



## Stress Area and Stress Factors among the Primary School Teachers

MR. GIRISHBHAI J. KHARADI

Ph.D. Research Scholar (Education)  
B.D.Shah College of Education, C.T.E., Modasa,  
Rai University, Ahmedabad

DR. GIRISHKUMAR P.RAVAL

Research Guide,  
B.D.Shah College of Education, C.T.E., Modasa,  
Rai University, Ahmedabad  
Associate Professor and Principal-in-Charge

### Abstract

*It is observed that modernization has changed life styles of human beings but at the same time, it is achieved at the personal cost. This cost is captured by a single word " stress". The title of the research study was "Stress Area and Stress Factors among the Primary School Teachers". The Study was to find out stress area & stress factors creating stress among the primary school teachers. Research questions of the study were to the same. Findings obtained were-A. The area of stress for primary school teachers were: 1.Teaching, 2.Administration, 3.Colleagus, 4.School Management, 5.Students, 6.Parents, 7.Society, 8.Government, 9.Evaluation work,10Self-generated problems .B. The stress factors creating stress among the primary teachers were:1.Weaker intelligence of the students,2.Less co-operation of parents,3.Unduly pressure from the principal of the school,4.Fear from the school management members,5.Improper nature or angered nature of the colleague,6.Lack of communication among the teachers of the school,7.Emergency decisions from upper level,8.More importance to other than teaching activities from the Government and SMC,9.Lack of inspiration from principal or SMC,10.Lack of motivation for further study or conduct innovative things in the school,11.Groupism among various types of groups, like, senior-juniors, Ladies teachers-Gents teachers, caste-based groups, etc.)*

**Keywords:** Primary School Teachers, Stress, Stress-Area, Stress-Factors

### 1. Introduction

Stress is a common phenomenon in all walks of life now days. There is no field where stressful events do not happen and there is no person who has not experienced any kind of stress, even lay people generally use the term stress to refer to various negative feelings. It seems that in twenty first century life style is gradually becoming complex to live peacefully. It is observed that modernization has come with many benefits and it has made many changes in all walks of our life. It has changed life styles of human beings but at the same time, it is achieved at the personal cost. This cost is captured by a single word "stress". Indeed, stress has found a place in our modern lexicon as fast foods, junk bonds and software packages.

There is no field where stressful events do not take place and there is no person in any field of life who has not experienced any kind of stress, even lay people generally use the term stress to refer to various negative feelings.

Now a day the situations in academic fields, particularly in primary schools, are Different for the teachers, as the time has completely changed. Some reactions regarding overloading of work on the teachers are as given in following words-

“We never get enough time to complete our primary duty of teaching the students of classes allotted to us because of variety of tasks are assigned by the government to us throughout the year...In the beginning of year we feel very busy, in preparing planning of daily works then to take part in prayer activities, to prepare the students for prayer activities, in teaching various classes for two or more subjects during school hours, to assign and evaluate notes and exercises to students of various classes of different standards, in regular checking of home works, etc. and then some other responsibilities are also entrusted to us .like filling up forms, surveying the population of people, animals, etc., to justify election related duty frequently at various stages of elections, to assist and guide students for the activities of students representative committee to activate cultural and sports activities sometimes principal arranges separate coaching for weak students. On the next year something different will be arranged we are under higher load of various types of primary school works and with additional burden of government’s new projects and purposes, etc. All these facts become obstacles in making my classroom teaching innovative and live sometime I feel exhausted and experience lack of potentiality to attempt to justify enough to my regular classroom teaching”

Thus, teacher of primary school is involved in variety of activities and programmes other than classroom teachings, like, Praveshotsav, teaching more than two subjects to different classes, prayer assembly, co-curricular activities, administration of examinations, supervision, evaluation works of classroom activities, maintaining students attendance register, writing daily planning book, activities of laboratories, activities of libraries, activities on the play ground, activities of students society, school level competitions, competitions at taluka, district and state levels, science and mathematics fairs and school or individual research project etc.

Besides these, all the primary teachers have to teach different two or more subjects to different classes from std. I to VIII every year. All the primary teachers have also to deal with colleagues, parents, principals, members of SMC, government-rules, society, with their own problems, etc. and primary teacher as an academician has now to teach more from a shrinking resource base and in the face of explosion of knowledge and skills not seen before. The efforts by the primary school teachers to teach qualitatively in the classrooms, to make effective planning and administration of co-curricular activities, to participate in administrative role in school, compulsory evaluation work are not there and most primary teachers will be the first to say that their lives have become stressful, as there never was so much to do. In the recent time expectations of students, parents and society have risen up and the teachers at primary schools have to show their performance in better way even under stressful situations in the school. Thus, looking at the present scenario of primary teachers stress in schools, researcher decided to find out stress scores for the teachers

## 2. Statement of Research Problem

The title of the research work conducted by researcher is as under:

*“Stress Area and Stress Factors Among the Primary School Teachers”*

The present study was conducted on the teachers of primary teachers of Mahisagar district of Madhya Gujarat for the academic year 2015-16.

