

An Effectiveness of Teacher's Perception Regarding The Stress Factors

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Abstract

Education is the progression of tutoring intended to enlarge the understanding of skills, attitude or personality of an individual for preparing them to survive in a momentous way. Effectiveness is the necessities of a capability based instructor education that includes understanding, skill and standards the learner teacher must express for flourishing achievement of the teacher instruction programme. Design of the study is descriptive in nature and simple random sampling techniques by analysis through statistical tools. Hence finally it makes an attempt to adopt strategies for minimizing its effectiveness of teacher's perception regarding the stress.

Key words: Teachers, Perception, Stress, School, Education, Workplace.

1. Introduction

“Education is the most dominant thrash which you can use to modify the humanity”

Education is the progression of tutoring intended to enlarge the understanding of skills, attitude or personality of an individual for preparing them to survive in a momentous way. It is instruction that make an individual for consistent.

Teachers are uncertainly the most outcome group of professional of a nation's prospect. But it has been pragmatic over the years that the teachers are more horizontal to stress because dealing with student and caring for their better recital all the way through the day is itself a worrying circumstance. Effective teachers are those who accomplish the objectives which they set for themselves or which they have set for them by others. The one who possess the knowledge and skills falls under the head of teacher competence were use of knowledge and skills in the classroom is referred to as teacher performance. Teachers work daily with student cope up with number of troubles; student non-attendance and student with extraordinary needs are inadequate. The basic type of a profession is a category of work or occupation that may be establish in number of fields in different sectors.

Generally, the schoolteachers have to deal with numerous demands and pressures, emotional, administrative and management duties but also to some discourteous parents' demands and

wants. Besides that, the large number of students in a classroom, packed timetable, uneven duties, uncomfortable working conditions, co-curriculum activities, meetings, in-house trainings, courses to attend extra classes and the unnecessary amount of paperwork are some of the main contributions to the increased causes of stress among teachers. Recent survey regarding the American Federation of Teachers feel stresses at work that 61% of teachers stressed out, and 58% say poor mental health has jumped alarmingly over the past two years.

87% say job demands interfere with family life.

78% are at the end of the day often physically and emotionally exhausted.

More than 75% say their school does not have enough staff.

Only 20% feel respected by government officials or media.

Only 14% say they trust their administrator or supervisor to a large degree.

Employment focuses on location that requires skill that might be used in numeral of special work situation allow the personality with that cleverness set to progress with virtual. In the humanity of exertion new occupations acquires their birth and grow. An arrangement of identical jobs in detached institution is termed as profession. Its activities in one or more establishment termed as an employment. Characteristics associated with more effective teachers are commitment, confidence, trustworthiness, respect, thinking, analytical thinking, expectations, drive for improvement, information seeking, initiative and flexibility, accountability, passion for learning are all the main sources for the contribution in the educational fields.

2. Review of Literature

Abós, Javier Sevil-Serrano, Leen Haerens, Nathalie Aelterman and Luis García-González (2019) have revealed that Secondary school teachers are one of the occupational groups presenting the highest levels of sick leave due to stress in the workplace. Stress can cause burnout syndrome, which is characterized by emotional exhaustion, depersonalization and low levels of personal accomplishment. Secondary education teachers have received relatively little research attention in this respect. The study addresses the prevalence among secondary school teachers of burnout syndrome, in its three dimensions, and investigates possible differences in the prevalence determined by different measuring instruments. The authors found that secondary school teachers are at high risk of burnout syndrome. Moreover, there are statistically significant differences between the different measuring instruments used such as pedagogical programmes should be developed to reduce/prevent its impact.

Joshua Oluwasuji Dada, Solomon Olusola Babatunde, Racheal Oluwatoyin Adeleye, (2019) explored the causes of academic stress, and its coping strategies among the undergraduate students in public higher education institution (HEI) in Nigeria. The study identified 27 causes of students' academic stress, and the analysis of the total ranking revealed that 8 out of 27 causes of academic stress were considered important. The results of *t*-test indicated that except for 5 out of 27 identified causes of student academic stress, there is no statistically significant difference in the perceptions of male and female students. The study further identified 30 coping strategies employed by students in dealing with academic stress, out of which six identified coping strategies were considered important. In addition, the results of *t*-test revealed that except for 11

out of 30 identified coping strategies, there is no statistically significant difference in the perceptions of male and female students surveyed.

David W. Putwain & Nathaniel P. von der Embse (2018) examined pressure is developed from curriculum changes and teacher self-efficacy that relates to perceived stress in teachers. The author collected the data relating to demographics, self-reported pressure from imposed curriculum changes, teacher self-efficacy, and perceived stress. The study revealed that pressure from imposed curriculum changes was positively, and teacher self-efficacy negatively, related to perceived stress. Teacher-self efficacy moderated relations between pressure from imposed curriculum changes and perceived stress. High teacher self-efficacy was associated with lower perceived stress, relative to low teacher self-efficacy, when pressure from imposed curriculum changes was low. The differential advantage offered by high self-efficacy declined as pressure from imposed curriculum changes increased.

