

**A COMPARATIVE STUDY OF STRESS LEVEL  
BETWEEN PRIVATE SCHOOLS TEACHER AND  
GOVERNMENT SCHOOLS TEACHER**

**Presented by**

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**ABSTRACT**

Psychological diseases like stress, anxiety, and depression etc are burring problem of this era in every society and in every country. Science and Technological revolution in different sphere of industrial production has been started in the last part of this century. Some people know it as “Nuclear era, Electronic era, Space era or information and technology era”. However, in reality the time is era of “Hurry and Worry”. The effect of hurry, worry, uncertainty, restlessness, tension and stress can be found here and there. The present study is to find out stress on private teacher and government teacher of Gandhinagar city. A sample of 120 people out of which 60 were private schools teacher and 60 government schools teacher. For purpose of the study “stress analysis questionnaire” by Arun k. Singh, Ashish k. Singh and Arpana Singh was used. The data obtained analyzed though ‘t’ test to know the mean different between private teacher and government teacher of gandhinagar city. The result shows that there is significant different in stress of private schools teacher and government schools teacher of gandhhinagar city.

**Key word:** Stress, Private, Government, school, Teacher.

## **INTRODUCTION**

**Stress** Management is drawing more and more attention nowadays, particularly in the corporate context. There are no such things as a stress-free job. Everyone in his work is exposed to tension, frustration and anxiety as he gets through the duties assigned to him. In order to make our work experience and environment as pleasant as possible, it is better that we learn the technique of moderating and modulating our personal stress levels. Infact, stress can be used as a positive and forcefully for achieving success in our life and for giving us the right level of motivation and drive to win through any obstacles on the way.

When people talk about stress in the work place. Their views fall into two major divisions. First, we have the people who treat it as some kind of an ailment, something akin to a threat and a hindrance, something to be dreaded and eschewed at all times. And at any cost the second positions inform us that we must 'appear' to be stressed - all the time - so that we are accepted as efficient persons. We must understand that stress is not the problem. There is an optimum level of stress, where we work at our best. This may vary from person to person. Some stress is better than no stress; the objective is not to abolish stress, but administrate stress; stress is necessary for success but it needs to be monitored and managed. When we feel that an outburst of some sort is imminent, it is better that we do not suppress that feeling inside us. Instead, we must face up to that situation, and find out why we feel the way we feel. The Japanese seem to adopt an excellent technique to resolve such issues.

Let us remember that our stress reactions are commonplace and natural family as an excellent source of unconditional support; that is the type of support, where nothing is expected in return. In today's economic environment of job insecurity, flatter organizations, and intense work pressures, there are quite a few managers who feel trapped where they are and such a feeling of being in a rut can turn into a persistent source of stress. If we feel frustrated in that job, we ought to do something about it. When we see successful people, we tend to assume that their careers have been smooth upward paths. It is not so people who are seen to move up the management ladder step by step have no secret ticket or password. They simply work hard, watch for opportunities, await their turn prepare and equip themselves for the

bigger roles, and maintain a positive outlook on life. Second, it is not always necessary to switch jobs, to make our professional life more interesting and rewarding. Let us not presume that we have no power or means to improve the profile or life-style of the job, which we are now doing.

**OBJECTIVE:**

1. The purpose of the present investigation was stress of private schools teachers and government schools teachers and how is it being investigation thorough this study.
2. The purpose of the present investigation was stress of male and female of private schools teachers.
3. The purpose of the present investigation was stress of male and female of government schools teachers.
4. The purpose of the present investigation stress of male private schools teachers and male government schools teachers in gandhinagar city
5. The purpose of the present investigation stress of female private schools teachers and female government school teachers in gandhinagar city

**HYPOTHESIS:**

Ho 1: There is no significant different in the stress of private schools teacher and government schools teachers in gandhinagar city.

Ho 2: There is no significant different in the stress of male and female of private schools teachers.

Ho 3: There is no significant different in the stress of male and female of government schools teacher.

Ho 4: There is no significant different in the stress of male private schools teachers and male government schools teachers in gandhinagar city.

Ho 5: There is no significant different in the stress of female private schools teachers and female government schools teachers in gandhinagar city.

