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A STUDY OF OCCUPATIONAL STRESS IN GENDER, AREA, AND TYPE OF COLLEGE OF LECTURERS

Introduction-

It is now well known that people of 21st century suffering from disorder of stress. In fact they are the major causes of morbidity and mortality all over the world. Even now ineffective disorders take a great effect of lives in developing countries but the disorders of stress and injuries are responsible for a large number of human tragedies in developed countries. Many of the accidental injured are known to occur as a result of excess of stress and strain in life.

Life is useless without healthy sound and every activity requires good health that is why it is said that sound mind in the sound body. In the ancient Greek emphasis was an preparing physically strong and women though regular exercise after world Olympic competitions started for these sportsmen those thing indicate the sterling of human beings for good health. This is the reason that systematic studies of stress in organizational setting have increased dramatically over the past one dead currently. Job stress has become a prominent work related research topic.

Stress is the demand that made on organism to adopt stress means process by which the individual responds to events that disrupt or threaten to disrupt his or equilibrium stress means the responds called stress that threaten and tax their coping abilities.

Job stress as conduction worth interacting with worker characteristics to disrupt psychological of physiological homeostasis the casual situation and condition are job stress and the disrupted homeostasis is job related strain. Psychologist and management scientists have different views about potential psychological and situational conditions or job factors which job cause job stress the researcher engaged in analyzing the antecedents and consequents of job stress have reported different physical and psychological occupational stress.

Teacher stress is a much talked of phenomenon, however there is little consequent between different professional group regarding. It is an etiology or how to tackle it. Based on a review of international research it is concluded that teacher stress. Is a real phenomenon and that high level are reliably associated with a range at causal factors including those intrinsic to teaching.

Research problem:

“A Study of Occupational Stress in Gender, Area and Faculty of college Lecturer”

Objective of the study:

The objective of present study is as under.

- To know the occupational Stress difference between Gender of college lecturer.
- To know the Occupational Stress difference between Region of college lecturer.
- To know the Occupational Stress difference between Faculty of college lecturer.

Hypothesis:

1. There is no significant Occupational Stress difference between male and female college lecturer.
2. There is no significant Occupational Stress difference between urban and rural college lecturer.
3. There is no significant Occupational stress difference between Arts and commerce college lecturer.

Sample:

A sample of 30 male and 30 female lecturers in Commerce and Arts College of Amreli district was selected. They were selected at random from commerce and arts college lecturers.

Tools:

1. Personal Data sheet: (Variable)

1. Sex – Male / Female
2. Area – Unban / Rural
3. Faculty – Arts / Commerce

2. Occupational stress index–Dr. A. K. srivastava & Dr. A. K. Singh.

Basic finding occupational stress of teachers information regarding Gender, region and faculty were used for analysis the instructions printed on the test to make clear by test administrator no time limit was fixed or completing the test.

The inventory can be scored questionnaire hand since the questionnaire consist of true keyed and false keyed items tow different patterns of scoring have to be adopted for two types a items the following table provides guideline to score the responses given to two categories of items. In this research study mean, SD hadn't' statically method was used.

Statistical Methodologies:

Keeping in mind the research purpose, here in this study theft'- test was conducted as a statistical technique to prove the result.

Result and Discussion:

Ho.1. There is no significant Occupational Stress difference between male and female college lecturer.

Table-1.1

The mean difference between the male and female college lecturer

Age	Variable	N	X	SD	't'	Level of Significant
Male	Gender	30	133.57	25.38	5.88	0.01
Female		30	128.20	18.83		

There is a significant difference between urban and rural lecturers. 'T' value is 5.88 is significant of 0.01 level. Above hypothesis were rejected. It means Lecturers occupation stress is not equal. It is made clear by mean of the table. The male lecturers mean is more than female mean. So, occupational stress is very high between female lecturers.

Ho.2. There is no significant Occupational Stress difference between urban and rural college lecturer.

Table-1.2

The mean difference between urban and rural group of college lecturers

Age	Variable	N	X	SD	't'	Level of Significant
Urban	Region	30	117.03	28.84	13.66	0.01

Rural	30	133.37	22.40
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There is a significant difference between urban and rural lecturers. 'T' value is 13.66 is significant of 0.01 level. Above hypothesis were rejected. It means urban and rural Lecturers occupation stress is not equal. It is made clear by mean of the table. The rural lecturers mean is more than urban lecturers mean. So, occupational stress is very high between rural lecturers.

Ho.3 There is no significant difference between occupation of arts and commerce faculty of college lecturers.

Table-1.3

The mean difference between arts and commerce faculty of college lecturers

Age	Variable	N	X	SD	't'	Level of Significant
Arts	Faculty	30	118.26	14.33	12.23	0.01
Commerce		30	138.13	15.95		

There is a significant difference between arts and commerce lecturers. Table's' value is 12.23 is significant of 0.01 level. Above hypothesis were rejected. It means Lecturers occupation stress is not equal. It is made clear by mean of the table. The commerce faculty lecturers mean is more than arts faculty lecturers mean. So, occupational stress is very high between commerce faculty lecturers.

Conclusion:

1. There is significant difference between male and female college lecturers.
2. There is significant difference between urban and rural college lectures.
3. There is no significant difference between arts and commerce faculty of college lecturers.

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