Jyothi Narayanakkutty and Rajagopala Nair (2017) studied the stress management strategies to identify the common problems with a sample size of 50 school teachers. The statistical tools were used as percentage (%) analysis, Weighted Average, ANOVA etc., for the analysis of data. It suggested to perhaps incorporating physiological techniques to obtain the measurement of stress level. Through the coping mechanism (exercise, meditation, relaxation, etc.) that one can take a strong decision making authority that lead to be generalized. It reduced absenteeism, low morale and health problems.

3. Statement of the Problem

In recent life is occupied with full of troubles and pressure. Both on the personal and the professional when questioning Teachers present situations, either at work or in personal life, life and career are not two divergent topics, they have to be seen together in the same light to extract the both are compliment to each other and there should be a good balance between them. Thus the study is related to an effectiveness of teacher's perception regarding the stress factors.

4. Need For the Study

It is a straight forward profession and the teacher's life is to be envy for having lot of holiday and vacation, less functioning hours, no anxiety of work and no mechanics and rigors of routine rules, procedures and regulation to suffocate or deteriorate them. It is also supposed that school teacher's responsibility is moderately straightforward having no complexity, anxiety and conflict. This extensively widespread belief is erroneous for this is outsider's discernment of the position of the teachers. Therefore a methodical research was prepared in order to determine the legitimacy of admired attitude. The studies will offer insight into the feature that escort to stress. This may cause lead to probable injury to health, arousing welfare and associations to others. Besides in the last 20 years statistics of people are reporting that the stress affecting their work has gone up to four time statistics also show that educator are at elevated risk of creature stress, since it can be caused by variety of situations. Mainly the coping mechanism regarding the stress is usual part of life, protracted or tremendous stress can lead to ill health The pressure faced by teacher is considerable. Therefore my focal point in the study is to recognize the effectiveness of teachers' perception regarding the stress faced

by the teachers and giving some suggestions can be made to overcome them. This will show the way to an improved surroundings, wellbeing and efficiency in work.

5. Objectives of the Study

1. To identify the effects of stress experienced by male and female teachers.
2. To know the causes or antecedent factors of stress among the school teachers.
3. To measure the extent of job satisfaction related to family role stressor and work role stressors.
4. To identify the teacher's perception regarding the stress factors.

Hypothesis

1. There is no significance difference between the age and personal stress.
2. There is no significance difference between the work stress and work level of satisfaction.

6. Methodology

The study covers both the primary and secondary data. The primary data was collected using a structured questionnaire for this purpose of the study the data has been collected in higher secondary school teachers were randomly selected for the study as sample.

Sample Size

The size of the samples selected for the study is 50 teachers in Tiruchirappalli Corporation. The project is based purely on primary data.

Procedure for Data Collection

By adopting simple random sampling, the schools that matched the qualities were selected. The teachers were approached during the lunch break and in evening during their special classes handled. After a short introduction, the test-form was first administered in order to recognize the teacher who has undergone with some sort of pressure and anxiety. After identifying teachers with hassle the questionnaire has been given to them.

Tools of Analysis of the Data

After the data collection was over, the researcher analyzed the collected data with the help of statistical packages such as SPSS 17, (statistical package for social science). It is implicitly assumed that, the variables used to study on stress among the school teachers in Tiruchirappalli Corporation. In simple frequency tables were applied which showed the position of the various personal demographic and teachers stress. Descriptive statistical tools such as percentage, correlation and one sample t-test have been used to describe the profile of the school, preferred attributes and level of satisfaction.

Pearson Correlation

It was used to test the relationship between age and the personal stress factors.

One Sample T-Test

It was used to test the variance of work stress and work level of satisfaction.

Table. No.1 SOCIO - DEMOGRAPHIC ANALYSIS

Category	No.of.Respondents	Percentage
Gender		
Male	19	38
Female	31	62
Age		
Below 25 years	24	48
25 years -35 years	18	36
Above 35 years	8	16
Education Qualification		
PG with B.Ed	28	56
PG with M.Ed	12	24
M.Phil	10	20
Experience		
Below 5 years	19	38
5 years – 10 years	13	26
10 years – 15 years	11	22
Above 15 years	7	14
Monthly Income		
Below Rs.10,000	10	20
Rs.10,000 – Rs.20,000	19	38
Rs.20,000- Rs. 30,000	14	28
Above Rs. 30,000	7	14
Nature of School		
Government	22	44
Aided	3	6
Private	25	50
Teachers - Student Ratio		
30:1	16	32
40:1	18	36
50:1	10	20
60:1	6	12

Interpretation

The majority 62% of the respondents belong to the female category of the gender-wise classification. 48% of the respondents belong to the age group of below 25 years. 56% of the respondents having their basic educational qualification are PG with B.Ed. 38% of the respondents had their monthly income ranges from Rs. 10,000 – Rs. 20,000. Nearly half of the i.e. (50%) of the respondents collected for the study related to the private school. 36% of the respondents say that the student teacher ratio in the class room leads to 40:1 proportion basis.

Testing of Hypothesis

H0:1There is no significance difference between the age and personal stress.

