

OCCUPATIONAL STRESS AND MENTAL HEALTH OF TEACHERS OF PHYSICAL EDUCATION IN THE SCHOOLS IN TRICHY DISTRICT

P. Shyamala *
Dr. Sherine Sekar **

ABSTRACT

Physical education teachers in high and higher secondary schools are a neglected lot. It is a fact not only with regard to their position in the schools, but also in the field of educational research. On identifying the need for the present investigation, the investigators studied the psychological problems such as occupational stress and mental health faced by the teachers of physical education. The study revealed that their occupational stress is not so prominent as assumed but it is well pronounced in the case of female teachers of physical education, and those above 50 years of age. The mental health of this population is also noted to be not so poor but the same sub samples were not found to enjoy good mental health. Occupational stress was found to have negative significant correlation with mental health proving the assumption with which the investigation was taken up.

INTRODUCTION

The importance of physical education enunciated in the Kothari Commission report has found its expression in the report of all the commissions on secondary education which came later on. Almost all the states which are considered as forerunners in the field of education have promptly treated physical education as an essential unit in the school curriculum. The state of Tamil Nadu has taken all steps to promote physical education in the schools besides starting a separate university for sports and games for promoting physical education in higher education. Therefore, the teachers of physical education with varied levels of specialization have become a new category of professionals working with the professionals of higher education and teacher education.

NEED FOR THE STUDY

It is a basic concept expounded by Maslow that an individual, having got his basic needs fulfilled, would strive to detach himself from the narrow circle of self and strive to achieve, rather to say, actualize the inspirations and dreams he had put under screen for long. That is, the individual would perform the best and enjoy the status attributed for him, given the situation that is self-fulfilling and challenging. Such a healthy situation, as in fact provided by very many organizations for their employees, keeps them

more productive as well as creative. In educational institutions of different categories, the teachers of different subjects are well taken care of by the management or by the governing body to keep their interest alive and sustain their productivity at an appreciable level. However, as a contrast, the teachers of physical education stand somewhat neglected. Though, physical education is given due place in the school curriculum, the execution of the activities is not given that much of importance as in the case of the academic ones. A full-fledged department of physical education though functioning in almost all government recognized institutions, the value of it is often undermined and its potential is left untapped for reasons known to all.

By and large, this is attributed to the utmost importance given to academic work to satisfy the parents as well as to show it as a mark of high academic standard of the institution. Thus prevented in their field of work either from showing off their capabilities or even from discharging their usual responsibilities fully, physical education teachers are bound to have a higher level of occupational stress which in turn might mar their mental health. Hence, the problem of the study is stated as given below:

TITLE OF THE PROBLEM

OCCUPATIONAL STRESS AND MENTAL

* Physical Directress, JJ College of Education, Trichy - 9.

** Co-ordinator, ESD, Meston College of Education, Chennai - 14.

HEALTH OF TEACHERS OF PHYSICAL EDUCATION IN THE SCHOOLS IN TRICHY DISTRICT

OPERATIONAL DEFINITIONS

MENTAL HEALTH

By this, the investigators mean the score obtained on the Mental Health Checklist constructed and standardized by Promod Kumar (1992).

OCCUPATIONAL STRESS

By this, the investigators mean the score obtained on the Occupational Stress Index developed and standardized by A.K. Srivastava and A.P. Singh (1984).

SCHOOLS IN TRICHY DISTRICT

By this, the investigators mean the high and higher secondary schools in Trichy Revenue District -Trichy, Musiri and Lalgudi Educational Districts.

OBJECTIVES

1. To find out the status of mental health and the level of occupational stress of physical education teachers in Trichy district in toto and in terms of gender, age and type of institution.
2. To find out the significance of difference in mental health and occupational stress of physical education teachers in toto and in terms of their gender, age and type of institution.
3. To find out the significance of correlation between the occupational stress of physical education teachers and their mental health in toto and in terms of their gender, age and type of institution.
4. To find out how far the occupational stress of physical education teachers predicts their mental health.

HYPOTHESES

The stated objectives have been converted into testable hypotheses.

POPULATION AND SAMPLE

All the physical education teachers working in the schools in Trichy district form the population of the present study. From the population, the investigator has chosen 176 physical education teachers using the stratified random sampling technique.

