



STRESS MANAGEMENT OF TEACHERS: A CASE STUDY OF RAYADURGAM TOWN

Ajay Kumar Atluri* Anil Kumar Kadiyala**

*Research Scholar, Department of Economics, Sri Krishnadevaraya University, Ananthapuramu, Andhra Pradesh, India.

**Research Scholar, Department of Economics, Sri Krishnadevaraya University, Ananthapuramu, Andhra Pradesh, India.

Introduction

Stress Management is an inevitable concomitant of organization a life. Its source an organization is task or role related. An organization, being a network of role performed in interconnected positions, is dynamic in nature. The complex and dynamic environment of organization adds to further stress at work. These environmental forces include 1. Rapid technologic all advancements, 2. The demands made on employee skills, 3. Changes in organizations like downsizing, merges etc. Social relations at work and upward mobility, which, in turn, will result in stress of the employees.

Globalization :

Globalization is one of the most pervasive and deeply contested processes and developments in contemporary society. This is evident from the overflow of writing and essays focusing on the process. 1. It is therefore, difficult to reduce Globalisation to a single theme Perhaps, the best attempt to do this was Kenichi Ohanae's idea of a 'border-less world'. 2. Schulte, also argues that Globalisations linked the growth of 'supra-territorial' 3. Relations between people, a reconfiguration of social space in which territory matters less because an Increasing range of connections has a 'trans-world' or 'trans-border' character.

Variables of the Study:

Variables studied in the present investigation are categorised under two heads, namely Dependent variable and Independent variable.

- A) Dependent variables: Dependent variables were studied in this case study is Job stress Management. As stated earlier. Job stress Management of the women teachers depends upon number of factors. Besides. Globalisation is also take as dependent variable and tested with the Job stress Management and other variables.
- B) Independent variables: Independent variables consider in the study are Globalisation, locality, Marital status and Types of schools.

Objectives of the study:

The study was designed pursue the following objectives

1. To find out the relationship between the Women stress Management and impact on Globalisation of High school teachers in terms of locality
2. To know the relationship between the Women stress Management and impact on Globalisation in terms of marital status among High school teachers.
3. To find out the relationship between the Women stress Management and impact on Globalisation in terms of Different schools in High school teachers.

Hypothesis

The following hypothesis were formulated for testing

1. There would be no significant difference between the Rural and Urban women High school teachers in job stress management to their Globalisation.



- There would not be significance relationship between the Women stress management with regard to marital status in High school teachers of the Globalisation.
- Students who are studying different types of schools do not differ significance of Women job stress management and Globalisation of High School Teachers.

Sample of the Study

The investigator has collected about on 60 samples from women High School Teachers in Rayadurgam Town, Anantapur (dist.). The Researcher could be used simple Random Sampling Method for the collecting data.

Tools used for the Study

The Investigator used from the following tools, they are :

- Teacher Stress management Scale by Santhapannas (TSSS) 1987.
- Globalisation Interview Scale prepared by Investigator.

Analysis of the Data

The data was collected and Analysed using relevant statistical techniques like Frequency distribution, Mean and S.D. and ‘t’-test, to find out whether differences in the independent variables accounted for significant differences in the dependent variables.

Analysis and Interpretation of the Data

The Researchers analysed and Interpret data with variable wise, which has mentioned as under.

1. Locality and Job Stress management

This Hypothesis states the There would be no significant difference between the Rural and Urban Women High School Teachers in job stress management to their Globalisation with the help of ‘t’-Test.

Mean and ‘t’-value of job stress management to their Globalisation with regard to Locality

Locality	N	Mean	‘t’	‘t’-Value
Rural	22	110.5	0.12	Not significant at 0.05 level
Urban	32	110.2		

Thus, the above table denotes that ‘t’-value is 0.12 is less than the ‘t’ table value. Therefore, the null hypothesis was accepted. The Mean of the Rural Women Teachers more than the Urban Teachers. Hence, the correlation is positive.

