

## **Assessment of Occupational Stress, Job Satisfaction and Mental Health Among Physical Education Teachers Working in Kendriya Vidyalaya and Public Schools of Madhya Pradesh**

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### **Abstract**

In this study, an attempt was made to compare occupational stress, job satisfaction, and mental health among Physical Education teachers working in Kendriya Vidyalaya and public schools in the state of Madhya Pradesh. It was hypothesized that there would be significant difference between Kendriya Vidyalaya and public schools physical education teachers as regards to their occupational stress, job satisfaction, mental health. In order to achieve the objective of the study, Total of 160 Physical Education Teachers working in Kendriya Vidyalaya and Public Schools from the state of Madhya Pradesh with the help of questionnaire related to the level of psychological variables “occupational stress, job satisfaction, mental health.” necessary data was collected. The data was analyzed by applying Descriptive statistics i.e. mean, standard deviation, standard error and range in order to assess level of occupational stress, job satisfaction, mental health, of physical education teachers working in Kendriya Vidyalaya and Public schools of Madhya Pradesh. independent ‘t’ test was set at 0.05 level of significance. The result of study was clear shows that the Kendriya Vidyalaya physical education teachers as a whole were found to be highly job satisfaction, mental health in comparison to public schools. The study was clear shows that the Kendriya Vidyalaya physical education teachers as a whole were found to be highly occupational stress in comparison to public schools.

**KEYWORDS:-**occupational stress, job satisfaction, mental health., Kendriya Vidyalaya, Public Schools, physical education teachers,

### **Introduction**

Now a day the world has become a global village and a lot of luxuries have come to the market. People want to get them all but are unable to afford. As a result, they develop a kind of dissatisfaction among themselves. There are various conditions in the work life like, excessive work, poor remuneration, nepotism and corruption and poor boss – employee relationship that also make them dissatisfied and stressed. Education is the process by which the individual is shaped to fit into the society and which maintains and advances the social order. It is a systematic process designed to make man more rational, mature and knowledgeable. Education is the modification of behavior of an individual for his own personal happiness, for his better adjustment in society and for making him a successful citizen contributing something original to the society. The major purpose of education is to render each

In the 21<sup>st</sup> century, Physical Education is not physical training itself or simply body building or mass drill or pertaining to physical fitness alone. Physical Education is a noble profession which has a very wide scope and all potentials to build the wholesome personality of the students. It has emerged as a multi-dimensional

discipline. Physical Education has a special significance unique role and has made unlimited contribution in the modern age as it caters to the biological, sociological and psychological necessities of the man. a sound program of physical education in the school has a long lasting effect on the students and on their academic achievements as well.

The physical education teacher has unique responsibilities in the school physical activity program to ensure that students are physically active within the physical education class. The physical education teacher also has the responsibility to help direct and guide opportunities for physical activity within the school outside the physical education class.

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. Job stress can lead to poor health and even injury. This will discuss the areas from which occupational stress originates. Next, the outcomes of stress will be discussed, followed by an examination of the classifications of stressors. The remainder of the discussion will be focused on the aspects of organizational communication and recommendations for prevention of occupational stress and stress management

Job satisfaction is considered as one of the most crucial but controversial issues in behavioural management in organizations. There are number of definitions for Job satisfaction. Job satisfaction describes how content an individual is with his or her job. It is a relatively recent term since in previous centuries the jobs available to a particular person were often predetermined by the occupation of that person's parent. The happier people are within their job, the more satisfied they are said to be. Job satisfaction is not the same as motivation, although it is clearly linked.

The concept of mental health is as old as human being. In recent years clinical Psychologist as well as Educationist has started giving proper attention to the study of mental health. Positive mental health is a prerequisite if students are to reach their highest academic, physical, and social potential. The implementation of programs in this key area of learning will contribute to the development of a safe emotional environment in classrooms and the wider school. However, in India, relatively very few works have been conducted.

### **Objectives of the study**

1. To determine the current level of occupational stress, job satisfaction and mental health among Kendriya Vidyalaya and public schools Physical Education Teachers of Madhya Pradesh.
2. To compare occupational stress, job satisfaction, and mental health between Physical Education Teachers of Kendriya Vidyalaya and public school of Madhya Pradesh.

### **Hypotheses**

**H<sub>1</sub>**: It was hypothesized that there would be significant difference between Physical Education Teachers of Kendriya Vidyalaya and public school in relation to occupational stress, job satisfaction, and mental health.

