



Mental Stress of the High School Teachers of Ahmedabad

MR. JESAL PATEL
Assistant Professor,
Kameshwar M.Ed. College, Ahmedabad
Gujarat (India)

Abstract:

Stress is involved in an environment situation that perceived as presenting demand which threatens to exceed the person's capabilities and resources for meeting it under conditions where he/she expects a substantial differential in the rewards and costs from meeting the demand versus not meeting it.

Most of the people experience stress at one time or another. People often work well under certain stress leading to increase productivity. Many times they don't know in advance and the stress periods may be sudden. The situation may not be under control. They should know their level of stress that flows them to perform optimally in their life. Finally, stress can be defined as a state of that result from a transaction between them and the things around them.

Mental stress may be different according to area, urbanization and rural. The people of urban area live with high life style, busy schedule, achieving more education etc, so there is stress according to this situation. The people of rural area mostly live with normal life, though they also suffer from mental stress like, illiteracy, unemployed, sort of schools, their education system etc. so stress has its own part according to situation, no one can escape from stress. Here the researcher studied about mental stress of High schools teachers.

Keywords: *High school, Mental stress, Teachers*

1. Introduction

Stress is any action or situation that places special physical or psychological demands upon a person, anything that can unbalance his individual equilibrium. And while the psychological response to such demand is surprisingly uniform, the forms of the stress are innumerable. The one incontestable statement can be made about stress is that; it belongs to anyone to teacher, to professor, to businessman etc. Stress is a part of fabric of life. Nothing can isolates stress from human beings as it is evident from various research and studies. Stress can be managed but cannot be simply done away. With today, widely accepted ideas, stress are challenged by now research, and conclusion once firmly established may be turned completely around. The latest evidence suggested that, Hans Syle (1956) "Stress is a natural and anticipated feature of the experience of work and life and not all stress results in negative consequences"

2. Defining of the Phrases of the Problem

2.1 Study

According to Soans (2007) "Study means the activity of bearing or gaining knowledge either from book or by examining Things in the world"

In the present research study means to carry out details investigation of a particular thing or object by involving each and every aspect associated with it. A setting of the mind of thoughts upon a subject; hence application of mind to books arts or science or to any subject for the purpose of acquiring knowledge.

2.2 Mental Stress

According to Cox (1975) "Stress is a part of a complex and dynamic system of transaction between the person and his environment" According to Steinberg and Ritz Mann, "Stress is an under load or overload of matter, energy or information input to or output from a living system." The term stress refers to interval state, which result from unsatisfying conditions. A certain level of stress is unavoidable. A physical or psychological stimulus that can produce mental stress reaction that may lead to illness. Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous or anxious.

2.3 High School

This type of schools give an education to the standard 8 to 10 at some places it is connected with primary school also. The system of secondary education is supported by the organizations such as- National Council of Educational Research and Training (NCERT), Central Board of Secondary Education (CBSE), National Institute of Open Schooling (NIOS), Kendriya Vidyalaya Sangathan (KVS), Navodaya Vidhyala Samiti (NVS), Central Institute of Education Technology and state Institute of Education of technology, Central Tibetan School Administration, under the administrative control of the department of education. In concern with this study researcher explain 'High school' as- High school means the schools whether grant in aid or self finance/Government /public /private/Girls/Boys/coeducation schools conducting the study with the textbook published by the GSEB for standard 8th, 9th & 10th secondary education is a Dias for the primary students it helps them to know new knowledge, to develop their skill, ability, their attitude & their outlook in a scientific and modern way.

2.4 Teacher

It had in ancient India given a high status to the teacher, we call the teacher by word 'GURU' Today it has confined that word to the limited field of religious initiation actually, the word 'GURU' has got a wide influence He is the one who open the eyes and mind of the child to the world of knowledge. The first 'GURU' of the child is the MOTHER, the second 'GURU' is the FATHER, & the third 'GURU' is the TEACHER at school. These gurus open the mind of the child to the vast world of knowledge. The best and highest Guru is one's own pure and trained mind. The teacher is as a national integrator, as he is backbone of society particularly so in the remote village. He stands as an outstanding figure among the illiterate and semi illiterate families. He is their friend, philosopher and guide.

3. Objective of the Study

To study the effect of gender on the mental stress of high school teachers of Ahmedabad.

4. Variables of the Study

In the present study, mental stress is the dependent variable, whereas gender is an independent variable.

5. Hypothesis of the Study

The Hypothesis of the study is as following.

Ho₁ There will be no significant difference between mean score of mental stress of male and female high school teachers.

