



FACTORS AFFECTING STRESS AMONG THE WOMEN COLLEGIATE TEACHERS IN THIRUCHIRAPPALLI DISTRICT

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ABSTRACT

Background: The research study is concentrated on factors affecting occupational stress among the women collegiate teachers in Thiruchirappalli District. Educational sector play a vital role in our economy development of country as well as in modern societies. Today educational sector occupy a prominent role in our economic development. Stress is a part of life. No one avoid stress. Every human beings experienced stress either knowingly and unknowingly.

Objectives: Hence, the researcher attempted to study the factors affecting occupational stress among the women collegiate teacher, which is essential their student's welfare as well as society well being. The present study is to aware of stress among the women collegiate teachers in Tiruchirappalli District.

Methodology: The study comprises has Tiruchirappalli is a center of Tamil Nadu as well as educational hub. In this study, 100 respondents have taken for the research study and the research tools of Chi-square test and one-way Anova.

Findings and Suggestions: certain factors found to have considerable influence of stress. Similarly age, educational qualification and gender of the respondents are also found to have considerable influence on reasons for experiencing stress.

Key words: Teacher, well being, Stress.

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1. INTRODUCTION

Stress is a condition of mental pressure for particular individual facing problems from our working environment. It leads to so many health problems and diseases. Women play a vital role in the society because at this time women faces lots of problems both within a family and professional life (Gopinath & Chitra, 2020a). They are expected to be the elites in the society. Thus, they should enhance their stress management abilities. so as to live a healthy life after entering the society. They have touched almost all professions. Kids of kindergarten, boys of school, students of university and colleges, and everyone in the academic field experiences stress every day (Gopinath, 2014a). Not only for academic field Entrepreneurs, have Homemakers and laborers experienced a different kind of stress.

2. REVIEW OF LITERATURE

JYOTHI NARAYANAKUTTY (2017) the aimed of that study was to determined the level of stress experienced by school teachers. Data were collected by the method of convenient sampling from the way of personal interview. Sample consisted of 50. She used the statistical techniques like that the percentage method, weighted average method and ANOVA had seen applied for that analysis. It showed that ‘poor remuneration’ was the highest problem of stress factors among the school teachers. She suggested that any physiological techniques to obtain for the purpose of measurements of stress level. It was necessary to be conducted. So that the teachers’ stress symptoms can be better understood. Stress management is an important aspect in point of view of the workplace especially the school.

KAVITADUA and VEENA SANGWAN (2017) the conducted a study on stress among female high school teachers of Haryana. Researchers revealed that female teachers are more vulnerable to stress as stress is caused by many factors including poor working conditions, scarcity of resources, heavy workloads and lack of administrative and family support system. The studies revealed that majority of the respondents were spending more time in teaching related activities compared to the home related actives. The researcher also found out the respondents having less time for personal care, leisure and sleep. It is also found that the stress management mechanisms like that relaxation, entertainment, delegation, sleep and exercise were taken by the respondents.

OH SENONG TAK and SUNBUMPARK (2016) have conducted a study of the connected smart worker’s techno stress. A survey was conducted against office workers who handled their tasks used a smart device after contacting Gallup Korea. An online questionnaire survey was conducted in that study. The participants were allowed to visit the questionnaire website and joined to survey. On the basis of online survey, a total of 383 questionnaires were collected. Among them, 345 copies were finally chosen that study. In terms of the samples of that study, a questionnaire survey was conducted against office workers who use new and emergent technologies such as Smartphone, mobile combating and SNS. The findings of that the techno stress which may result from the use of new technologies even after work and during holidays.(e.g., using smart phone, checking email or continuing work through a messenger after working hours) its influenced on job satisfaction and work-life conflict.

SUGANYA (2016) has conducted job stress among teaching faculty. She has found that the teachers having less experience and inadequate facilities are being faced more stress. She has focused in this study on Government university faculty stress. She has point out stress factor as rewards and recognition. Time constraint, professional identity, departmental influences and student interaction with faculty. This study focused on higher education faculty stress in order to identified job stress among faculty, and also used both public and private business schools. She had found out private sector faculties are faced more stress compared to public sector business school faculties. She had concluded that stress among teachers is very high level in

the present scenario. Factors like work overload, poor infrastructural facilities, conflict with management and peer, student interaction and inadequate salary were discussed in these studies. The management needed to be aware of these factors of stress and taken a necessary step to reduce the stress level.

