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Comparative study of stress status between teaching and non-teaching employees of Punjabi University Patiala

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Abstract

In the present study it was planned to scrutinize the of Stress status between teaching and non-teaching employees of Punjabi University Patiala. The purpose of present study was to explore the knowledge and difference about the Wellness status of teaching and non-teaching employees of Punjabi University Patiala. To achieve this purpose total eighty male (40 Teaching and 40 Non- teaching) employees of Punjabi University Patiala were purposively selected as subjects. The age of the subjects ranging between 25 to 50 years. Data was collected from primary sources. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. After collecting the relevant data mean, S.D. and t test was applied. The level of significance was set at 0.05 percent. The level of significance was set at 0.05 percent ($p < 0.5$). In conclusion, it is evident that the results of 't' test between two groups with regard to the sub-parameter Stress of wellness status were found to be statistically insignificant between male teaching and non-teaching employees.

Keywords: Planned, scrutinize, stress status, teaching

Introduction

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

Stress: The sum of physical and emotional reactions to any stimulus that disturbs the harmony of body and mind (Samhsa, 2016) [11].

Most of the Individuals are worried about their economic status. The financial status of individual directly contributes to the stress of individual. Stress is created due to debt or credits, compensation packages, etc. On the contrary the financially secured employee is more engaged at work and less stressed at job. (Samhsa, 2016) [11]. Environment around the individual makes a lot of difference to the wellness. Environmental changes directly impact on physical and psychological health of individual and individual should know how to cope up with the same. There are major environmental challenges every individual is facing like global warming, greenhouse effect, and pollution.

In the present study researcher had compare the of Stress status between teaching and non-teaching employees of Punjabi University Patiala.

Methodology and Procedure

In the present study it was planned to scrutinize the of Stress status between teaching and non-teaching employees of Punjabi University Patiala. The purpose of present study was to explore the knowledge and difference about the Wellness status of teaching and non-teaching employees of Punjabi University Patiala. To achieve this purpose total eighty male (40 Teaching and 40 Non- teaching) employees of Punjabi University Patiala were purposively selected as subjects. The age of the subjects ranging between 25 to 50 years. Data was collected from primary sources. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. After collecting the relevant data mean, S.D. and t test was applied. The level of significance was set at 0.05 percent. The level of significance was set at 0.05 percent ($p < 0.5$).

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Results of the Study

Table 1: Shows the Mean, S.D. and t value of Stress variable between Teaching and Non- teaching male employees of Punjabi university Patiala

Group	Mean	S.D.	T value
Teaching	40.13	3.66	2.4180
Non- teaching	38.40	2.64	

$t'_{0.05(78)}=1.980$

Table & figure 4: shows the Mean and S.D. values of Stress of Teaching and Non- teaching male employees were 40.13 ± 3.66 and 38.40 ± 2.64 respectively. The obtained “t” value 2.4180 (1.980) was found statistically significant, at .05 level of significance.

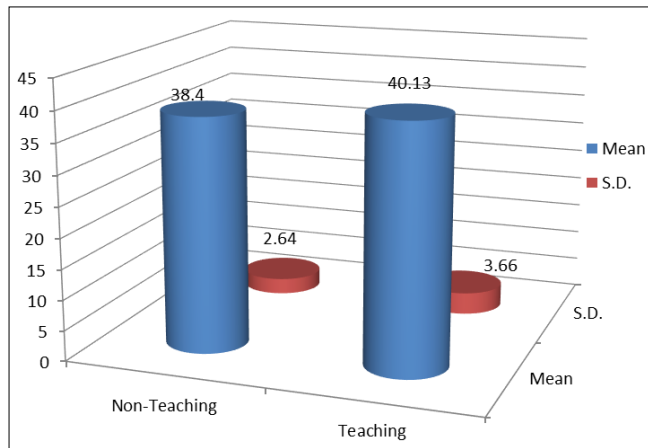


Fig 1: Shows Mean and S.D. of Stress variable between Teaching and Non- teaching male employees of Punjabi university Patiala

Conclusions

In conclusion, It is evident that the results of ‘t’ test between two groups with regard to the sub-parameter Stress of wellness status were found to be statistically significant between male teaching and non-teaching employees.

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