

**A STUDY OF OCCUPATIONAL STRESS  
AMONG MALE AND FEMALE TEACHERS  
OF KENDRIYA VIDHALAYAS**



**A  
DISSERTATION  
SUBMITTED TO THE UNIVERSITY OF JAMMU IN  
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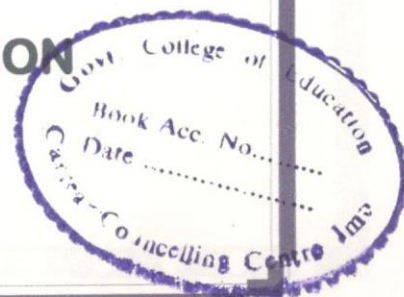
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## SUMMARY

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**TOPIC: "A STUDY OF OCCUPATIONAL STRESS AMONG MALE AND FEMALE TEACHERS OF KENDRIYA VIDHALAYAS."**

### **A. INTRODUCTION**

We are constantly living in the era of growing complexities and pressures where human constitution and capacities are being taxed severely. The stresses related to job have become predominant feature of modern life, exerting far reaching effects on focal employees behavior and adjustments on as well as off the job. This is the reason that systematic studies of stress in organizational setting have increased dramatically over the past one decade. Recently job stress has come into prominent work related research topic.

Stress is defined as a complex factor of emotional states, psychological reactions and related thoughts in response to external demands. These external demands are referred to as stressors. The meaning

f the word stress is different to different people. To a mountaineer, it is the challenge of pushing resources to the limit by string to achieve a demanding goal. To the home ward bound motorist it can be hassles of heavy traffic and obnoxious exhaust fume. To the students, it can be examination pressure. No one is immune from it. No one can avoid it and most people believe that they have more than their share of it.

## **B. NEED OF THE PROBLEM**

In modern societies life has become very fast and competitive; everybody is overloaded with work in order to meet the basic needs and people are struggling throughout the day. As a result at home or in at the family or at workplace everybody is under stress. In this age of tremendous growth and rapid social change, more and more scientific and technological advance has been made in the past 50-60 years. The pace of change is so fast resulting in what is termed as "Future Shock". To keep up with the pace of modern society the individuals are always on their toes and this race with time leads to stressful situations. In educational system, the teachers are under continuous stress situation as they have to work very hard to keep themselves updated in order to bring out the best in their students. There are many other pressures that teachers now-a-days are facing like privatization of schools, downsizing, role conflict, lack of infrastructure, less income etc.

There is a dire need of saving them from stress as they are the ones who are responsible for shaping the future citizens. Keeping in view, the investigator has undertaken the research problem related to Occupational stress among school teachers.

### **C. OBJECTIVES OF THE STUDY**

- i) To study the significant difference between male and female teachers teaching in Kendriya Vidhyalayas when occupational stress is taken as dependent variable.
- ii) To study the significant difference in Role overload i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- iii) To study the significant difference in Role ambiguity i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- iv) To study the significant difference in Role conflict i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- v) To study the significant difference in unreasonable group and Political pressures i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.



- vi) To study the significant difference in responsibility for person i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- vii) To study the significant difference in under participation i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- viii) To study the significant difference in powerlessness i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- ix) To study the significant difference in Poor Peer relations i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- x) To study the significant difference in Intrinsic improvement i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.
- xi) To study the significant difference in Low status i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.

xii) To study the significant difference in strenuous working conditions i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.

xiii) To study the significant difference in unprofitability i.e. Area of Occupational Stress among male and female teacher teaching in Kendriya Vidhyalayas.

#### **D. HYPOTHESIS OF THE STUDY**

The following are the hypothesis underlying the present study:

xiv) There will be no significant difference in occupational stress among male and female teachers teaching in Kendriya Vidhyalayas.

xv) There will be no significant difference in Role overload i.e. Area of Occupational Stress among male and female teachers teaching in Kendriya Vidhyalayas.

xvi) There will be no significant difference in Role ambiguity i.e. Area of Occupational Stress among male and female teachers teaching in Kendriya Vidhyalayas.

xvii) There will be no significant difference in Role conflict i.e. Area of Occupational Stress among male and female teachers teaching in Kendriya Vidhyalayas.