



# A Comparative Study of Stress of Primary and Secondary School Teachers in the Context of Certain Variables

RENU S. SHARMA

Research scholar,  
Dept. of Education,  
Gujarat University, Ahmedabad

DR. SATISH PRAKASH S. SHUKLA

Research Guide &  
Professor,  
Dept. of Education, Gujarat University, Ahmedabad

## Abstract:

*Teaching is an art and science both wherein it needs to be the art of attracting the minds of the learners with logical reasoning and understanding. For this it is very much essential that the Teacher is mentally, physically, emotionally and socially fit so that they are able to achieve their goal of inculcating the best in the students. Nowadays, it is observed that with the changing scenario in the field of education, teachers face lots of challenges in teaching and thus, they get stressed whenever they are unable to adjust with the changing environment. So, it becomes very much essential to study the problems faced by the teachers of primary and secondary school in the teaching process in-order to reduce their stress to achieve the desired outputs among the learners.*

*The present research paper focuses on the comparison of stress of primary school teachers and secondary school teachers in the context of their gender, type of school, experience. Also, the paper discusses in detail about the measures to be taken to reduce the teacher stress and thus increase their ability.*

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**Keywords:** *Teacher Stress, Primary School Teachers, Secondary School Teachers*

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## 1. Introduction

Education leads to change...a change towards growth, a change in thinking and a change in positive direction. It's the key to human progress and teacher plays the most crucial role in the system of education. The teacher is regarded as the foundation on which the stability of the educational system as well as the nation rests. A committed employee is an asset of any organization and occupies the most important place in an educational institution because they are in charge of the future of the nation. Need of the nation is not only to attract but also to retain committed teachers and so a teacher will be committed only if there is no stress. Provision of facilitating working conditions for teachers will help in the reduction of stress in the profession. Need of strong and empowered primary and secondary education system is well defined for a developing nation like ours. To prove the strength of our educational system, we require teachers who are trained, and who are aware of their duties thus they will perform their jobs with the best they can afford. Thus effective and productive learning on the part of pupils can be achieved only by teachers with desirable attitudes and positive work environment.

## 2. Objectives of the study

The objectives of the present research problem are:

1. To compare the stress of Primary and Secondary School Teachers.
2. To compare the stress of Primary School Teachers teaching in Government or Government-aided school and self-financed school.
3. To compare the stress of Secondary School Teachers teaching in Government or Government-aided school and self-financed school.

- 4.To compare the stress of male and female Primary School Teachers.
- 5.To compare the stress of male and female Secondary School Teachers.
- 6.To compare the stress of Primary School Teachers with less than and more than 10 years of teaching experience.
- 7.To compare the stress of Secondary School Teachers with less than and more than 10 years of teaching experience.

### 3. Hypothesis of the study

- H<sub>01</sub>:** There is no significant difference between the mean scores of Stress Test of Primary and Secondary School Teachers.
- H<sub>02</sub>:** There is no significant difference between the mean scores of Stress Test of Primary School Teachers teaching in Government or Granted school and self-financed school.
- H<sub>03</sub>:** There is no significant difference between the mean scores of Stress Test of Secondary School Teachers teaching in Government or Granted school and self-financed school
- H<sub>04</sub>:** There is no significant difference between the mean scores of Stress Test of male and female Primary School Teachers.
- H<sub>05</sub>:** There is no significant difference between the mean scores of Stress Test of male and female Secondary School Teachers.
- H<sub>06</sub>:** There is no significant difference between the mean scores Stress Test of Primary School Teachers with less than and more than 10 years of teaching experience.
- H<sub>07</sub>:** There is no significant difference between the mean scores Stress Test of Secondary School Teachers with less than and more than 10 years of teaching experience.

### 4. Population of the study

In the present study the population consists of all primary and secondary school teachers of Gujarat State.

### 5. Sample selection of the study

In the present study 2125 primary and secondary school teachers of English medium from East, West, Central, North and South zone were selected as the sample of the study.

### 6. Research Method

The research method used by the researcher is survey method. The statistics used by the researcher is mean, standard deviation and t-test.

### 7. Tools

Tool of the research is self-made four-point rating scale.

### 8. Data Collection

The researcher with the help of probability sampling method of which stratified random sampling and cluster sampling method selected 2125 primary and secondary school teachers from East, West, Central, North and South zones of Gujarat. Further by using survey method with the self made tool, the data was collected.

### 9. Data Analysis

The data collected was processed, tabulated and analyzed with the help of statistical technique of mean, standard deviation and t-test.

### 10. Statistical Method

In the present study to satisfy the objectives t-test was used to analyze the data and test the hypothesis and arrive at meaningful findings.

## 11. Findings of the study

The researcher arrived at the following findings through the data analyses and interpreted it.

1. Levels of School have much effect on the stress of primary and secondary school teachers. It means that the stress of primary and school teachers differs significantly in their stress levels.
2. Types of School do not have much effect on the stress of primary school teachers teaching in government or granted school and self-financed school. It means that the stress of government or granted and self-financed primary school teachers do not differ significantly in their stress levels.
3. Types of School do not have much effect on the stress of secondary school teachers teaching in government or granted school and self-financed school. It means that the stress of government or granted and self-financed secondary school teachers do not differ significantly in their stress levels.
4. Gender does not have much effect on the stress of male and female primary school teachers. It means that the stress of male and female primary school teachers do not differ significantly in their stress levels.
5. Gender does not have much effect on the stress of male and female secondary school teachers. It means that the stress of male and female secondary school teachers do not differ significantly in their stress levels.
6. Experience has effect on the stress of primary school teachers. It means that the stress of primary school teachers with less than 10 years of experience and more than 10 years of experience differ significantly in their stress levels.
7. Experience has effect on the stress of secondary school teachers. It means that the stress of secondary school teachers with less than 10 years of experience and more than 10 years of experience differ significantly in their stress levels.

## 12. Conclusion

The findings are based on the analysis and interpretation of the collected data. Accordingly on the basis of the findings the researcher has made some suggestions which may prove beneficial if adhered in relation to the present study.

After analyzing and interpreting the data, the researcher comes to conclusion that there is no significant difference in the stress with reference to variables like gender and type of school which did not have significant influence whereas experience has significant influence on the stress of primary and secondary school teachers.

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