

Distress Among Teachers Working in Private Engineering and Technology Colleges in Tirupur District

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ABSTRACT

Now a day's stress is high influence for college teachers. In this study the main objectives is to find out the causes of distress that affects the teachers working in engineering college. 250 respondents are collected data in this study. Percentage analysis, chi-square are used as statistical tool to interpret the data. Stratified sampling method is taken for this study. The findings for this study there is relationship between age, department, experience, salary, working hours and causes of distress. Suggestions are the organization need reduce their working hours, work load, working conditions. These changes bring the teachers to reduce the stress level.

Keywords: stress, distress, teachers, college teachers.

INTRODUCTION:

Teaching is the arts and science of facilitating others to develop their information and understanding. Teaching is one of the most major and visible jobs in the world. Teachers are important for effective working of education system and improving the quality of education processes. Teachers play a significant role in creating the behavior of their students. Teachers face many occupational hazards in their line of work, including occupational stress, which will negatively impact teachers' mental and physical health, productivity, and student performance. Stress can be caused by organization change, relationship with students, fellow teachers and administrative personnel, working surroundings, expectations to substitute, long working hours with heavy work load.

Stress-Overview:

Stress is a common term connected to different psychological and physiologic pressure experienced or felt by individual throughout their lives. Stress can be both positive and negative. Positive stresses are called eustress and negative stresses are called distress. Example of positive stressors may include upcoming wedding, holidays and negative stressors can lead to loss of productivity, health problems and exhaustion.

Distress:

Distress is the state of being in extreme danger and need urgent help. If someone distresses you, they cause you to be upset or worried. If you are in distress, you are in trouble. Stress is excellent when the circumstances offer an opportunity to a person to improve something. It acts as a helper for peak performance. Stress is negative when a people face social, physical, authoritative and passionate issues.

REVIEW OF LITERATURE:

Ch.Lakshmi Narahari, Dr. Kalpana koneru (2017) with the objective to identify the different ways in which the teachers manage stress and consequences of stress among college teachers. 50 teachers were taken as a sample size. Simple random sampling method used for this study. Percentage analyses, chi-square, ANOVA are used as statistical

tool to analyze data. They found that their efforts are always not recognized in the institution. They suggest that the individual often get into stress due to organization changes. Proper communication should give to reduce stress.

Pranambika, Poornima, Mithila (2017) with the objective to analyze the problem faced by working women in the environment and to view both internal and external cause of stress. 100 respondents were taken as sample size. Convenient sampling method is used for this study to select respondents. Garrett ranking method used to analyze the ranked data. It is suggested that in private sector, they feel difficulty to take care of their family and they can provide relaxation program on monthly basis to reduce stress. It is concluded that heavy work load, headache due to job stress.

Mrs.T.Shenbaga Vadivu (2017) with the objective to study the level and impact of occupational stress on job satisfaction among manager of textile industry. 90 respondents were taken as sample size. Convenient sampling method is used to collect data. SD, ANOVA and correlation used as statistical tool. It is concluded that employees are facing so many problems. They found that the employees of their stress are affected by job satisfaction.

Dr. B. Girimurugan, K. Vinoth Kumar (2017) with the objective to identify the factors influencing stress among employees. 50 employees were taken as sample size. Simple random sampling method is used for this study to select respondents. Hendry Garrett ranking is used as statistical tool. It is found that poor physical working environment; heavy workload is faced more by the employees. It is suggested that the tight deadlines are reduced by employees to rigid of work stress and to improve the medical facility and hygienic rest room.

Kavitha Dua, Veena Sanguwan (2017) with the objective to study about the cause of stress among female teachers was taken as sample size. Most of the teachers having less time for personal care. It is found that relaxation, delegation was taken stress to reduce it for teachers.

OBJECTIVES OF THE STUDY:

- To find out the causes of distress that affects the teachers working in the Engineering College.