### Collection of data

160 teachers from Madhya Pradesh were purposive randomly selected. (80) Working in Kendriya Vidyalaya and (80) working in Public Schools from the state of Madhya Pradesh were selected as the subjects. Permission was obtained from the school management to administer the questionnaire on selected Physical Education Teachers from their school. The investigator personally delivered the covering letter and questionnaire/scale to the respondents. Each subject and school management was assured confidentiality at the outset of the study. Almost all the Physical Education Teachers and Schools management agreed to co-operate in the study. These measuring tools had no time limit but on an average it required about 35 minutes time for responding.

### Tools Used for collection of data

#### Reliability and validity of Quotient of Various Tests

S. No.	Variables	Test	Reliability	Validity
1.	<b>Occupational Stress</b>	Occupational Stress Scale for Physical Education Teachers by Dr. Awadhesh Kumar Shirotriya & Dr. M.I. Quraishi	0.83	High Validity (0.71 and 0.89)
2.	<b>Job Satisfaction</b>	Job Satisfaction Scale for Physical Education Teachers by Dr. Amar Singh and Dr. T.R. Sharma	0.97	0.74
3.	<b>Mental Health</b>	Mental Health for Physical Education Teachers by Dr. Jagdish Yadav and Dr. S.K. Srivastava	0.73	0.54

### Statistical Technique

The data was analyzed by applying Descriptive statistics i.e. mean, standard deviation, standard error and range in order to assess level of Occupational stress, Job Satisfaction, and Mental Health of physical education teachers working in Kendriya Vidyalaya and Public schools of Madhya Pradesh. For comparison of these variables the independent 't' test was exclusively employed and the level of significance for 't' test was set at 0.05. Moreover, the analysis of variance was done with the help of SPSS Version 20.0

**Analysis of data**

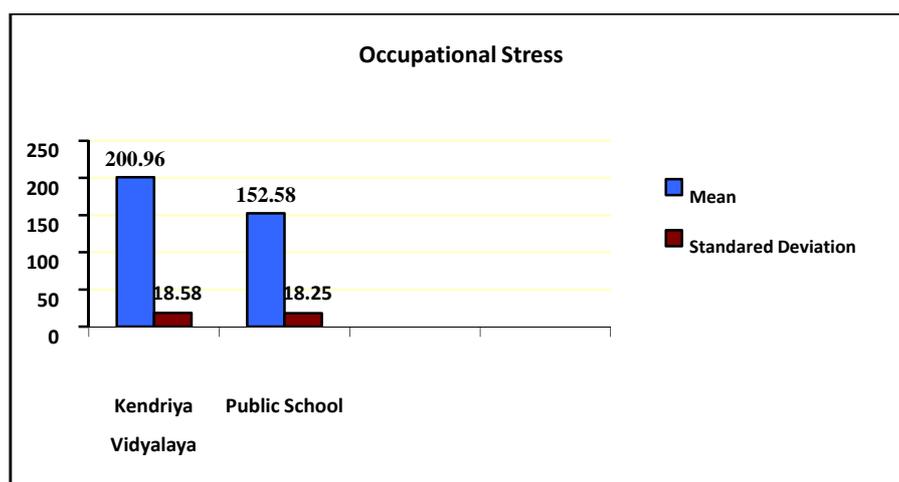
**Table-01**  
**‘t’ value for Kendriya Vidyalaya and Public Schools Physical Education Teachers on the Variable of Occupational Stress**

Variable	Group	N	Mean	SD	Df	t-value
Occupational Stress	Kendriya Vidyalaya	80	200.96	18.58	158	16.61*
	Public Schools	80	152.58	18.25		

**\*level of Significance‘t’ (0.05)\*Degree of freedom (158) = 1.65**

It is evident from table 01, that ‘t’ value (16.61) for occupational stress which is significant at 0.05 level for the df (n-2) =158,

Since the calculated value of t(=16.61) is greater than tabulated  $t_{0.05} (158)$  (=1.65),  $H_1$  was accepted and it was concluded that Kendriya Vidyalaya teachers highly Occupational Stress than Public School teachers.



**Figure 02 Comparison of Means Scores in relation to the Occupational stress between Physical Education Teachers working in Kendriya Vidyalaya and Public Schools**