REVATHI .G (2015) has conducted a study on stress among women teachers in colleges at Chennai city. She had conducted the study on 50 samples collected from the various women teachers in various arts and science colleges at Chennai city. Data was collected using a structured questionnaire. She has found at 44% of the respondents had stress due to excessive work load, 38% of the respondents have high stress due to lack of control over the job and 18% of them have excessive stress reason for that of management policies. She had suggested that regular exercise, positive attitude, yoga and meditation for the purpose of manage the stress of the respondents.

SANGEETA RANI (2015) has undergone work stress among college teachers in self-financing college: An explorative study. This study aimed to know the cause of work stress, to analyze the impact of stress on individuals' efficiency and effectiveness, and to workout techniques used by the college teachers for the purpose of managing the work stress, sample size is 120. A total of 120 questionnaires were distributed among 120 teachers of different self-financing college in Panipat district of Haryana. This study used percentile method had been used to analyze the data. This study found out the stress creator factors like that job insecurity, poor student's behavior and their negative attitude, ineffective leadership at department level/ management politics, lack of motivation, negative attitude of colleagues etc. the major stress creator factors is that job insecurity. Most of them are coming under this category. So, management will ensure the job to the employees (Gopinath, 2011). This study also found out the stress management techniques. In this study most of the respondents are agree the "Believe in Actions Rather than Fruits". This is the best techniques adopted to manage the stress. Positive attitude and meditation will be helpful for coping and managing the stress is possible. So, we have to think positive attitude only.

AMMERA HAMOOD HUMAID AL-BADI (2015) focuses on occupational stress and quality of work life in private colleges of Oman. The study aimed to depict the phenomena related to quality of work life and occupational stress among business management lecturers in private colleges of Oman. He used the purposive sampling method for the purpose of sample collection. The sample size consisted of 44 lecturers from the management teachers teaching in seven private higher educational institutions in Oman offering management degree courses. He found out that occupational stress score among management lecturers were relatively lesser than the average; whereas perceived QWL was found more than the average in these institutes. Quality of work life was better in these institutions compared to occupational stress. The study concluded that moderate work stress among the management teachers in private colleges in Oman. Moderate stress implies that positive stress. It helps them to the individual fast their performance and organizational climate. It also inferred that employee were moderately satisfied from Quality of work life in these management institutions. Teachers' role in educational institutions perceived them as more competent and empowerment because of autonomy in pedagogy.

3. STATEMENT OF THE PROBLEM

The present study has covered the title of "Factors affecting occupational stress among the women collegiate teachers in Tiuchirappalli District

4. IMPORTANCE OF THE STUDY

Stress plays a very important role because most of the people spend a major portion of their life in the working place. Moreover stress is at the workplace has its impact on their personal life. It will affect both mental as well as physical health and then affect personal as well as working life (Gopinath, 2014 b). Every human beings is able to overcome the stress. Otherwise he is not able to survival in the world. For this purpose this study was taken.

5. OBJECTIVES OF THE STUDY

- To identify the factors affecting occupational related stress among the women collegiate teachers.
- To examine the impact of occupational stress among the women collegiate teachers.

6. RESEARCH METHODOLOGY

Research is systematic investigation to the establish new facts or principles or to collect information on a subject. Redman and Mory define research as a “systematize effort to gain new knowledge”. It is the process of systematic and in depth study and search for any particular area of investigation by collection, compilation, presentation and interpretation of relevant data.

a) Primary data

The primary data for the study has been collected with the help of personal observation, pilot study and questionnaire.

b) Secondary data

The secondary data has been collected from the following sources: a) Books and Journals b) Research reports c) Magazines, articles from newspapers and d) websites.

Sample size

c) **Sampling method:** The sampling method used in Non-probability –convenience sampling.

d) **Sample size:** The sample size of the study is 110 respondents.

e) **Tools used for Analysis:** Percentage Analysis

Chi-Square Test

7. RESEARCH HYPOTHESIS

- There is no significant relationship between Educational qualification of the respondents and their marital status
- There is no significant relationship between age of the respondents and their salary
- There is no significant relationship between causes of work-related stress and their impact.