Table. No. 2 Correlation among the age and personal stress

Variables	r value	P value	Status
Age	0.030	0.836	p>0.05 significant
Personal Stress	0.030	0.836	-

Sources: Output of SPSS package.

From the table 2 reveals that P value is greater than the table value i.e.(0.05 <0.836) null hypothesis accepted. There is no significance relationship between age and personal stress.

H0:2 There is no significance difference between the work stress and work level of satisfaction.

Table.No.3 One sample t-test between work stress and level of satisfaction.

T- value	p- value	Status
38.507	.000	Significant H0 rejected

Sources: Output of SPSS package.

Since P value (0.000 <0.05) it is significant and therefore null hypothesis is rejected. In other words, there is a significance relationship between work stress and work level of satisfaction.

7. Findings of the Study

- ❖ The majority 62% of the respondents belong to the female category of the gender-wise classification.
- ❖ 48% of the respondents belong to the age group of below 25 years.
- ❖ 56% of the respondents having their basic educational qualification are PG with B.Ed. 38% of the respondents had their monthly income ranges from Rs. 10,000 – Rs. 20,000.
- ❖ Nearly half of (50%) of the respondents collected for the study related to the private school.
- ❖ 36% of the respondents say that the student teacher ratio in the class room leads to 40:1 proportion basis.
- ❖ **H0:1** NullHypotheses is accepted **and** hencethere is no significance relationship between age and personal stress.
- ❖ **H0:2** Null hypotheses are rejected and there is a significance relationship between work stress and work level of satisfaction.

8. Suggestions

- Necessitate of working hours can be allowed to reduce tiredness which can reduce stress.
- Higher income can reduce submissiveness which in turn can distress the respondents.

Our Heritage

- Better educational qualification and communication with colleagues will reduce submissiveness.
- Well ventilated class rooms should be provided.
- Arrive at school early for productive quiet time before the chaos begins.
- Leave work at school at the end of the day so time at home is truly restful.
- Leave school on Friday with the next week preparation so Sunday isn't the most exhausting day of the week.
- Close the door during periods so socializing doesn't eat up all the available work time.
- Share the workload with other teachers by planning lessons together.
- Give time-consuming tasks like photocopying to parent volunteers.
- Don't over commit with extracurricular.

Measures to overcome the stress are

- ❖ **Mental exercise:** Do some mental exercise by which you can be relieved out and be free.
- ❖ **Physical Exercise:** It provides proper blood supply and oxygen to all parts of the body and takes out the excessive calories. These automatically reduce the stress level
- ❖ **Deep breathe:** It helps to relieve one person from his own harmful reaction. Because whenever a person feels upset, by taking a few slow deep breaths he can be relieved from his stress.
- ❖ **Relaxation Exercise:** Stretching of muscle groups of the body prior to relaxation provides ideal level of relaxation. From head to feet each group of muscles stretched out and then relaxed. Thus, a step-by-step stretching and relaxation provides a progressive relief from stress.
- ❖ **Entertainment:** Go for an outing with family, spend more time, share your feelings that will reduce your tension, be enjoyed and be happy.
- ❖ **Music:** Listening to your favorite music is a great method of reducing stress and relieving anxiety. By hearing the genre of music that keeps our mind listening to the deep heart and create a peaceful mind in our body relaxation.
- ❖ **Laughter and Humor Therapy:** There is truth to the saying that laughter is the best medicine. Laughing reduces stress hormones like adrenaline and cortisol. It benefits your immune system by increasing the number and activity of natural killer T- cells.
- ❖ **Eat Nutrient Diet:** Eat foods rich in antioxidants like vitamins A,C,E and lycopene.
- ❖ **Sleep:** Getting enough sound sleep has a profound impact on your stress levels, immune function and disease resistance. To get a deep sleep for minimum for 7-8 hours of sleep each night.
- ❖ **Positive Thinking:** Having positive attitude finding the good in what life throws your way and looking at the bright side of things enhances your ability to effectively manage stress.

9. Conclusion

Clam intelligence brings internal potency and self- self-assurance so that's very significant for good quality wellbeing.

Sources = Work+ Family Related Stress

Impact = Physiological + Psychological Stress

Coping = Relaxation, Yoga, Meditation, Exercise, Positive Thinking.

In order to encourage the best and brightest graduates to become teachers and ensure that effective teachers remain in education, we must make sure that teachers can appreciate the rewards of teaching without being overwhelmed by the difficulties. Hobby is an activity or interest that is undertaken for pleasure, typically done one's leisure time. i.e, collecting, games, outdoor, recreation, gardening, performing the arts, etc., Meditation is a holistic discipline practitioner trains his or her mind in order to realize some benefit. Have a deep breathing shallow by flexing one's rib cage. Relaxation is a process, procedure or activity that helps a person to attain a state of increased calmness or reduce levels of anxiety, stress or anger. Visualize and communicate your vision. Adopt ABC analysis Strategy A = Awareness; B = Balance; C = Control. This finally creates you the peaceful and energetic pathway of the effective good health and mental ability to focus on the obstacle environment.

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