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## Occupational Stress in Relation to Adjustment of Social Science Teachers and Physical Education Teachers in Sivagangai District

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### Abstract

Aim of the study was designed to find out the occupational stress in relation to Adjustment of Social Science Teachers and Physical Education Teachers in Sivagangai District. For the purpose of the study 40 Social Science Teachers and 40 Physical Education Teachers working in various Schools who have more occupational stress were randomly selected from Sivagangai District. Occupational stress subjects were found through Occupational Stress Index (OSI) by Srivastava and Singh (1984). The age group of the selected samples was between 30 to 50 years. Among various adjustments factor only social adjustment and emotional adjustment were selected for this study and they were assessed Dr. Pramod Kumar(1992) questionnaire. The administered questionnaire was quantified for obtaining the scores as per the instructions/ guidelines. The independent 't' test was applied as the statistical tool to compare the means and the level of significance was set at 0.05. The results of the study showed that there was a significant difference between Social Science Teachers and Physical Education Teachers on social adjustment and emotional adjustment level. Further the results of the study reveals that Social Science Teachers have more social adjustment and emotional adjustment than Physical Education Teachers on social adjustment and emotional adjustment.

**Keywords:** Occupational Stress, Social Adjustment, Emotional Adjustment.

### Introduction

Occupational stress refers to stress that occur at work. Stress can be good and bad. Life without stress is no life, but life with excessive stress is taxing life. This article discussed about occupational stress based on several stress models and at later part it described a self-changed model as a guide to dealing with stress at work.

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Occupational stress is the psychological loads (i.e. stress) carried by a Assistant Professors while working Life without stress is no life, but life with excessive stress is taxing life. Stress that facilitates working performance is eustress (i.e. favorable stress) and stress that inhibits working performance is distress (i.e. unfavorable stress) (Linn and Zeppa 1984). The most stressful event as perceived by workers globally was their work (59%), then followed by finances (44%) and customers (37%). Various stressors contribute to stress at work which include long working hours, harassment, unsafe working environment, conflict of interest with colleagues, lack of job autonomy, poor career prospect, working in isolation, and poor support from administrator . Evidence shows that excessive stress at work is significantly associated with health problems, for examples depression, metabolic syndrome and heart disease. As a result, these consequences could lead to declined work output, organizational dysfunction, and raised absenteeism. Because of the complex nature of stress, many stress models have been proposed to deal with the issues of stress and ways of individual responded to them (Guglielmi and Tatrow, 1998).

General meaning of adjustment is proper adaption or maintains balance in the environment. In English language, the word adjustment is used for the process of adaption. To adjust depends upon the verb. It means to arrange lightly. Thus adjustment is a process of arranging our behaviour properly. "Adjustment is effectiveness of individuals attempts to maintain balance between satisfaction needs and environment" (Allport, 1973).

### **Method and procedure**

For the purpose of the study 40 Social Science Teachers and 40 Physical Education Teachers working in various Schools who have more occupational stress were randomly selected from Sivagangai District. Occupational stress subjects were found through Occupational Stress Index (OSI) by Srivastava and Singh (1984). The age group of the selected samples was between 30 to 50 years. Among various adjustments factor only social adjustment and emotional adjustment were selected for this study and they were assessed Dr. Pramod Kumar(1992) questionnaire.

**Adjustment inventory:** The revised inventory is created by Dr. Pramod Kumar Total 40 questions in this inventory. We can answer of the question in "yes" and "No" statements. If you agree with the question so you can write and marked in the "yes" table otherwise you can write and marked in "No" table.

In the present research, to collect the data the revised adjustment inventory by Dr. Pramod was used for this inventory. The revised adjustment inventory is measured two types of factor:

- (1) Social adjustment
- (2) Emotional adjustment



The statement No. 1, 2, 5, 11, 12, 13, 22, 27, 28, 39 are measured “ The social adjustment” and the statement No.3, 4, 6, 7, 8, 9, 10, 14, 15, 16, 17, 18, 19, 20, 21, 23, 24, 25, 26, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 40 are measured “The emotional adjustment”. In this inventory maximum 40 score and minimum “0” score can be obtained. According to the analysis of the inventory. The more marks are the better is adjustment and less the marks are the weaker the adjustment. The independent ‘t’ test was applied as the statistical tool to compare the means and the level of significance was set at 0.05.

## Results & Discussion

**Table-1**

**Statistical Comparison of Social Adjustment Inventory components between Social Science Teachers and Physical Education Teachers**

Adjustment Components	Type of Subject	N	Mean	SD	t-values	Significant
Social Adjustment	Social Science Teachers	40	7.43	1.01	9.89	0.05
	Physical Education Teachers	40	5.40	0.12		

Table-1 shows difference between the groups of Occupational stress Social Science Teachers (Mean=7.43) and Occupational stress Physical Education Teachers (Mean=5.40) subjects on the Social adjustment factors. The results of the study showing that significant difference between the two groups at the 0.05 levels on 78 df grade (1.99). It is concluded that Occupational stress Social Science Teachers subjects are found more positive in social adjustment (t=9.89) than Occupational stress Physical Education Teachers.