8. ANALYSIS AND INTERPRETATION

Percentage Analysis

Table 1 Marital status wise classification of the respondents

Category	No of respondents	Percentage
Married	68	53
Unmarried	42	47

Source: Primary data

The above indicates that 53% of the respondents are married, and rests of the 47% are unmarried.

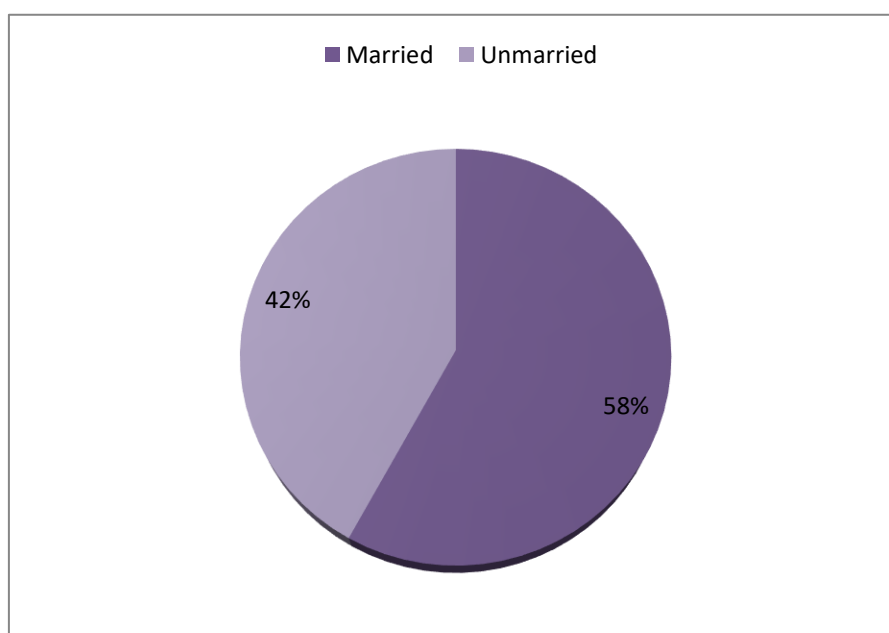


Figure 1 Marital status wise classification of the respondents

Table 2 Age wise classification of the respondents

Age	No. of respondents	Percentage
Below 30 Years	41	37
30-40 Years	27	25
41-50 Years	25	23
Above 50 Years	17	15
Total	110	100

Source: Primary data

The above table clearly states that 37% of the respondents are in the age group of below 30 years, while 25% of the respondents are in the age group of 30-40 years, 23% of the respondents are in the age group of 41-50 years and the remaining 15% of the respondents are in the age group of above 50 years.

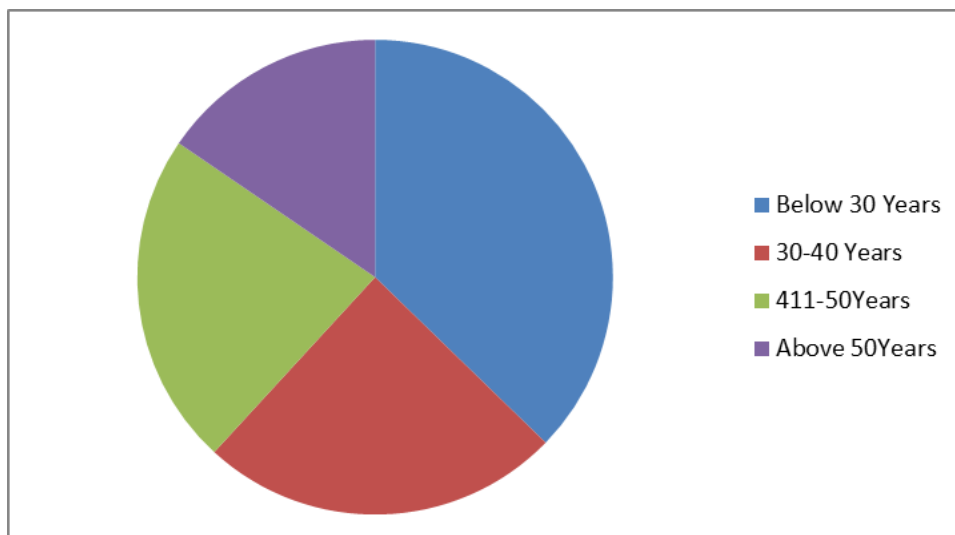


Figure 2 Age wise classification of the respondents

Table 3 Department wise classification of the respondents

Department	No of respondents	Percentage
Arts	71	64
Science	39	36
Total	110	100

Source: Primary data

The above table deals that the 64% of the respondents belongs to arts and remaining 36% of the respondents belongs to science.

