



Study of relationship between occupational stress and job satisfaction of degree college teachers

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Abstract

The present study was conducted to find out the relationship between occupational stress and job satisfaction of degree college teachers. Sample of 100 degree college teachers was selected randomly from different colleges of Tehsil Abohar. Job satisfaction scale by Singh and Sharma (1986) and Occupational stress index by Srivastava and Singh (1984) was used to collect the data. The data was analyzed by Pearson's Product Moment correlation. Result of the study revealed that there exists significant relationship between occupational stress and job satisfaction of degree college teachers.

Keywords: occupational stress, job satisfaction

Introduction

Work occupies an important place in the life of an individual and nobody is ever fully satisfied with the work he does. Thought satisfaction or dissatisfaction with the work in hand is a personal matter, to a great extent, yet it exerts a strong influence upon the efficiency of the worker and with persistent dissatisfaction with his job, the worker loses faith in him as well in the job.

Teacher is an integral component of the society, and is conditioned by the ethos and culture of the society in which he lives. The constitutional goals, the directive principles of the state policy, the socio economic problems, the growth of knowledge, the emerging expectations and the changes operating in education etc. influences the teacher to a larger extent in building up of his efficiency. The job of teacher profession is an important as the other profession rather it is considered more valuable and honest profession. A teacher, who is happy with his job, plays a pivotal role in the uplift of society. A teacher, who is dissatisfied, can become irritable and may create tensions which can have negative influence on the student learning process.

Stress is an outside factor or event that has an effect on our body or mind. The same is true in the context of a teacher also. It is an established fact that the performance of a teacher mainly depends upon his psychological state of mind. Occupational stress affects the physical and psychological wellbeing of the teacher and influences his efficiency and performance. The proper balance between emotions and occupation provides healthy promotion of purity and is essential for his job.

Occupation related stress among working people is drastically increasing worldwide. Stress at work place has become an integral part of everyday life it is called by the World Health Organization as worldwide epidemic. In USA, approximately one quarter of the working population suffer from work related stress. The figures for India are not readily available but there is not much doubt that the occupational stress affects

a significant number of workers and costs heavy financial losses, human sufferings and mental illness.

Objective

To study the relationship between occupational stress and job satisfaction of degree college teachers.

Hypothesis

There exists significant relationship between occupational stress and job satisfaction of degree college teachers.

Sample

In the present study random sampling technique was employed. The sample was comprised 100 degree college teachers of Tehsil Abohar only.

Tools Used

Job satisfaction scale by Singh and Sharma (1986) and Occupational stress index by Srivastava and Singh (1984) was used for the present study.

Statistical Techniques

Pearson's product moment co-efficient of correlation was applied to analyze the data.

Results and Discussion

Table 1: Showing co-efficient of correlation between occupational stress and job satisfaction of degree college teachers

Sr. No	Variable	N	r	Level of Significance
1	Occupational Stress	100	-0.30	Significant at 0.05 and 0.01 level
2	Job Satisfaction	100		

The result shows that correlation between occupational stress and job satisfaction is -0.30 which is higher than the table value at 0.05 and 0.01 level of significance. It indicates that

there is significant and negative correlation between occupational stress and job satisfaction. Thus hypothesis "There exists significant relationship between occupational stress and job satisfaction of degree college teachers" is accepted.

Educational Implications

There is negative relationship between occupational stress and job satisfaction, less the stress more the satisfaction and vice versa. For having more job satisfaction the work load should be less on teachers. Misbehavior of the students and poor colleague relationship are the factors of dissatisfaction which should be stopped. Good pay scale, promotional opportunities for more job satisfaction of the teachers should be done. The institutional head should be cooperative and impartial with the teachers for increasing job satisfaction. The teacher should have freely friendly nature, able to express their views and not having hesitation to talk with others. The teachers should take interest in life and felt productive and creative.

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