**Table-2**

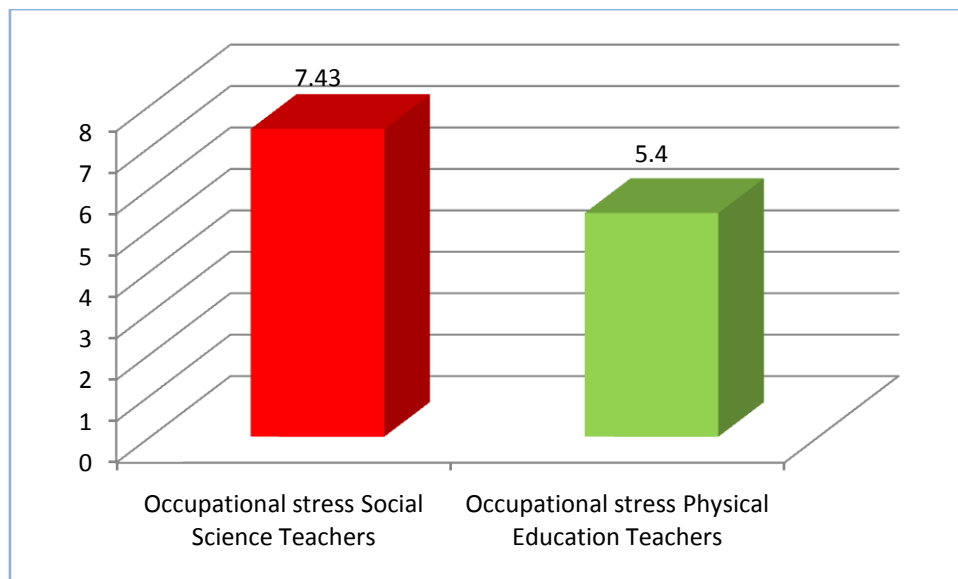
**Statistical Comparison of Emotional Adjustment Inventory components between Social Science Teachers and Physical Education Teachers**

Adjustment Components	Type of Subject	N	Mean	SD	t-values	Significant
Emotional Adjustment	Social Science Teachers	40	29.90	1.59	16.49*	0.05
	Physical Education Teachers	40	18.98	3.97		

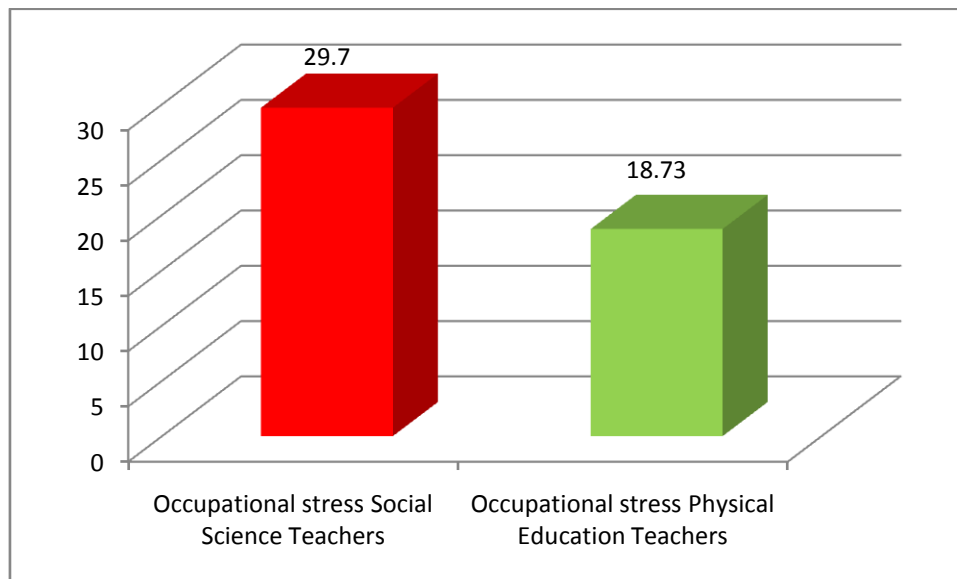


Table-2 shows difference between the groups of Occupational stress Social Science Teachers (Mean=29.90) and Occupational stress Physical Education Teachers (Mean=18.98) subjects on the Emotional adjustment factors. The results of the study showing that significant difference between the two groups at the 0.05 levels on 78 df grade (1.99). It is concluded that Occupational stress Social Science Teachers subjects are found more positive in Emotional adjustment ( $t=16.49$ ) than Occupational stress Physical Education Teachers.

The mean values of Occupational stress Social Science Teachers and Occupational stress non Physical Education Teachers on social adjustment and emotional adjustment are graphically represented in the Figure -1 & 2.



**Figure: 1** The mean values of Occupational stress Social Science Teachers and Occupational stress Physical Education Teachers on Social adjustment



**Figure: 2** The mean values of Occupational stress Social Science Teachers and Occupational stress Physical Education Teachers on Emotional adjustment

### Conclusion

1. The result of the study showed that there is significant difference between Occupational stress Social Science Teachers and Occupational stress Physical Education Teachers on Social Adjustment and Emotional Adjustment.
2. Occupational stress Social Science Teachers are found more positive Social Adjustment and Emotional Adjustment than Occupational stress Physical Education Teachers.

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