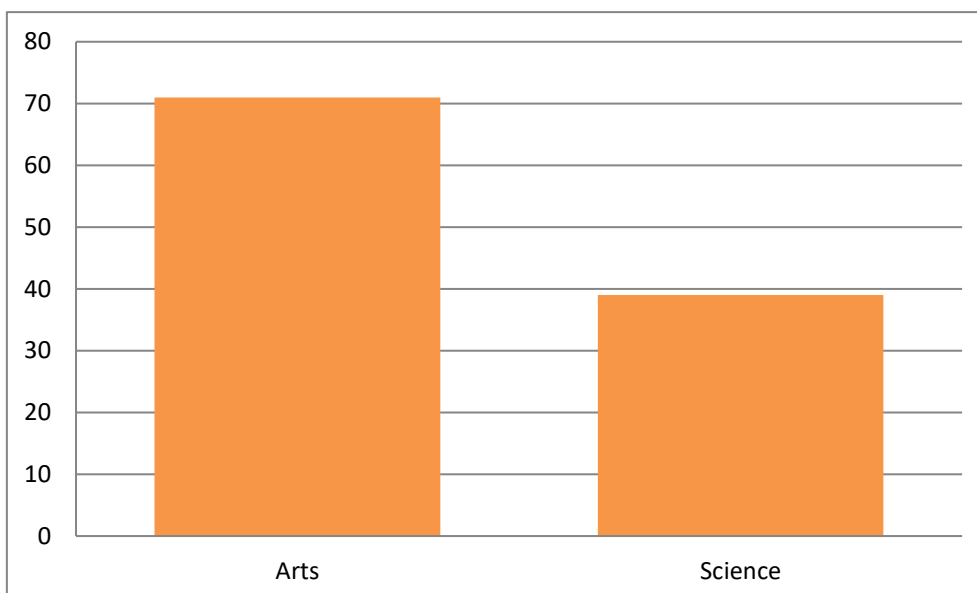


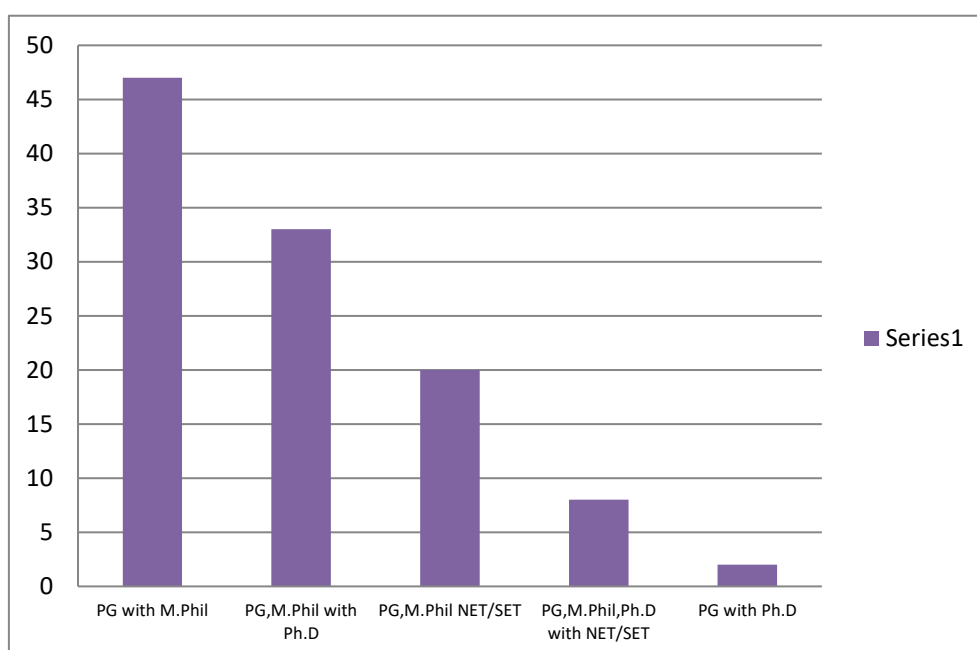
Figure 3 Department wise classification of the respondents