## 3. Objectives of the study

1. To find out stress area among the primary school teachers
2. To study stress factors creating stress among the primary school teachers.

### 3. Research questions of the study

In accordance with above objectives following two study questions are made-

- 1.1 What are the area of stress among the primary school teachers?
- 1.2 What are the major stresses factors creating stress among the primary school teachers?

### 5. Area of research study

The area of the current research work is primary education.

### 6. Type of research study

The type of present research study is survey type research.

### 7. Significance of the study

1. The present research study is significant for following points in primary education.
2. The research study will provide broader spectrum of stress areas among the primary education.
3. The research study will provide picture of stress factors among the primary school teachers.
4. It will be helpful for principals, school managing committee members, SMCs, policy makers, parents, students, etc to deal with the primary school teachers.4.It will be helpful to primary school teachers themselves to be aware of stress areas and stress factors which can become obstacle in their progress. Provide scenario of stress spread among the primary school teachers.

### 8. Limitations of the study

Researcher can focus sharply on the objectives of the study by delimiting the study.

According to Best (1977), "By delimiting the study, researcher can save himself from the fear of unnecessary generalization". Desai (1979) states in "Research methods and Techniques" that "Besides giving clear definition the limitations of study should be clarified. No research can be overall perfect. There is no infeority in delimiting the field of study".

The limitations of present study are as under -

1. Researcher has selected teachers for the study, from Gujarati medium primary schools of Mahisagar district.
2. In this study primary school teachers were selected from the school managed jilla panchayat(District Panchayat) of Mahisagar district.
3. The sample selected by the researcher for the present study was 250 primary school teachers from Mahisagar district of Madhya Gujarat.

### 9. Population of the study

The population of the present study was all the primary schools managed by Mahisagar District Panchayat.

### 10. Sample of the study

In the present research study 250 primary teachers working in primary school managed by Mahisagar District Panchayat were selected by stratified random sample.

### 11. Tool of the study

In the present research study "primary school teachers stress inventory" prepared by investigator was used for assessment of teachers stress area and stress factors

### 12. Data collection

For the data collection on "primary school teachers stress inventory"investigator himself went to selected primary schools of the sample. He explained the procedure of reflection on the tool with purpose of present research study and collected data from the sample.

### 13. Data Analysis

The responses on the tool were analyzed and the obtained data were organized in various tables. The data were analyzed by using percentage, mean, ranking scores, etc.

### 14. Findings

Following findings were obtained at the end of analysis of data in reference to objectives of the study:

1. The area of stress for primary school teachers were as under:
2. Teaching, 2. Administration, 3. Colleagues, 4. School Management, 5. Students, 6. Parents, 7. Society, 8. Government, 9. Evaluation work, 10. Self-generated problems
3. The stress factors creating stress among the primary teachers were found as under:
4. Weaker intelligence of the students
5. Fewer co-operations of parents.
6. Unduly pressure from the principal of the school.
7. Fear from the school management members
8. Improper nature or angered nature of the colleague.
9. Lack of communication among the teachers of the school.
10. Emergency decisions from upper level.
11. More importance to other than teaching activities from the Government and SMC
12. Lack of inspiration from principal or SMC
13. Lack of motivation for further study or conduct innovative things in the school.
14. Groupism among various types of groups, like, senior-juniors, Ladies teachers-Gents teachers, caste-based groups, etc.

### 15. Conclusion

Thus it is noted from the findings of the present research study that teachers in primary schools need free environment and collective work can generate synergy among them. Team work is essential for primary schools for upward progress qualitatively in all field of teaching, learning, evaluation, research, cultural activities, participation in school or government activities, etc.

### References

1. Bernard, H.W. (1970). *Mental Health in the Classroom*. Mc Graw-Hill Book company. New York .
2. Cartwright, S. and Cooper, C. (1997). *Managing Work place stress*. SAGE Publications Pvt. Ltd. New Delhi.
3. Cohen, S.A. (1980). *After Effects of Stress on Human Performance and Social Behavior: A Review of Research and Theory*. Psychological Bulletin.
4. Das, M. (1989). *A Study of the Mental Health of Teachers Serving in the Primary Schools of Delhi*: NCERT P.114.
5. Gaziel, H.H. (1993). *Coping with Occupational stress Among Teachers: A cross-cultural study*. Journal of comparative Education. 29(1). P.P. 67-79.
6. Holloway, J. and others, (1995). *Performance Measurement and Evaluation*. SAGE Publications Inc. California.
7. Pestonjee, D.M. (1997). *Stress and Coping*. SAGE Publications. New Delhi.  
Puri Town (Edu. attak U., 1989). *Fifth Survey of Educational Research (1988 -92)* New
8. Ross, R. and Altmaier, E. (1997). *Intervention in Occupational stress*. SAGE Publications Inc. California.