



## Job stress among physical education teachers and other subject teachers

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Received July 28, 2017; Accepted Aug 26, 2017; Published Aug 29, 2017

### Abstract

The present study was undertaken to find the difference in job stress between physical education teachers and other subject teachers. The present study consists of 120 teachers with equal numbers of physical education and other subject teachers. All the subjects were selected from the Kulgam and Anantnag districts of Kashmir valley, through random sampling technique. Dr. A K Srivastava and Dr. A P Singh's Job stress Index was used for data collection. t-test was applied to assess the significance of differences between the mean scores of physical education teachers and other subject teachers. The results reveal that significant difference were found between physical education teachers and other subject teachers in different areas of job stress i.e., Role over load, Role conflict, Powerlessness, Intrinsic Impoverishment and Unprofitability. However Role Ambiguity, Unreasonable group and political pressure, Responsibility for persons, Poor peer relations, under participation, Low status and strenuous work condition shows no significant difference between the mean scores of physical education teachers and other subject teachers.

**Key words:** Job stress, physical education teachers and other subject teachers.

### 1. Introduction

Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. The concept of job stress is always confused with challenge, but these concepts of job stress are not the same. Challenge energizes us physically and psychologically, and it motivates us to learn new skill and master our occupation. When a challenge is met, we feel relaxed and satisfied. Thus, challenge is an important ingredient for healthy and productive work. The importance of challenge in our work life is probably what people are referring to when they say, "a little bit of stress is good for you. Job stress is that which derive specifically from conditions in the work place. These may usually cause stress initially or aggravate the stress already present from other sources. In today's typical workplace, stress is seen as becoming increasingly extra common. People appear to be work longer hours, taking on higher level of responsibilities and exerting themselves even more strenuously to meet rising expectations about job performance, competition is very sharp. There is always someone else ready to "step into one's shoes" should one be found wanting. Job stress directly affects individuals work, health, relationship as well as family income of the worker. When an individual have stress, there is abnormal biological functioning inside the body, because of hypothalamus signaling, different glands secrete hormones in abnormal level which results high blood pressure, excess urination, shortness of breath etc. Research shows that excessive job stress can lead to many long term health problems, including cardiovascular disease, diabetes, weakened immune Function, blood pressure, musculoskeletal disorders, substance abuse, depression, anxiety etc. Jha & Bano (2012) revealed that there is no significant difference overall between public and private sector employees in terms of total stress levels, certain individual stressors such as work experience and educational qualifications do yield differences. Kabir and Parvin (2011) investigate that the significance of factors such as working conditions, pay and promotion, job security, fairness, relationship with co-workers and supervisors in affecting the job satisfaction. Malik (2011) found significant difference in stress levels among public and private sector bank employees. Results revealed that public sector bank employees have high levels of occupational stress.

#### 1.1 Statement of the Problem

Assessment of job stress among physical education teachers and other subject teachers.

### 1.2 Hypotheses

- There would be no significant difference found between Role over load, Role conflict, Powerlessness scores between physical education teachers and other subject teachers.
- There would be no significant difference found between Intrinsic Impoverishment, Unprofitability, Role Ambiguity, Unreasonable group and political pressure scores between physical education teachers and other subject teachers.
- There would be no significant difference found between Responsibility for Persons, Poor Peer Relations and Unreasonable Group and Political Pressure scores between physical education teachers and other subject teachers.
- There would be no significant difference found under participation, Low Status, and Strenuous Work Condition scores between physical education teachers and other subject teachers.

## 2. Methodology

### 2.1 Sampling

The present study consists of 120 male teachers, 60 physical education teachers and 60 other subject teachers randomly selected in different high schools in Kulgam and Anantnag districts of Kashmir.

### 2.2 Psychological Tool

Dr. A K Srivastava and Dr. A P Singh job stress Index was utilized for information accumulation. The inventory consists of 12 areas viz Role over load, Role conflict, Powerlessness, Intrinsic Impoverishment, Unprofitability, Role Ambiguity, Unreasonable group and political pressure, Responsibility for persons, Poor peer relations, under participation, Low status and Strenuous work condition.