**METHODOLOGY:**

**SAMPLE:**

The sample of the present study consisted of 120 teacher, 60 are private schools teacher & 60 are government schools teachers of ghandhinagar city.

**DESIGN:**

Variable	Private schools teacher	Government schools teacher	Total
Male	30	30	60
Female	30	30	60
Total	60	60	120

**TOOL:**

The stress analysis inventory developed by Arun k. Singh, Ashish k. Singh and Arpana Singh was used for the study the scale consisted of 35 items each has three response alternative i.e. ‘seldom’ ‘sometimes’ & ‘frequently’ test retest reliability is 0.79 coefficient of the inventory and split –half is 0.78. The validity coefficient was found to be 0.68 to 0.62.

**PROCEDURE:**

The private schools teacher and government schools teacher in gandhinagar city were randomly selected and stress inventory were given & data collection the obtain data was analyzed with help of Mean, SD and ‘t’ value.

**RESULT & DISCUSSION**

The statistical method used to analyze obtained data are Mean, SD and 't' test.

**Table: 1**

Mean, SD and 't' test according to stress for private schools teacher and government schools teacher.

Teachers	N	Mean	SD	T	significant
Private	60	46.15	6.93	3.53	0.05
Government	60	50.75	7.49		

Table 1 shows that mean of stress between private schools teachers and government schools teachers. For the private schools teachers the mean is 46.15 and for the government schools teachers it is 50.75 SD for private schools teachers is 6.93 and government schools teachers is 7.49 for both group 't' level value is 3.53 and its level of significant is 0.05.

**TABLE 2**

Mean, SD and 't' test according to stress for Gender.

Teachers	N	Mean	SD	T	significant
Government schools male	30	52.67	5.41	2.00	0.01
Government schools female	30	48.83	9.12		

Table 2 shows that mean of stress between male and female of government schools teachers. For the government male schools teachers the mean is 52.67 and for the female government schools female teachers it is 48.83 SD for government

schools male teachers is 5.41 and government schools female teachers is 9.12 for both group 't' level value is 2.00 and its level of significant is 0.01.

**TABLE 3**

Mean, SD and 't' test according to stress for Gender.

Teachers	N	Mean	SD	T	significant
Private schools male	30	49.2	9.29	2.00	0.01
Private schools female	30	43.1	3.14		

Table 3 : shows that mean of stress between male and female of private schools teachers. For the private schools male teachers the mean is 49.2 and for the private schools female teachers it is 43.1 SD for private schools male teachers is 9.29 and private schools female teachers is 3.14 for both group 't' level value is 2.00 and its level of significant is 0.01.

**TABLE 4**

Mean, SD and 't' test according to stress for sector and Gender.

Teachers	N	Mean	SD	T	significant
Private schools male	30	43.1	9.29	4.91	0.05
Government schools male	30	52.67	5.41		

Table 4 shows that mean of stress between male private schools teachers and male government schools teachers. For the male private schools teachers the mean is 43.1 and for the male government schools teachers it is 52.67 SD for male private schools teachers is 9.29 and male government schools teachers is 5.41 for both group 't' level value is 4.91 and its level of significant is 0.05.

**TABLE 5**

Mean, SD and 't' test according to stress for sector and Gender.

<b>Teachers</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>T</b>	<b>significant</b>
<b>Private schools female</b>	30	49.2	3.14	1.97	0.01
<b>Government schools female</b>	30	52.67	9.12		

Table: 5 show that mean of stress between female private schools teachers and female schools government. For the female private schools teachers the mean is 49.2 and for the female government schools teachers it is 52.67 SD for female private schools teachers is 3.14 and male government schools teachers is 9.12 for both group 't' level value is 1.97 and its level of significant 0.01.

**CONCLUSION**

1. There is significant different of private schools teachers and government schools teachers in gandhinagar city.
2. There is significant different of male and female of private schools teachers in gandhinagar city.
3. There is significant different of male and female of government schools teachers in gandhinagar city.
4. There is significant different of male private schools teachers and male government schools teachers in gandhinagar city.
5. There is no significant different of female private schools teachers and female government schools teachers in gandhinagar city.

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