

A study on the impact of School Area on Mental Stress of Primary School Teachers

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Abstract

Today, the people are experiencing most stressful routine every day. People working under stress in order to achieve the productivity and such stressful situation is beyond their control. High level of mental stress can be harmful to anyone. And hence, people must understand their stress level which normally allow them to utilize their mind optimally in order to perform well. Mental stress among the school teacher may be different according to the area of school, urban and rural locality. The community living in rural area normally, live with peaceful life though they suffer from several mental stresses such as unemployment, education system, other administration. The people living in urban area normally, live with busy schedule, standard life style, achieving more education even though they experience more complex and many problems. Therefore, every people live with stress according to their situations and it has its own role according to people situations; no one can prevent mental stress. The aim of this paper is to study impact of School Area its Mental Stress of Primary School Teachers of private primary schools of Mehsana district. For this study a survey method is employed by the researcher. Primary data collected from 100 primary school teachers from rural and urban area of Mehsana District. This study is carried out using Mental Stress Rating Scale (MSRScale) developed by Dr. G. S. Patel as a tool of the research study. Mean, S.D., and T-test were used for the analysis and interpretation of collected data. From the study it is concluded that there is no significant difference about mental stress between rural and urban school area's private primary school teachers working at private primary schools at Mehsana district which shows that both have equal mental stress at work place.

Keywords: Mental stress, Private School, Mehsana District, Work place.

Introduction

Stress is common in every individual and each one live with some short of stress of their routine life. It is natural and anticipated character of the experience of work and life. This era is much faster and people are willing to earn more in short span of time and to earn more, comparing our life with other rich people results in mental stress at work place. Present day it would be wrong if someone says that he has no mental stress at work place, each person has mental stress less or more at work place across the world. Mental stress is most common in people who are working at somewhere for earning money.

This research study targets the particular segment for specific research study including primary school teachers who are working in private primary schools at Mehsana District. The researcher has used survey method for data collection from both rural and urban area private primary schools' teachers at Mehsana District.

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Review of Literature

Saravanan and Lakshmi (2017), conducted a research study teacher of higher secondary schools in Nagappattinam District in Tamil Nadu and found that stress level is less in private school teachers as compared to government school teachers. They believe that personal and social characteristics and working conditions have an impact on stress levels of teachers and suggested the policy makers to analyse the training systems for teachers and also change the assessment systems. However, Dr. Hasan in his study revealed that primary school teachers in private schools are suffering more stress than government school teachers. He revealed that main cause of this is low salary and high work load in private schools and that results in more stress among private school teachers.

Manojkumar (2015) has conducted a study on occupational stress and faculty satisfaction of private institutions and universities in Northern India. The aim of this study was to find out the work load and work place on employee's job satisfaction. For this study 300 sample size of faculty members was taken from various private institutions from north region of India. The findings of the study revealed that out of 7 variables, 5 variables are positive predictors, and having significant impact on occupational stress and job satisfaction level of faculty members. Contrary, two variables have no significant direct impact on occupational stress and job satisfaction level of faculty members.

Patel (2013) conducted a study on the impact of school area on mental stress of school teachers of Ahmedabad District. In this study researcher has used seven factors Mental Stress Rating Scale (MSRScale) as a tool for research which includes and collected the score from schools using this scale. Data was collected from 100 school teachers of Ahmedabad district and researcher calculated the score according to the respective score received in the scale. He has planned well the analytical framework of the study and used Mean, S.D., and t-test for the study. The final results of the study revealed that school teachers of both urban and rural area have same mental stress.

Chris Kyriacou & Pei-Yu Chien (2012) have conducted a study on school teachers stress in primary school of Taiwan with the aim to find the main sources of stress among primary school teachers. A questionnaire was used to assess the level of stress among 203 primary school teachers in Taiwan. The study reported that 26% of teachers are suffering from very high level of stress or extreme level of stress. Frequent change in education policy was the main cause of stress among primary school teachers. Healthy and happy home life was reported as main factor to cope up with the mental stress. Moreover, school teachers revealed that reduction of work load can be resulted in reduction of mental stress among teachers in Taiwan.

Kapadiya (2012) has conducted similar kind of study in Ahmedabad district. The purpose of this study was to explore the impact of gender, area, and kind of school on the mental stress of school teachers. In this study researcher has used seven factors Mental Stress Rating Scale (MSRScale) as a tool for research which includes and collected the score from schools using this scale. 100 high school teachers were taken as sample from Ahmedabad district. The finding suggested that gender and area of school had no significant difference between the mean score of mental stress of school teachers. Whereas, kind of school had significant difference at the mean score of mental stress on school teachers.

Objective of the study

The aim of this paper is to study impact of School Area its Mental Stress of Primary School Teachers of private primary schools of Mehsana district.

Variables of the study

In this study basically two variables are used. As a dependent variable mental stress and area of school is used as an independent variable.

Hypothesis of the study

H₀: There is no significant difference between mean score of mental stress of school area of private primary school teachers.

Importance of the study

Each individual suffering passes through mental stress and teachers also passes through mental stress. In present scenario the school teachers are not only have teaching work load but they are also responsible for certain administrative activities and hence, they are suffering with over load which results in mental stress among them. Due to such mental stress sometime, they may face problems in their routine personal life. Therefore, remedies or step of relaxation is needed so that teachers can manage their situation well.

Limitation of the study

The study is limited to Mehsana district only. Another limitation is the study is about primary school teachers only.

Total Population

The research study conducted on private primary school teachers in Mehsana District and more than 5000 primary teachers are working in urban and rural are of Mehsana district. The researcher chosen samples from the above population to fulfil the objectives of the study.

Sample Size

For this study total sample of 100 primary school teachers was selected from rural and urban areas private primary school teachers of Mehsana District. 48 respondents from rural and 52 respondents from private primary school urban area was selected.

Sampling method

Convenience sampling method was used in this study.

Tool of research

The researcher has used Mental Stress Rating Scale (MSRScale) developed by Dr. G.S. Patel for the specific research study on mental stress. This is one of the reliable tool to conduct this type of study.

Data collection

Primary Data was collected from private primary school teachers at Mehsana District using Mental Stress Rating Scale (MSRScale). For secondary data, books, literatures, previous published studies were used.

Analysis and Interpretation

This stage of research is very crucial and important and it is skilled task for every researcher. An analysis of the collected data is equally important. The researcher should envisage systematic planning and analytical framework for data analysis and interpretations. Mean, Standard Deviation (S.D.) and t– test was used for this study.

Research Analysis

No.	Hypothesis	N (100) Total	Total Score	Average	S.D.	Difference of Average	Standard Error of Average	T value	Significance level
1.	Urban	52	4201	80.79	21.76	-5.44	4.38	1.33	Not Significant
	Rural	48	4147	86.40	21.82				

After making the analysis and data interpretation from the above table shows that averages of rural school area and urban school area are 86,40 and 80,79 respectively. The value of T is 1,33 which is not significant at 0,05 level. The results of the study reflect that mean score of mental stress of private primary school teachers of rural and urban area do not differ significantly. Hence, the null hypothesis is accepted at 0,05 level. It can be concluded primary teachers of private primary schools of both urban and rural area possess equal mental stress.

Findings of the study

From the analysis and interpretations of results of the present study, the findings are as follows; It is found that the null hypothesis that “There is no significant difference between mean score of mental stress of school area of private primary school teachers.” is not rejected. Therefore, it is found that primary teachers of private primary schools of both urban and rural area possess equal mental stress.

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