TOOLS USED

1. Mental Health Checklist by Promod Kumar.
2. The Occupational Stress Index by Dr. A.K. Srivastava and Dr. A.P. Singh.

The present study made use of the survey method for its execution.

DATA ANALYSIS AND FINDINGS

HYPOTHESIS -1

The status of the mental health of physical education teachers in Trichy district in toto and in terms of background variables is good.

Table-1

STATUS OF MENTAL HEALTH OF PHYSICAL EDUCATION TEACHERS IN TOTO AND IN TERMS OF BACKGROUND VARIABLES

Variable	Category	Poor		Average		Good	
		N	%	N	%	N	%
Gender	Male	14	15.73	19	21.35	56	62.92*
	Female	44	50.57*	30	34.48	13	14.94
Age	35 and below	8	14.55	23	41.82	24	43.64*
	36-50	36	33.96	26	24.53	44	41.51
	51 and above	14	93.33*	0	0.00	1	6.67
Type of Institution	Private	28	33.73	23	27.71	32	38.55*
	Aided	29	34.94	21	25.30	33	39.76*
	Govt	1	10.00	4	44.00	5	50.00*
Mental Health in toto		58	32.77	49	27.68	69	38.98*

* Status of mental health

HYPOTHESIS - 2

The level of the occupational stress of physical education teachers in Trichy district in toto and in terms of background variables is average.

Table-2

LEVEL OF OCCUPATIONAL STRESS OF PHYSICAL EDUCATION TEACHERS IN TOTO AND IN TERMS OF BACKGROUND VARIABLES

Variable	Category	Poor		Average		Good	
		N	%	N	%	N	%
Gender	Male	53	59.55*	14	15.73	22	24.72
	Female	14	16.09	35	40.23	38	43.68*
Age	35 and below	24	43.64*	24	43.64*	7	12.73
	36-50	42	39.62*	25	23.58	39	36.79
	51 and above	1	6.67	0	0.00	14	93.33*
Type of Institution	Private	31	37.55*	23	27.71	29	34.94
	Aided	31	37.55*	24	28.92	28	33.73
	Govt	5	50.00*	2	20.00	3	30.00
Occupational Stress in toto		67	37.85*	49	27.68	60	33.90

* Level of occupational stress

HYPOTHESIS - 3

There is no significant difference between the mental health of male and female physical education teachers.

Table-3
DIFFERENCE IN MENTAL HEALTH OF MALE AND FEMALE PHYSICAL EDUCATION TEACHERS

Variable	Category	N	Mean	SD	Calculated t-value	Table value	Remark at 5% level
Gender	Male	89	18.81	3.77	3.61	1.96	S
	Female	87	16.39	5.02			

S = Significant : Ho Rejected

HYPOTHESIS - 4

There is no significant difference in the mental health of physical education teachers in terms of age and type of institution.

Table-4
DIFFERENCE IN MENTAL HEALTH OF PHYSICAL EDUCATION TEACHERS IN TERMS OF AGE AND TYPE OF INSTITUTION

Variable	Category	Mean	Calculated 'F' Value	Table value	Remark at 5% level
Age	35 and below	18.18	7.03	3.04	S
	36-50	17.90			
	51 & above	13.53			
Type of Institution	Private	16.82	12.00	3.04	S
	Aided	17.65			
	Govt	23.90			

(df = 2, 173) S = Significant : Ho Rejected

HYPOTHESIS - 5

There is no significant difference between the occupational stress of male and female physical education teachers.

Table-5
DIFFERENCE IN OCCUPATIONAL STRESS OF MALE AND FEMALE PHYSICAL EDUCATION TEACHERS

Variable	Category	N	Mean	SD	Calculated 't' value	Table value	Remark at 5% level
Gender	Male	89	129.21	41.06	3.54	1.96	S
	Female	87	151.57	42.79			

S = Significant : Ho Rejected

HYPOTHESIS - 6

There is no significant difference in the occupational

stress of physical education teachers in terms of age and type of institution.