2. Marital status and Job stress Management

This Hypothesis says that there would not be significance relationship between the Women stress management with regard to Marital status in High School Teachers of the Globalisation.

Mean and ‘r’ value of Differences in Job stress Management impact on the Globalisation of Marital status

Marital Status	N	Mean	S.D	‘t’ value	‘t’ Value
Married	37	48.64	7.97	0.38	Not Significant at 0.05 level
Unmarried	23	46.95	7.36		



Thus, the above table denotes that ‘t’ – obtained values is 0.38 is less than the ‘t’ table value. Therefore, the Null hypothesis was accepted. The Mean of the Married women teachers have more scores than the Unmarried women teachers. Hence, there would not be significance difference between the married and unmarried women teacher of the Job Stress Management with their Globalisation.

3. Types of Schools and Job stress management

This Hypothesis states that Students, who are studying different types of schools, do not differ significance of Women job stress management and Globalisation of High School Teachers.

Mean, and ‘t’ value of Job stress management to their Globalkisation according to Types of Schools

Types of Schools	N	Mean	‘t’	‘t’-Value
Government Schools	43	48.30	0.43	Not significant at 0.05 level
Private Schools	17	47.15		

Thus, the above table denotes that ‘t’ calculated value is 0.43 is less than the ‘t’ table value. Therefore, the Null hypothesis was accepted. The Mean of the Government School of the Women Teachers in job stress management score were more than the Private School teachers. Hence, there would not be significant difference between the Government and Private women school teacher of the Job stress management with their Globalisation.

Conclusion

From the above statistical Analysis, the Researchers find out findings have been mentioned as below :

Major Findings of the Study

The major findings of the study are :

1. The Mean of the Rural women teachers have more scores than the urban women teachers in high school Hence, the correlation is positive.
2. The Mean of the Married women teachers have high scores than the Unmarried women teachers. So, there would not be significance difference between the married and unmarried women teacher of the job stress management with their globalization.
3. The Mean of the Government school of the women teachers in job stress management score were more than the Private school teachers. It was also accepted. Hence, there would not be significance difference between the Government and Private women school teacher of the job stress management with their globalization.

Educational Implications

Thus, the Result Anlaysia revealed that There is not significant differences among the variables of the knowledge of Globalisation in relation to Women job stress management. The Investigators should frame the educational implications under mentioned :

1. Awareness campaign programme will be organized at all level of education for the development of globaliation.
2. Teachers Training Programmes conducted Workshop for the Teaching skills Improvement in Globalisation competitive Era.
3. The problem solving ability development activities to provide different kinds of opportunities by the Government Agencies.



4. Non–Government together work with Government areas for the development of Education and Employment sources in Globalisation.
5. Art of living Programme should be conducted with the help of Eminent thinkers for the boosting of Mental health in order to remove of job stress Management for the Impact of Globalisation.

References

1. Ankie M.M. Hoggel, 1997. Globalization and the Postcolonial World : The New Political Economy of Development. Baltimore : Johns Hopkins University Press.
2. Cahn J. 1993. ‘Challenging the New Imperial Authority : the World Bank and the Democratization of Development’ Harvard human Rights Journal.
3. Farazmand. A. 1999. Globalization and Public Administration. :Public Administration Review” Vol. 59, No. 2, pp. 509–522.
4. Zygmunt Bauman, 1998. Globalization : The Human Consequences, Cambridge : Polity Press.
5. Hans Selye, The nature of Stress. International Institute of Stress, Canada : University of Montreal.
6. Arthur, Andrew R, (2005). When Stress is mental illness: A Study of anxiety and depression in employees who use occupational stress counseling schemes, Stress & health: Journal of the International Society for the Investigation of Stress, 21 (4) : 273–280.
7. www.stress-management.net/.
8. <http://www.webmd.com/balance/stress-management>.