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## Occupational stress among the male teachers of government senior secondary schools of Delhi

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### Abstract

The aim of the present study is to determine the Occupational stress among the male teachers of government senior secondary schools of Delhi. To assess the statement of the problem total ninety teachers (30 science teachers, 30 math teachers, and 30 physical education teachers) were selected for the study. Only male teachers who had working in government senior secondary schools of Haryana were selected. 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:** Occupational stress, male, Delhi

### 1. 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) [1].

### 2. Methodology

#### 2.1 Total Students

Total ninety male teachers (30 science teachers, 30 math teachers and 30 physical education teachers) from different government senior secondary schools of Delhi were selected.

#### 2.2 Variables

- Occupational stress

#### 2.3 Test Used

Occupational stress was measured by "Teachers Occupational Stress Scale prepared by Dr. O. P. L. Srivastava and Dr. Bina Srivastava".

#### 2.4 Statistical Technique Used

- To determine the level of significant difference descriptive study was applied

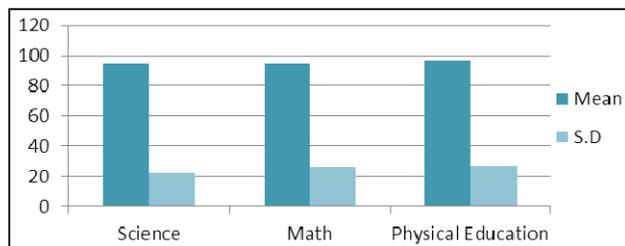
**Table 1:** Descriptive statistics of school teachers of Delhi on different subjects on occupational stress

Group	Mean	S.D
Science	94.86	22.52
Math	94.84	25.94
Physical Education	96.92	26.24

Significant at 0.05 level  
t=1.96

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The above table shows that the mean and S.D on occupational stress variable for Science Teachers was  $94.86 \pm 22.52$  ; for Math Teachers was  $94.84 \pm 25.94$ ; and for Physical Education teacher was  $96.92 \pm 26.24$ .The table 1 shows that the occupational stress level of Physical education teacher is slightly higher than the other subject's teachers. The mean of occupational stress of school teachers of Haryana has been graphically exhibited in Fig. - 1



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

### 3. 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 stress among school teachers of different subjects i.e. science, language, social science and physical education in Delhi.
- There were no significant differences among the male teachers of different subject of senior secondary schools of Delhi on occupational stress.

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