



# RESEARCH JOURNAL OF EDUCATION







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## JOB STRESSES AMONG WOMEN PRIMARY SCHOOL TEACHERS IN MADURAI DISTRICT

\* Dr. C. Subbulakshmi

### NEED FOR THE STUDY

Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the women teacher. Job stress can lead to poor health and even injury.

A teacher in a high-stress job typically faces tough demands but has little control over how the work gets done. Women teachers in their jobs report significantly more fatigue and exhaustion, trouble getting up in the morning, depression, nervousness, anxiety, and insomnia or disturbed sleep than workers in lower-stress jobs. Jobs with low decision latitude tend to be relatively unskilled. They have little opportunity to learn new skills and problem-solve on the job.

The concept of job stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our jobs. When a challenge is met, we feel relaxed and satisfied. Thus, challenge is an important ingredient for healthy and productive work. Nearly everyone agrees that job stress results from the interaction of the worker and the conditions of work. Views differ, however, on the importance of worker characteristics versus working conditions as the primary cause of job stress. These differing viewpoints are important because they suggest different ways to prevent stress at work.

The teacher in a naturalistic setup is only a setter of the stage, a supplier of material and opportunities, a provider of an ideal environment, a creator of conditions under which natural development takes place (Ross, 1956). An

attitude is a hypothetical or latent variable rather than an immediately observable variable (Green, 1959). Attitude is a degree of positive or negative affect associated with some psychological object (Allen, 1957).

Teachers differ greatly in their attitude and also differ in their methods to supply the pupil's deficiencies. There may be a definite relationship between teachers' attitudes to home background and their attitude to what is termed as reading readiness. Frequent changes are likely to develop indifferent attitudes among teachers towards their profession, so that investigator took this problem.

### TERMS AND DEFINITIONS

**Job Stress-** refers to the job related pressures and tensions.

**Women Primary School Teachers-** refers to women teachers handling the classes I<sup>st</sup> standard to V<sup>th</sup> standard under Tamil Nadu state board syllabus in Madurai district.

### VARIABLES OF THE STUDY

#### DEPENDENT VARIABLE

Job Stress

#### INDEPENDENT VARIABLES

1. Nativity - Rural / Urban
2. Age - Below 30/30 and above
3. Subject Studied - Arts / Others
4. School Locality - Rural / Urban

### OBJECTIVES OF THE STUDY

1. To measure the job stress among women primary school teachers in Madurai district.
2. To find out whether there is a significant difference in job stress among women school primary teachers in terms of select population variables.

\* Asst. Professor, Women's Study Centre, Madurai Kamaraj University, Madurai-21.