Table-6
DIFFERENCE IN OCCUPATIONAL STRESS OF PHYSICAL EDUCATION TEACHERS IN TERMS OF AGE AND TYPE OF INSTITUTION

Variable	Category	Mean	Calculated 'F' Value	Table value	Remark at 5% level
Age	35 and below	124.45	27.01	3.04	S
	36-50	139.22			
	51 & above	205.67			
Type of Institution	Private	144.05	3.88	3.04	S
	Aided	140.81			
	Govt	104.40			

(df = 2, 173) S = Significant : Ho Rejected

HYPOTHESIS - 7

There is no significant correlation between the occupational stress of physical education teachers and their mental health with regard to the background variables.

Table-7
CORRELATION BETWEEN OCCUPATIONAL STRESS OF PHYSICAL EDUCATION TEACHERS AND THEIR MENTAL HEALTH IN TERMS OF BACKGROUND VARIABLES

Variable	Category	N	Calculated 'r' Value	Table value	Remark at 5% level
Gender	Male	89	-0.886	0.209	S
	Female	87	-0.830		
Age	Below 36	55	-0.800	0.266	S
	36-50	106	-0.866		
	51 & above	15	-0.990		
Type of School	Private	83	-0.864	0.216	S
	Aided	83	-0.905		
	Govt	10	-0.931		
	Total	176	-0.858	0.149	S

(df = 2, 173) S = Significant : Ho Rejected

HYPOTHESIS - 8

The occupational stress of physical education

teachers does not significantly predict their mental health.

Table-8

PREDICTIVE NATURE OF OCCUPATIONAL STRESS OF PHYSICAL EDUCATION TEACHERS WITH REGARD TO MENTAL HEALTH.

Equation	R ² Value	P-Value	
		Constant	Occupational Stress
30.4-(0.0908*Occ- upational Stress)	0.736	< 0.0001	<0.0001

N = 176

The Table shows that occupational stress significantly predicts mental health.

FINDINGS

1. 38.98% of physical education teachers in the schools in Trichy district are found to enjoy good mental health; whereas 32.77% of them are poor in their mental health.
2. The male teachers are found to have good mental health (62.92%); whereas female teachers (50.57%) are found to be poor. The differential analysis confirms this.
3. Physical education teachers who are between 36 and 50 years of age are found to be good in mental health; whereas those who are 35 and below are found to be either average (41.82%) or good (43.64%). However physical education teachers of the age group of 51 and above are found to be poor in mental health.
4. Physical education teachers working in different types of schools in Trichy district are found to have good mental health, though a somewhat high percentage of teachers in private and aided schools falls under the poor category and 40% of the teachers working in government schools are enjoying only average mental health. The government school teachers are found to lead others in mental health as per the F-test.
5. Physical education teachers in the schools in Trichy district are found to be low in their occupational stress.
6. The level of occupational stress is low for male physical education teachers whereas it is between average and high for females. The differential analysis confirms this.
7. The level of occupational stress of physical education teachers of 35 years of age and below is found to be either low (43.64%) or average. In the case of those between 36 and 50, it is low; however a good percentage (36.79%) falls under high category. Physical education teachers of the age group of 51 and above are high in their occupational stress. The F-test confirms that those who are in the age

group of 51 and above are higher in their occupational stress than those of other age groups.

8. The differential analysis reveals that the teachers in private schools are significantly higher in their occupational stress when compared with those in aided and government schools.

9. The study shows that occupational stress of physical education teachers is significantly correlated but in the negative with the mental health of Physical education teachers of different gender, different age group and working in different types of school. Moreover, it is also a significant predictor of mental health.

CONCLUSION

The study has shown that the occupational stress of the teachers of physical education is somewhat low. The sub samples such as female teachers of physical education and physical education teachers of above 50 years of age clearly exhibit the presence of a higher level occupational stress. The prevailing situations in the schools in Trichy district are not found to be conducive for female teachers and those who have crossed 50 years of age. This has been confirmed by the finding that the mental health of the population studied is somewhat good. Physical education teachers who have crossed the age of 50 and female physical education teachers as a category are noted to be poor in their mental health. Moreover, the study has revealed a negative significant correlation between occupational stress and mental health in Physical education teachers. This is more prominent in the case of female physical education teachers, and teachers of above 50 years of age proving the type of psychological problem being faced by these categories of teachers. Thus, the study concludes with the suggestion that some follow-up work should be undertaken by the authorities in the field of school education to alleviate the condition of the teachers of physical education.

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