

Comparative Study and Understanding of Occupational Stress and Coping Level Among Public School and Private School Teachers

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ABSTRACT

Nowadays education has gained a lot more importance than any other comparative field of it. Also the education system has really vast dimensions and this dimension has created an interlinked web of a potentially developing internal study system. Though we know as per psychological studies learning has various aspects and ways to adapt knowledge in many ways as well as delivering knowledge systems respectively.

Teachers also possess different abilities to acquire knowledge and its delivery to the students. It varies as per teachers ability to understand the concept, living status, learning environment of teacher or students, working environment and so on factors.

INTRODUCTION

A CONCEPTUAL FRAMEWORK FOR COPING MEANS AND OCCUPATIONAL STRESS :

The term "stress," which has its origins in the physical sciences and refers to a force that acts on a body to cause strain or deformation, has only recently become widely used in behavior study. Subsequently, stress has evolved to symbolize the state of the body under stress. Within the fields of physical and biological sciences as well as behavioral research, stress was defined as an extreme state characterized by tension, potential damage, and resistance to some degree of external force. Stress is a state in which one feels as though their capacity to deal with their surroundings is being threatened by circumstances affecting their emotions, mental processes, and/or physical health.

The quality of life is threatened by stress to health, both mental and physical. Stress is a process wherein an individual's physical or mental health is challenged by external events or internal factors, and the individual attempts to overcome this challenge and protect himself from the danger these conditions create (Father Bulake, 1971). Under some circumstances, these occurrences cause stress reactions that are typified by anger, anxiety, and fear. One way to describe stress is as pressure or as the tension that pressure causes. It always leaves you feeling bad. Among the first to use the term stress was Cannon (1929). He proposed that this term has both psychological and physiological components. Hans Selye initially presented the idea of stress in the life sciences.

Here the research work focuses on the working environment where the main aspect I have studied is stress factor and their coping with that, while working in the public and private sector. As this research is post covid-19 period.

Stress: It can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone

experiences stress to some level of degree while going through different life stages. As stress is the factor that is commonly found everywhere with everyone, it is a means of hardship people face while performing some task or going through some situation where they don't find ease of work Due to surrounding or personal aspects. Every person does respond to stressful situations. As every individual is different thus they react or show different symptoms in terms of response.

Coping: It is defined as the thoughts and behaviors mobilized to manage internal and external stressful situations. It is a term used distinctively for conscious and voluntary mobilization of acts, different from 'defense mechanisms' that are subconscious or unconscious adaptive responses, both of which aim to reduce or tolerate stress. When individuals get exposed to a stressor, the different ways of dealing with it are termed 'coping styles,' which are a set of relatively stable traits that determine the individual's behavior in response to stress. coping is the ability to survive the stress by managing it as per individual's understanding or ability to face stressful situations.

As we know every individual has a different ability to look forward towards the stressors and its coping, but when a group of people working in the same environment faces the same issue they tentatively focus on a common solution and choose to go with that.