Table 4 Educational Qualification wise classification of the respondents

Educational Qualification	No of respondents	Percentage
PG with M.Phil	47	43
PG,M.Phil with Ph.D	33	30
PG,M.Phil NET/SET	20	18
PG,M.Phil,Ph.D with NET/SET	8	7
PG with Ph.D	2	2
Total	110	100

Source: Primary data

The above table explains that the 43% of the respondents are PG with M.Phil, while 30% of the respondents are PG, M.Phil with Ph.D, while 18% of the respondents are PG, M.Phil, Ph.D, NET/SET and 8% of the respondents are PG, M.Phil, Ph.D, NET/SET and the remaining 2% of the respondents are PG with Ph.D.

**Figure 4** Educational Qualification wise classification of the respondents**Table 5** Teaching experience wise classification of the respondents

Teaching Experience	No of respondents	Percentage
Below 5 Years	25	23
5-10 Years	47	43
10-15 Years	29	26
Above 15 Years	9	8
Total	110	100

Source: Primary data

The table deals with 43% of the respondents are 5-10 years, 26% of the respondents are 10-15 years, 23% of the respondents are below 5 years and 8% of the respondents are above 15 years of teaching experience.

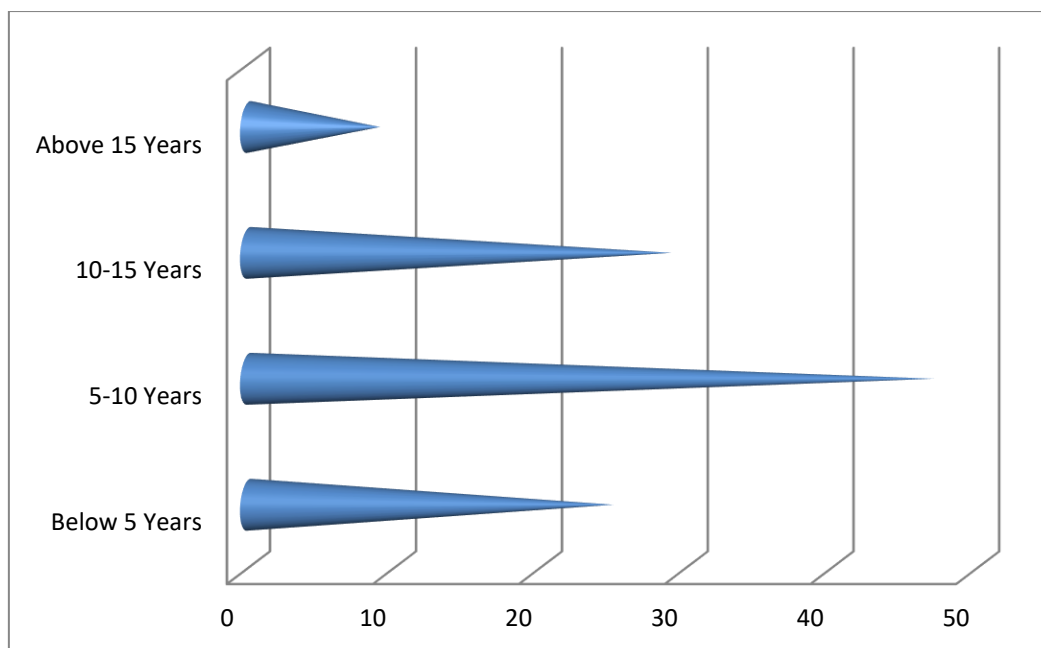


Figure 5 Teaching experience wise classification of the respondents

Null Hypothesis: There is no significant relationship between Educational qualification of the respondents and their marital status

Alternative Hypothesis: There is a significant relationship between Educational qualification of the respondents and their marital status.