6. Importance of the Study

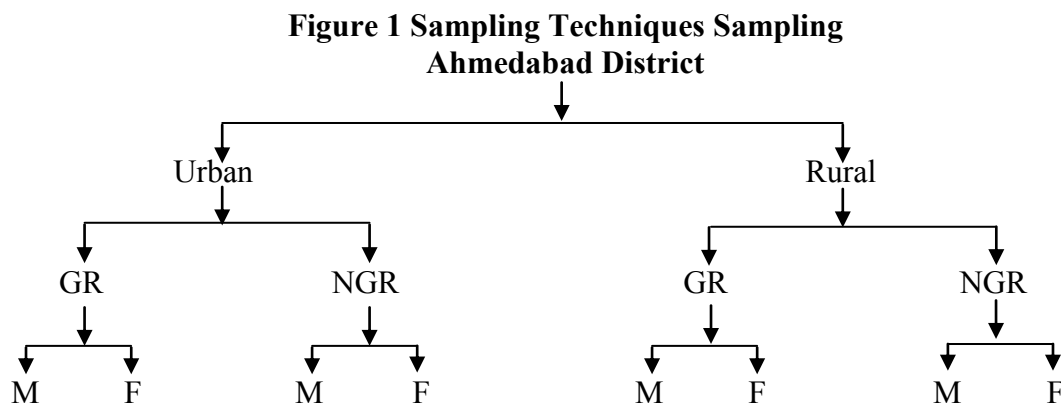
Every human being passes through mental stress in different situation, so the teacher also passes through mental stress. As the present time value of education has been raising to an extent level, so the work, responsibility and performance of the teachers have also raised. Many times they are unable to manage with their work as well as with themselves. They become on the verge of exhaustion. There must be some 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.

7. Population of the Study

In this study, all the secondary school teachers, constitute the target population. Here, the researcher has decided to apply mental stress Rating Scale for the teachers of Ahmedabad. Therefore teachers of rural and urban area have become the population of the study.

8. Sample of the Study

In the present study, 'multistage sampling' technique will be used by the investigator. Multistage sampling is used in a large scale survey for a more comprehensive investigation. In this procedure, the investigator may use two three or four stage sampling. In this study, data was collected from High school teachers working in Ahmedabad district. The data collected from 100 High school teachers residing in rural as well as urban area. The details of sampling technique followed in the present study are given in Figure 1.



9. Tool of the Study

The researcher used Mental Stress Rating Scale developed by Dr. Ganpatsinh Patel as a tool of the research study. In the tool, Mental stress Rating Scale has included 7 factors related mental stress. There are 35 statements included in it, and it is of 3 point scale Rating Scale.

10. Data Collection

The investigator collected the score by using Rating Scale from the school. After the collection of data from the different teachers, the researcher calculated the score according to their respective scoring keys.

11. Analysis and Interpretation

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

12. Analysis and Interpretation

To testing the hypothesis some statistical techniques were used by the researcher, i.e. mean, SD and t-test.

Ho₁ There will be no significant difference between mean score of mental stress of male and female high school teachers.

Table 1 Effect of Gender on mental stress of high school teachers

Gender	Mean	S.D	t-value
Male	109.9	15.98	0.49
Female	108.2	17.77	

From the table 1 it is significant that t-value is 0.49 which is less than the t-table value at 0.05 level which is 1.96. It reflects that the mean scores of mental stress of male and female do not differ significantly. So the null hypothesis that ‘There will be no significant difference between mean score of mental stress of male and female high school teachers.’ is not rejected at 0.05 level. Thus it may be concluded that both male and female possess equal mental stress.

14. Findings of the Study

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

14.1 Effect of Gender on Mental Stress on Teachers

The researcher finds that null Hypothesis that “There is no significant difference between mean score of mental stress of male and female high school teachers” is not rejected. Thus, the researcher has concluded that both male and female possess equal mental stress.

References

1. Best, J. Wand Kahn, J. V. (1988). Research in Education New Delhi: Prentice Hall of India Pvt. Ltd.
2. Buch, M.B. (1983). Third Survey of Research in Education, New Delhi NCERT
3. Chandra, Shivendra Soti and Sharma, Rajendra K. (2002). Research in Education, New Delhi: Atlantic Publishers and Distributors
4. Kahn, R.L. & Cannel, C.F. (1957). The Dynamic of Interviewing, New York: John Wiley & Sons.
5. Kothari, C.R. (2001). Research Methodology (Second Edition). New Delhi: Wishwa Prakashan.
6. Patel, A.S. and Lulla, B.P. (1964). Essentials of Writing Research Report, Baroda: Faculty of Education and Psychology, M. S. University.