## 3. Result

The main purpose of the present study was to compare the difference in job stress among physical education and other subject teachers. The whole data was obtained by using Dr. A K Srivastava and Dr. A P Singh job stress Index. The scores were assigned for different responses according to the item. The scores were arranged in tabular form. For hypothesis t- Test, was applied; Mean, S.D and SED of every group were also calculated to found the statistical differences. Results are shown in tables given below.

**Table No.1**  
**Showing Mean, S.D., SED and t- value of Role over Load, Role conflict and Powerlessness scores of physical education teachers (PET) and other subject teachers (OST)**

Area	Group	N	Mean	SD	SED	df	t-value
Role over Load	PET	60	11.86	1.53	0.19	118	2.8**
	OST		12.70	1.69	0.22		
Role Conflict	PET		11.76	1.38	0.18		2.62**
	OST		12.67	2.27	0.29		
Powerlessness	PET		5.43	1.01	0.13		2.07**
	OST		5.8	1.09	0.14		

\*\*significant at 0.01 level

**Table No 2**  
 Showing Mean, S.D., SED and t- value of Intrinsic impoverishment, Unprofitability and Role Ambiguity scores of physical education teachers (PET) and other subject teachers (OST)

Area	Group	N	Mean	SD	SED	df	t-value
Intrinsic impoverishment	PET	60	9.87	1.51	0.19	118	2.17**
	OST		10.45	1.43	0.18		
Unprofitability	PET		4.63	0.86	0.11	118	4.45**
	OST		5.48	1.20	0.15		
Role Ambiguity	PET		8.18	1.06	0.14	118	1.20
	OST		8.48	1.54	0.19		

\*\*significant at 0.01 level

**Table No 3**  
 Showing Mean, S.D., SED and t- value of Responsibility for Persons, Poor Peer Relations and Unreasonable Group and Political Pressure scores of physical education teachers (PET) and other subject teachers (OST)

Area	Group	N	Mean	SD	SED	df	t-value
Responsibility for Persons	PET	60	7.15	1.72	0.22	118	0.22
	OST		7.21	1.48	0.19		
Poor Peer Relations	PET		9.60	1.96	0.25	118	0.50
	OST		9.78	1.98	0.26		
Unreasonable Group & Political Pressure	PET		9.38	1.49	0.19	118	0.28
	OST		9.30	1.69	0.22		

**Table No 4**  
 Showing Mean, S.D., SED and t- value of Under participation, Low Status, and Strenuous Work Condition scores of physical education teachers (PET) and other subject teachers (OST)

Area	Group	N	Mean	SD	SED	df	t-value
Under participation	PET	60	9.61	1.55	0.20	118	1.24
	OST		10.03	2.07	0.26		
Low Status	PET		5.00	1.11	0.14	118	0.09
	OST		4.98	0.81	0.10		
Strenuous Work Condition	PET		8.85	1.61	0.20	118	0.05
	OST		8.83	1.98	0.25		

#### 4. Discussion

The present study shows that there is significant difference found in mean scores of Role over Load, Role conflict, Powerlessness, Intrinsic impoverishment, and Unprofitability areas of job Stress between the physical education teachers and other subject teachers as the obtained t-value of all five areas (2.8, 2.62, 2.07, 2.17, and 4.45) was found significant at 0.01 level of confidence. Therefore our first hypothesis is rejected.

Insignificant differences were also found among the mean scores of Role Ambiguity, Responsibility for Persons, Poor Peer Relations, Unreasonable Group and Political Pressure, Under participation, Low Status, and Strenuous Work Condition area of job stress between the physical education teachers and other subject teachers as the obtained t-value of all seven areas (1.20, 0.22, 0.50, 0.28, 1.24, 0.99, and 0.86) was found less than tabulation values at 0.05 level of significance. Therefore our 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> the null hypothesis are accepted.

## 5. Conclusion

To sum up taking into account the results of the current study, the researcher might conclude that physical education and other subject teachers varies in few area of job stress, while as results also shows insignificant differences among most areas of job satisfaction.

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