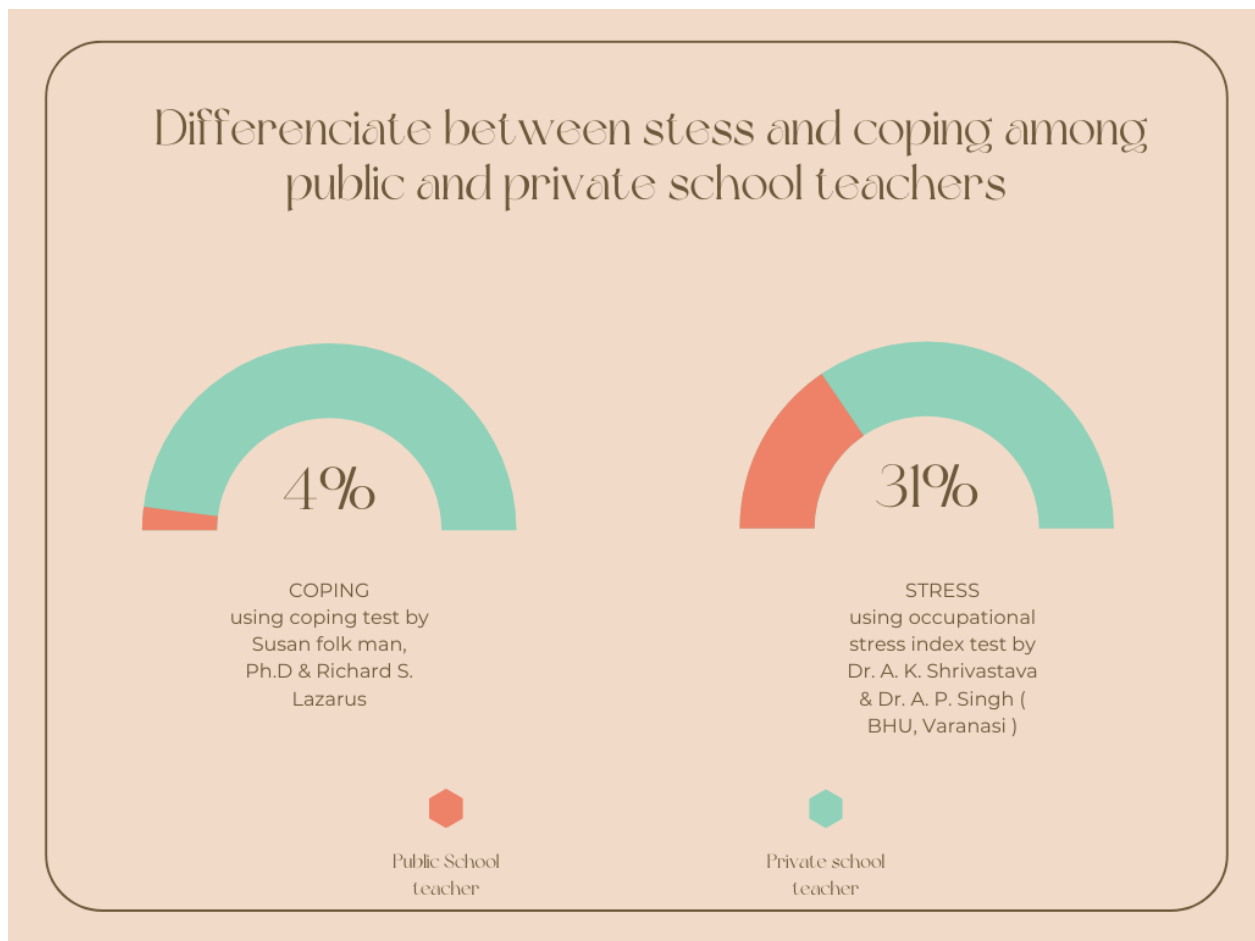
The study was conducted in Nasik city, Maharashtra. Sampling was done through random sampling in semi urban and urban areas from public school and private school i.e. primary to secondary school. For study purposes the age group was between 25 to 35.

CONCLUSION

As per comparative research with random sampling methods in semi-urban and urban areas, I found the significant differences in occupational stress and coping abilities among private and public school teachers as per collected data.

As the occupational stressors were found in both private and public sectors, the ability of coping with the stressors and getting stressed about the stressor were interpreting higher differences. The private sector has a higher tendency to cope up with the stressors or the stressful situation as compared to public school teachers. As both the public and private education sector has their own standard of education system and its way of conducting or managing even though both focus on providing sustainable and productive education to the generations.

1. As per the working environment of private sector institutions it is found that teachers focus more on quality of work within the institutional guidelines more thoroughly though they have higher stress level as well as coping level also.
2. In the public sector, institutional working quality might get compromised sometimes but why?? It's still a concern of study.
3. The main thought found during study of both sector public and private school teachers is that the private sector is considered a more valuable place than public sector in the eyes of amenities, environment and social status they possess and also the reason for more stress due to work quality and higher coping with it.



DISCUSSION

The present study aims “Comparative Study And Understanding Of Occupational Stress and Coping level Among Public School and Private School Teachers post covid” by using “Occupational Stress Index (OSI), Test by : Dr. A. K. Shrivastava & Dr. A. P. Singh (BHU, Varanasi) and Coping TEST, Test by: Susan folk man, Ph.D & Richard S. Lazarus, Ph.D Above test to collect the data from a random sampling of public school teachers and private school teachers. Statistical techniques such as mean, standard deviation and t-test were employed to analyze the data.

As processing through “paired t value” statistical techniques we found that private school teachers possess a higher level in adjustment and coping level as compared to public school teachers post covid.

We consider here post covid as a parallel scenario to find the difference between both public and private school teachers.

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