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## Occupational stress among the female teachers of government high schools of Haryana

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### Abstract

The aim of the present study is to determine the stress among the female teachers of government high schools of Haryana. To assess the statement of the problem total ninety female teachers (30 science teachers, 30 math teachers, and 30 physical education teachers) were selected for the study. Occupational stress was measured by "Teachers Occupational Stress Scale prepared by Dr. O. P. L. Srivastava and Dr. Bina Srivastava". To determine the level of significant difference descriptive study and to find out the group difference Analysis of Variance (ANOVA) was applied. The level of significance was fixed at .05 level.

**Keywords:** Stress, Female, Haryana

### Introduction

The word, "stress" is defined by the Oxford Dictionary as "a state of affairs involving demand on physical or mental energy". In medical parlance, "stress" is defined as a perturbation of the body's homeostasis. Extreme stress conditions are detrimental to human health. But in moderation stress is normal and in many cases, proves useful. An occupational stress can be caused by too much or too little work, time pressure and deadlines, fatigue from physical strains of work environment, excessive travelling, long hours, having to cope with changes in work (Arnold *et al.*, 1991)<sup>[1]</sup>.

### Methodology

Total ninety female teachers (30 science teachers, 30 math teachers and 30 physical education teachers) from different government high schools were selected. Stress was measured by "Teachers Occupational Stress Scale prepared by Dr. O. P. L. Srivastava and Dr. Bina Srivastava". To determine the level of significant difference descriptive study was applied and to determine the significance of difference among the science, math and Physical education female teachers Analysis of Variance (ANOVA) was applied. The level of significance was fixed at .05 level.

**Table 1:** Descriptive statistics of government high school female teachers of different subjects on occupational stress

Group	Mean	S.D
Science	85.16	22.52
Math	88.14	25.94
Physical Education	91.09	26.24

Significant at 0.05 levels  
 t=1.96

The above table shows that the mean and S.D on occupational stress variable for Science female teachers was  $85.16 \pm 22.52$ ; for math female teachers was  $88.14 \pm 25.94$ ; and for physical education teacher was  $91.09 \pm 26.24$ . The table 1 shows that the occupational stress level of female physical education teacher is much higher than the other subject's female teachers of government high school teachers of Haryana. The mean of occupational stress of government high school female teachers of Haryana has been graphically exhibited in Fig. – 1

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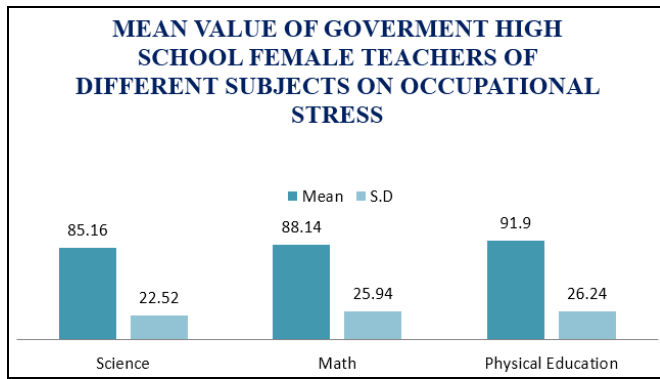


Fig 1: Graphical representation of Mean on occupational stress level of government high school teachers of Haryana.

Table 2: Analysis of variance (Anova) of government high schools female teachers of different subjects on occupational stress

Source	Sum of Squares	Df	Mean	F	Sig
Between Group	24216.550	32	842.580	2.45	0.02
Within Group	25770.839	20	850.630		
Total	34680.012	50	1120.910		

Significant at 0.05 level  
t = 2.95

Table – 2 reveals that there was found not significant difference in stress of government high school female teachers of different subjects of Haryana as the obtained F ‘ratio 2.45 was lesser than tabulated value of 2.95 required for the ‘F’ ratio to be significant at .05 level with degree of freedom.

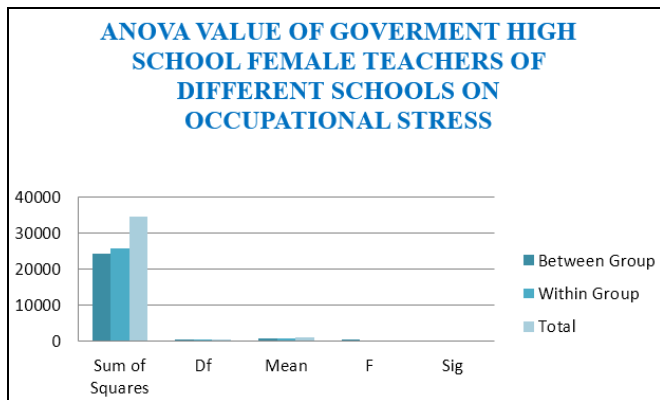


Fig 2: Graphical representation of Analysis of variance (Anova) of government high schools female teachers of different subjects on occupational stress

**Conclusion**

On the basis of the findings and within the limitations of the study, the following conclusions are drawn:

- The study revealed that there were significant differences in occupational stress among government high school female teachers of different subjects i.e. science, math and physical education in Haryana.
- There were no significant differences among the female teachers of different subject of high schools of Haryana on occupational stress.

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