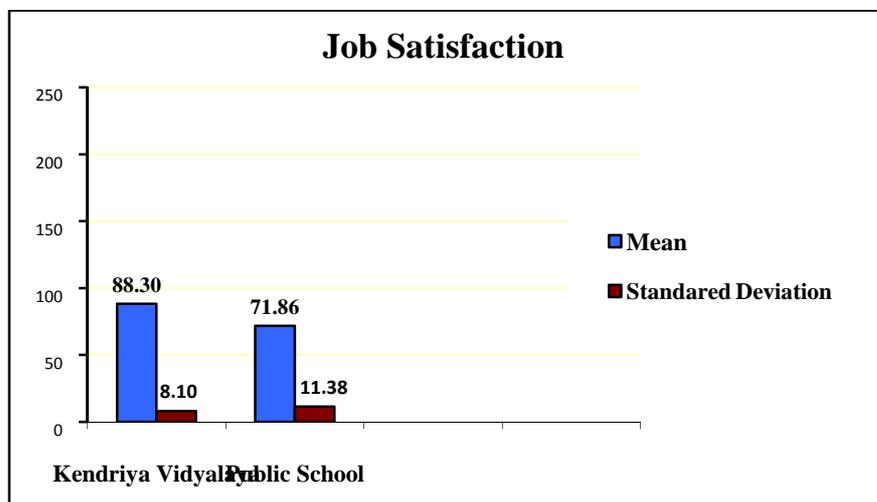
**Table-02**  
**‘t’ value for Kendriya Vidyalaya and Public Schools Physical Education Teachers on the Variable of Job Satisfaction**

Variable	Group	N	Mean	SD	Df	t-value
Job Satisfaction	Kendriya Vidyalaya	80	88.30	8.10	158	10.52*
	Public Schools	80	71.86	11.38		

**\*level of Significance‘t’ (0.05)\*Degree of freedom (158) = 1.65**

It is evident from table 02, that 't' value (10.52) for job satisfaction which is significant at 0.05 level for the df (n-2) =158,

Since the calculated value of t(=10.52) is greater than tabulated  $t_{0.05} (158)$  (=1.65),  $H_1$  was accepted and it was concluded that Kendriya Vidyalaya teachers were more Satisfied than Public School teachers.



**Figure 03 Comparison of Means Scores in relation to the Job satisfaction between Physical Education Teachers working in Kendriya Vidyalaya and Public Schools.**

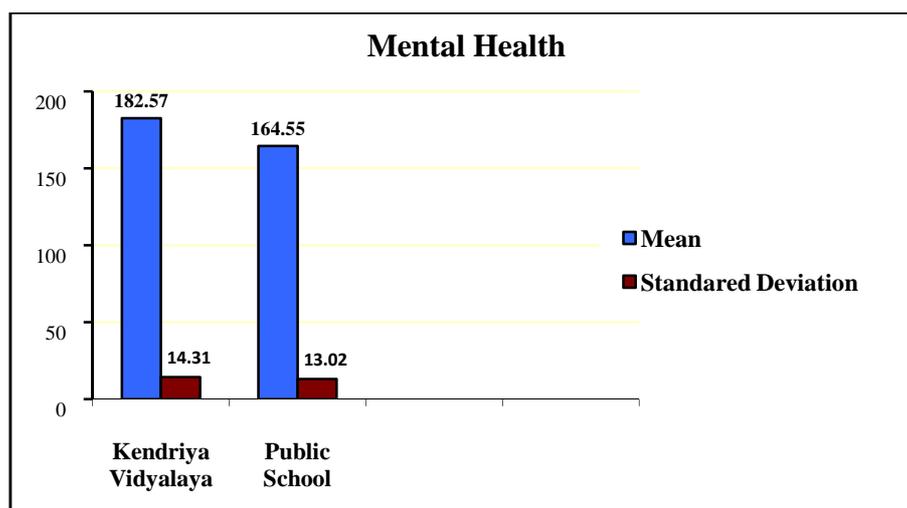
**Table-03 't' value for Kendriya Vidyalaya and Public Schools Physical Education Teachers on the Variable of Mental Health**

Variable	Group	N	Mean	SD	Df	t-value
Mental Health	Kendriya Vidyalaya	80	182.57	14.31	158	8.33*
	Public Schools	80	164.55	13.02		

**\*level of Significance 't' (0.05)\*Degree of freedom (158) = 1.65**

It is evident from table 03, that 't' value (8.33) for mental health is significant at 0.05 level for the df (n-2) =158.

Since the calculated value of t(=8.33) is greater than tabulated  $t_{0.05} (158)$  (=1.65),  $H_1$  was accepted and it was concluded that Kendriya Vidyalaya teachers possess better mental health than Public School teacher



**Figure 04 Comparison of Means Scores in relation to the Mental Health between Physical Education Teachers working in Kendriya Vidyalaya and Public schools.**

### Conclusions

On the basis of the findings of the study, the following conclusions were drawn:

1. From the results of the study, it was clear that the Kendriya Vidyalaya physical education teachers as a whole were found to be highly occupational stressed.
2. From the results of the study, it was clear that the Kendriya Vidyalaya physical education teachers as a whole were found to be highly Job Satisfaction.
3. From the results of the study, it was clear that the Kendriya Vidyalaya physical education teachers as a whole were found to be in better Mental Health.

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