Table 6 Test of association between the Educational qualification and Marital status

Educational qualification/ Marital status	PG with M.Phil	PG, M.Phil with Ph.D	PG, M.Phil NET/SET	PG, M.Phil, Ph.D with NET/SET	PG with Ph.D	Total
Married	21	15	14	10	8	68
Unmarried	16	9	6	5	6	42
Total	37	24	20	15	14	110

The χ^2 (Chi Square) value calculated with help of the following formula

$$\frac{(O_i - E_i)^2}{E_i}$$

E_i

$$E_i = \frac{\text{Row Total} \times \text{Column Total}}{\text{Grand Total}}$$

Grand Total

Calculated value: 1.15

Table Value: 9.48

Degree of Freedom = $(r-1)(c-1)$

$$(5-1)(2-1) = 4 \times 1 = 4$$

The table value for degree of freedom 4 @ 5% level of significance is 9.48

Interpretation: The calculated value is 1.15 is less than the table value 9.48. Null hypothesis is accepted. Therefore, there is no significant relationship between Educational qualification of the respondents and their marital status (Gopinath & Chitra, 2020b)

Null Hypothesis: There is no significant relationship between age of the respondents and their salary

Alternative Hypothesis: There is a significant relationship between age of the respondents and their salary.

Table 7 Test of association between age and their salary

Age/Salary	Below 10,000	Rs.10,000-15,000	16,000-20,000	Above 20,000	Total
Below 30years	3	2	3	2	10
30-40 years	14	5	16	11	46
41-50 years	7	4	6	21	38
Above 50 years	3	3	3	7	16
Total	27	14	28	41	110

The χ^2 (Chi Square) value calculated with help of the following formula

$$\frac{(O_i - E_i)^2}{E_i}$$

E_i

$E_i = \frac{\text{Row Total} \times \text{Column Total}}{\text{Grand Total}}$

Grand Total

Calculated value: 12.66

Table Value: 16.919

Degree of Freedom = $(r-1)(c-1)$

$$(4-1)(4-1) = 3 \times 3 = 9$$

The table value for degree of freedom 9@5% level of significance is 9.48

Interpretation: The calculated value is 12.66 is less than the table value 16.919. So, Null hypothesis is accepted. Alternative hypothesis is rejected. Therefore, there is no significant relationship between age of the respondents and their salary (Gopinath & Ganesan, 2014)

Null Hypothesis: There is no significant relationship between causes of work-related stress and their impact.

Alternative Hypothesis: There is a significant relationship between causes of work-related stress and their impact .

Table 8 Test of association between causes of work-related stress and their impact

Causes/Impact	Working Environment	Recognition	Inadequate Salary	Excessive paper work	Total
Headache	6	8	2	4	20
Stomach pain	6	6	4	2	18
Feel Tired	18	10	2	8	38
Blood pressure	10	10	8	6	34
Total	40	34	16	20	110

Calculated value: 8.72

Table Value: 16.919

Degree of Freedom=(r-1) (c-1)

$$(4-1) (4-1)= 3 \times 3=9$$

The table value for degree of freedom 9@5% level of significance is 16.919

Interpretation: The calculated value is 8.72 is less than the table value 16.919. So, Null hypothesis is accepted. Alternative hypothesis is rejected. Therefore, there is no significant relationship between causes of work-related stress and their impact (Gopinath et al., 2020)

9. FINDINGS

- 53% of the respondents are married
- 37% of the respondents were belonging to the age group of below 30 years
- 43% of the respondents are PG with M.Phil,
- 64% of the respondents belongs to arts
- 43% of the respondents are having 5-10 years of teaching experience
- 44% of the respondents are receiving Rs.10,000- Rs.15,000

10. SUGGESTIONS

- The most of the respondents feel more tired. So, if the management should arrange the recreational programme for employees to reduce their stress during the work time (Gopinath, 2019 a).
- Every educational institution must have provide proper working environment. The management can also provide proper ventilation for class room with required lighting facility.
- The management should recognize the employee's performance. It leads to reduce the stress (Gopinath, 2016 a).
- The management should provide salary increments at regular interval
- The head of the department of educational institutions giving more concentration while preparing the work load assignments.

11. CONCLUSION

Teaching profession occupies important and prestigious place in society. Teachers are considered as the creators of leaders, scientists, philosophers, advocates, politicians and administrators. Teacher is the principle means for implementing all educational programmes of the organizations of educations (Gopinath, 2016b).

Stress is a factor that affects performance and intelligence. It can make or break a person. Stress creating situations are normally found in all walks of life and it has become impossible to overcome stress almost all individuals. The teachers have to educate their students not only the academic point of view in the point of needs of the society. In this situation the teachers have to work in full involvement. So, the women collegiate teachers to overcome the stress in a positive way (Gopinath, 2016 c)

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