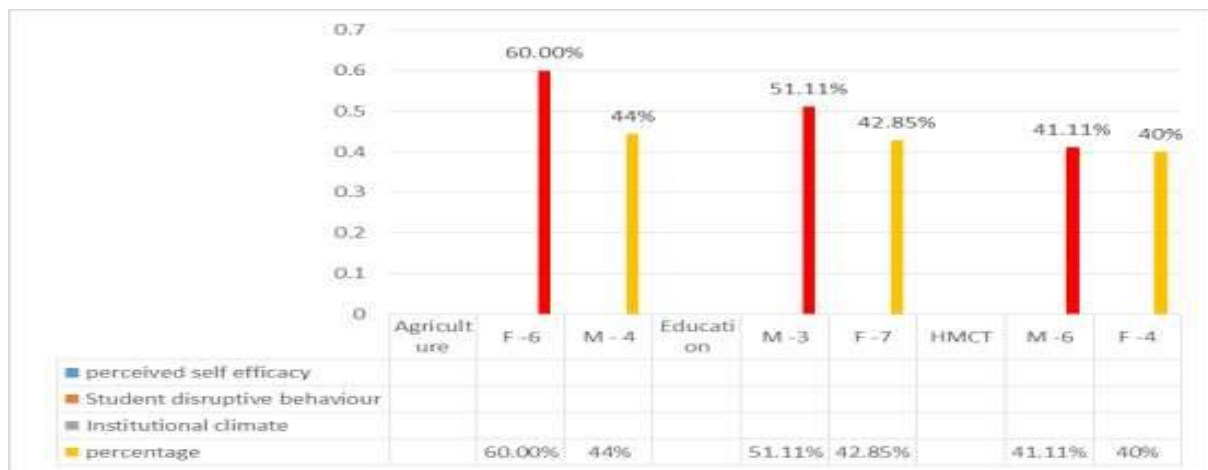
## ANALYSIS AND FINDINGS

**Operational Hypothesis - H<sub>1</sub>** Therefore, there is no significant difference in the level of Occupational stress in the teachers of Education Department, Agriculture Department and HMCT Department in Private University on the basis of perceived self - efficacy, student disruptive behavior and institutional climate dimension

**Table – 01**

Dimension of Occupational stress	perceived Self efficacy	Student disruptive behavior	Institutional Climate	Percentage %
<b>Education</b> Male - 03	6	6	11	51.11%
Female - 07	12	14	19	42.85%
<b>Agriculture</b> Male - 06	11	16	13	44.44%
Female - 04	9	14	13	60%
<b>HMCT</b> Male - 06	8	16	13	41.11%
Female - 04	6	7	11	40%

## Graph - 01



## ANALYSIS AND INTERPRETATION

Differences have been found in the significant level of the presented hypothesis, so null hypothesis cannot be accepted here.

In the present research, the researcher wants to display the level of occupational stress of male and female through this graph diagram according to the percentage category, it can be understood that by observing the occupational stress in the graph, it can be understood that the women teachers of agriculture department Occupational stress are 60%, which is the highest and is of high grade, due to which teachers are also expected to be at risk.

## INTEGRATED TABLE :-

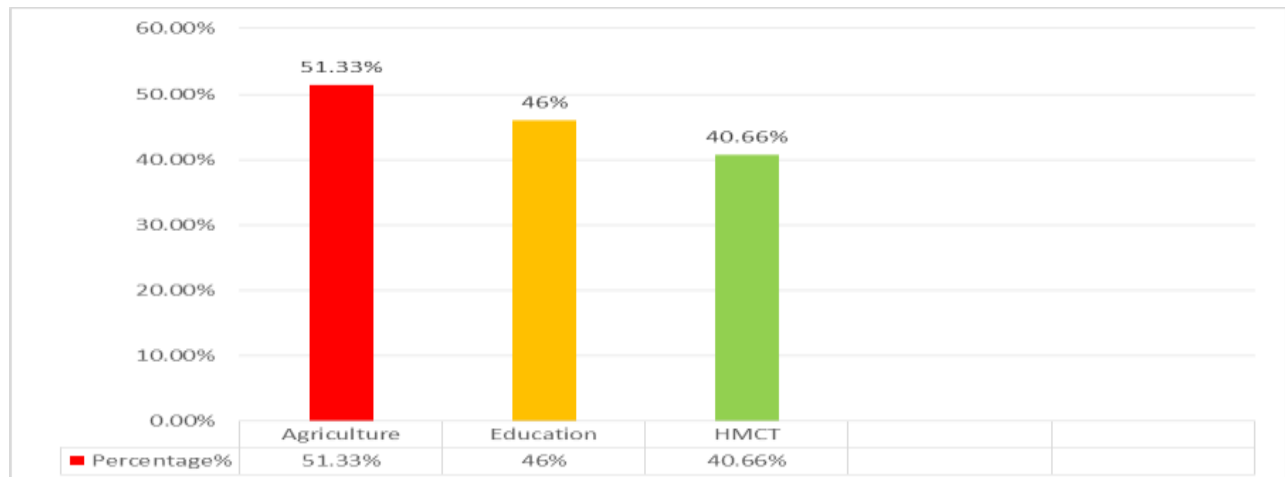
H1 Therefore, there is no significant difference in the level of Occupational stress in the teachers of Education Department, Agriculture Department and HMCT Department in SGVU on the basis of perceived self efficacy, student disruptive behavior and institutional climate dimension

Table – 02

Dimension of Occupational stress	perceived Self efficacy	Student disruptive behavior	Institutional Climate	Percentage%
Education	36	42	60	46%
Agriculture	42	60	52	51.33%
HMCT	28	46	48	40.66

## Integrated Graphical Presentation

### Graph - 02



### DISCUSSION

The table and graph presented below shows the difference between male and female occupational stress, in which the stress of female teacher of Agriculture Department has arisen 60%, which causes student destructive behavior and less than that of Institutional Climate. Similarly, the teachers of Male in Education Department the occupational stress of It is medium 51.11% due to the institutional environment.

The stress of the teachers of a Private University has been displayed by the researcher from the presented group table and graph. The occupational stress of the teachers of Agriculture Department falls in the medium category, with a percentage of 51.33% The Education department and HMCT have 40 %percent and 40.66% percent, which comes in the lower category.

### CONCLUSION

Differences have been found in the significant level of the presented hypothesis, so null hypothesis cannot be accepted here. In the present research, it can be said in conclusion that the work done by the researcher to measure occupational stress. On the basis of the data collected by the researcher, it can be said that the teachers of Private University have a high, medium and low level of stress. In that, Agriculture Department comes in first place by 60% stress level, Education Department in second place by 46 % stress level and HMCT Department in third place by 40.66 % stress level.

### EDUCATIONAL IMPLICATIONS

- Providing Variety of Experiences about occupational stress
- Emphasis on the Mastery of Language
- Emphasis on Thinking and Reasoning
- Greater Emphasis on Development of Intellect

## SUGGESTIONS FOR FURTHER RESEARCH

- Do your background research
- Understand the objectives
- Choose the most suitable research methods
- Expect the unexpected
- Maintain a child-like enthusiasm
- Be empathic but maintain objectivity
- Analyze the results with a colleague

## DELIMITATION

- The present research is delimited to a Private University, Jaipur only.
- The present research delimited to three departments in SGVU only
- **1. Education Department 2. Agriculture Department 3. HMCT Department**

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