



EFFECT OF OCCUPATIONAL STRESS IN SPORTS TEACHERS

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Abstract

The greatest weapon against stress is our ability to choose one thought over another - William James

The field of sports is full of challenges. The work of sport teachers is a physically and mentally challenging. A sport teachers needs to use a lot of energy in his/her daily chores in the off the ground and on the ground coupled with their personal and family commitments. This trends which is a routine for a sport person forwards a lot of stress. More than ever before work is not seen as the root of infinite satisfaction and fulfillment, but rather a source of stress, discontentment and humiliation. Sport teacher also teaches how to live healthy lifestyles by encouraging their students and to take part in daily exercise and activity. The sport teachers need to be strong communicating leading classrooms of various sizes. Although most of the time sport teacher are instructing outside of the classroom, they will often teach in a classroom setting as well. Sports teacher are often also athletic watches for different sports. They frequently work long hours and are required to stay after many athletic activities. This interest has reflected itself in an ever increasing research orientation into occupational stress and mental health, the impact of life events. So, the purpose of this paper is to explore occupational stress in sports teacher.

Key Words- Sports Teacher, Mental Health, Stress, Occupational Stress.

Introduction

Stress involves an interaction of person and environment. Something happens ‘out there’ which presents a person with a demand or a constraint or an opportunity for behavior. Stress in terms of a perceived environmental stimulation which threatens the gratification of needs threatening the individual. Stress as any characteristics of the job environment which poses a threat to the individual. Mc Grath (1976) suggests situations have potential for stress when they have demands, which are perceived to threaten to exceed a person’s capabilities to meet them and where are substantial differences in rewards and costs from meeting versus not meeting the demands. Cooper & Marshall (1976) indicate that negative environmental factors are stressors for example-work overload, role conflict/ambiguity, poor working conditions, associated with a particular job, determine occupational stress. When threat is presented is perceived by the individual integrity of the organism is somehow involves, that is, stress affects the individual not only psychologically but also physiologically and his personal needs are shattered resulting in ineffective performance. The origin of the concept of stress predates antiquity.

Derived from the Latin word stringens, stress was popularly used in the 17th century to mean hardship, strain, adversity or affliction. It was used in the 18th and 19th centuries to denote force, pressure, strain or strong effort with reference to an object or person. If one asks people about their stress and in particular how they know it exists, two general kinds of things are described: firstly, there are experiences of mental discomfort, often accompanied by feelings of not being able to cope, that things are falling apart ,that one is not in control of oneself and one’s situation or just a general unease that all is not well without any particular cause being apparent, Secondly they are the physiological manifestations of loss appetite, sleeplessness, sweating and ulcers or other physical illnesses of various degrees.

Margolis, Kores and Quilon (1974) define stress as a “condition at work interacting with worker characteristics to disrupt psychological or physiological homeostasis. A situation becomes stressful when an individual feels unable to deal with the demands it makes upon him, while at the same time he also feels that he must. While Beehr and Newman (1978) thus define “job stress as a condition where in job related factors interacts with the worker to change his/her psychological or physiological condition such that the person is forced to deviate from normal functioning.



Occupational Stress

Occupational Stress is stress involving work. According to the current World Health Organization's definition, occupational or work related stress is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.

Occupational stress in sports is very common in present day industries. In sports situations, high levels of stress are an integral and largely unavoidable component of the work.

The need to cope with complexity, ambiguity, conflict and competing demands is a part of organizational life between individuals occupying different positions. Organizations are often unnecessarily stressful and have a negative impact on individual's physical and mental health. Organizational Stress is the process by which a firm or institution becomes deformed, slowly and systematically, by the constant malfunctioning of some system.

Types of Stressors

There are many types of stressors-

1. **Task Demands**-This is the sense of not knowing where a field of sports will lead and whether the activities and task will change. This uncertainty causes stress that manifests itself in feelings of lack of control, concern about career progress, and pressures.
2. **Role Demands**-Role conflict happens when a sport employee is exposed to inconsistent or difficult expectations. For example: inter role conflict, intra-role conflict, and person role conflict and role ambiguity.
3. **Interpersonal Demands**-This includes emotional issues; sexual harassment directed mostly toward women and poor leadership lack of management experience, poor style etc.
4. **Physical Demands**-Many types of work are physically demanding, including various activity, extreme working condition ,travel, exposure to hazardous materials and working in a loud office.

Causes of Occupational Stress-

Occupational stress results from the interaction of the sport person and the conditions of sports. The importance of the sports person characteristics versus working conditions as the primary cause of stress. Differences in individual characteristics such as personality and coping skills can be very important in predicting whether certain job conditions will result in stress.

1. It has also been claimed that such factors may even increase individuals 'susceptibility to events that result in negative experiences or emotions. The factors that have been identified include ingrained personality variables.
2. Some personality conditions may be associated with episodic reductions in personal and vocational functioning, irrespective of current employment conditions.
3. Cognitive theorists have postulated that a range of thinking patterns are likely to impact on whether or not individuals experience stress in the workplace.
4. Family and work are interrelated and interdependent to the extent that experiences in one area affect the quality in the other. The family is an integral part of the economic process, and when hiring an employee an employer automatically accepts the worker's family obligations.

A person can also show behavioral problem as a sign of stress. Some examples include aggression, substance abuse and accidents. This behavior could be caused by conflicts with others or with work. It could also be brought on by variables outside of the workplace.

Prolonged occupational stress can lead to occupational burnout psychological disorder, medical illness, and behavioral problems are extremely burdensome to the individual ,and when not taken care of, can result in organizational stress ,stress is often contagious as well, where dissatisfaction with the workplace fostering a negative culture, poor teamwork and low job satisfaction.



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