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## A comparative study of job stress between male and female school teachers of government school

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### Abstract

Adjustment is the premium cause and need of human being. All human beings adjust in earth through the adaptable process. So the aim of the present study is to explore the “Comparative Study of Job Stress between Male & Female School Teachers”. A total number of 200 physical education teachers (100 male & 100 Female) are examined for the study by a standardized questionnaire. The all teacher were related to physical education & sports field. The age group of subjects was 30 to 40 years. The data of job stress was collected from Teachers occupational stress scale designed by Dr. Mariya Aftab & Tahira Khatoun was applied. To analysis the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes that there is significance difference of job stress among male and female physical education teachers of Punjab. The level of significance set at 0.05 levels.

**Keywords:** Comparative study, male and female, stress

### Introduction

#### What is stress?

All of us will come in contact with mental illness at one time or another in our lives, in our society. But it simply means that mental or emotional difficulties in some way have contributed to the patient's illness. In these days, when so many advances have been made in eradicating diseases, poverty, and other problems that have pull/pushed our society, the strains of modern life and tension/anxiety have developed so much so that one out of every ten persons of the society has started taking harmful medicine in one form or the other. The cases of mental illness have also increased in these days as shown by the admission records of the mental hospitals. The National Association for Mental Health estimates that one out of every two patients seeking medical aid is suffering from an illness related to mental and emotional disorders. This does not necessarily mean that the complaints of such people are imaginary. In this modern world, man is making various kinds of adjustments in his social, psychological, economical, religious and political spheres. Stress modern life is full of stresses and strains. Everyone in this world faces stressors in some or other area of life. These adjustment problems have become manifold in the recent years due to multi-factorial causes such as individualization, urbanization, industrialization and many more. An individual does not feel satisfied with what he has and is always in search of what he does not possess. This constant lure to have more has led him to lead a life full of stresses and strains.

#### Effect of stress

There are physiological, behavioral and cognitive responses to stress. In the physiological type of response, the effect may be: increase in heart rate, elevation of blood pressure, muscular tension, slowing down of digestive system and release of adrenalin and noradrenalin. The behavior response becomes more moderate and sustained e.g.; decrease in performance level, avoidance of stressful condition and passivity or inertia. The effect of the cognitive response is distortions of thinking, decrease in intellectual functioning, unproductive, ruminative anxiety generating patterns of thought and indecisiveness. In some cases, psychological stress produces somatic complaints that are wholly imaginary but in some other cases, emotional maladjustment contributes to an illness that is primarily organic in nature and in still other cases, psychological problems actually produce genuine organic illness.

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These are called Psycho-somatic disorders, which are disorders of adjustment that have become associated with certain body processes in such a way as to produce a genuine organic illness.

**Stress, conflict, frustration, & emotional behavior**

Man is a motivated organism who spends much of his time and energy pursuing goals. In the course of his goal seeking, he inevitably runs into problems and failure. Under such circumstances, man finds himself under stress, occasionally in conflict, and often frustrated (Prevented from achieving his goals, therefore, experiencing an unpleasant state of tension).

**Sources of stress**

Psychological forces, or stresses, also "press," push or "pull." We may feel "crushed" by the "weight of a big decision, "smashed" by adversity, or "stretched" to the point of "snap. In physics, stress is defined as a pressure or force exerted on a body. Tons of rock pressing on the earth, one car smashing into another, a rubber band stretching, all are types of physical stress [1].

**Method and Technique**

The descriptive study was designed to find out the significance difference in job stress between male & female

school teachers of Govt School. The 200 (100 male & 100 female) teachers were selected for this study with the age group of 30 to 40 years. The quota sampling method was used for selection of subject. Only deviation of job stress were calculated through the teacher occupational stress scale designed by Dr. Mariya Aftab & Tahira Khatoon was applied. The t ratio was used for significance of this study. After that the difference in job stress was presented in following table & graph.

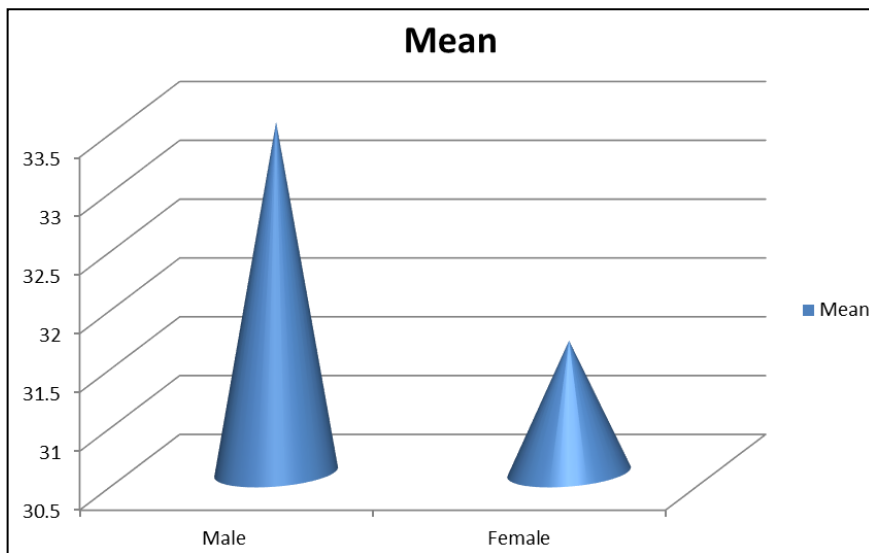
**Table 1:** Ratio of Job Stress in School Teacher of Govt School

S/No	Category	Mean	S.D	Mean difference	S.E	't' ratio
1	Male	33.48	7.57	1.80	0.96	1.87
2	Female	31.62	6.93			

Level of Significance 0.05 Tabulated value at (98df) =2.02

According to above table; statistically represent that the Mean and Standard Deviation with regard to male physical teacher is 33.48 and 7.57 of female, where as in case of S.D. of male teachers is 7.57 and 6.93 of female teachers respectively. The calculated t-value is 1.87, which is less than the tabulated' value 2.00 at 0.05 level.

So, it indicates that there is no significant difference in job stress between male & female physical education teachers of Punjab.



**Fig 1:** Graphical Representation of Descriptive Statistics of Job Stress of Physical Education Teachers

**Conclusion**

After the used of standardized statistical analysis (t ratio) it can be concluded that the female teachers having more stress compare to male teachers.

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