STATEMENT OF THE PROBLEM:

Teaching professors are facing the great challenging situation at present scenario. When compared to arts teachers the engineering teachers are facing a different level of stress in both working area and in personal life. The stress may occur due to workload, environment & personal problem. Student's behavior, more strength in the class, poor attitude, administrative work.

METHODOLOGY:

Data was collected from primary sources. Questionnaire is used for this study. In this study, secondary data is used to collect information from articles, journals, Internet. 250 respondents were taken in this study. It was collected from teachers working in engineering college around tirupur district. Percentage analysis, Chi- square is as statistical tools for this study.

LIMITATIONS:

The researcher has limited time to collect data from the respondents. The respondents has no time to read and fill the questionnaire because of their work, they have filled with biased data.

FINDINGS OF THE STUDY:

Table 1: Demographic Profile of Respondents

Variables		Number of respondents	Percentage
Age	Below 30 years	122	48
	31 to 40 years	92	38
	41 to 50 years	29	11
	Above 50 years	7	3
	Total	250	100
Marital status	Married	149	59
	Unmarried	101	41
	Total	250	100
Gender	Male	123	49

Variables		Number of respondents	Percentage
	Female	127	51
	Total	250	100
Educational Qualification	Post graduate	189	75
	Doctorates	61	25
	Total	250	100
Department	Engineering	92	37
	MBA	57	23
	MCA	31	12
	Science and Humanities	50	20
	Technology	20	8
	Total	250	100
Experience	Up to 3 years	100	40
	4 to 7 years	89	35
	7 to 10 years	32	13
	Above 10 years	29	12
	Total	250	100
Salary	Below Rs.10, 000	15	6
	Rs. 10, 000 – Rs. 20, 000	113	46
	Rs. 20, 000 – Rs. 30, 000	81	32
	Rs. 30, 000 – Rs. 50, 000	22	9
	Above Rs. 50, 000	19	7
	Total	250	100
Working Hours	Below 16 hours	158	63
	16 to 18 hours	34	14
	More than 18 hours	58	23
	Total	250	100
Type of Family	Nuclear family	151	61
	Joint family	99	39
	Total	250	100
Type of House	Rental house	90	36
	Owned house	160	64
	Total	250	100
Family Members	Up to 3 Members	92	37
	4 to 5 Members	115	46
	6 Members and above	43	17
	Total	250	100

Source: Primary Data

Inference:

Out of 250 engineering college teachers, 48 per cent of respondents are belong to 31 to 40 years of age group; 59 respondents are married; 51 per cent of respondents are female; 75 per cent respondents are qualified post graduates; 37 per cent respondents are working in engineering department; 40 percent of respondents have experienced up to 3 years; 46 per cent of respondents are earning salary Rs 10, 000 to Rs 20, 000; 63 per cent of respondents are working below 16 hours; 61 per cent of respondents are living in nuclear family; 64 per cent of respondents are living in rental house; 46 per cent of respondents have up to 4 to 5 members in family.

Table 2: Age and Causes of Distress

Age (in years)	Causes of Distress			Total
	Low	Medium	High	
Below 30 years	15(12.3%)	87(71.3%)	20(16.4%)	122
31 to 40 years	14(15.2%)	71(77.2%)	7(7.6%)	92
41 to 50 years	4(13.8%)	23(79.3%)	2(6.9%)	29

Age (in years)	Causes of Distress			Total
	Low	Medium	High	
Above 50 years	00(00.0%)	07(100%)	00(00.0%)	7
Total	33	188	29	250

Source: Primary data, **Calculate Value:** 7.267, D.F. 6, **Table value at 5% level:** 12.59

Inference:

As calculated chi-square value 7.267 is less than table value at 5% level, the null hypothesis is rejected. Therefore there is a relationship between age and causes of distress.

Table 3: Department and Causes of Distress

Department	Causes of distress			Total
	Low	Medium	High	
Engineering	9(9.8%)	73(79.3%)	10(10.9%)	92
MBA	14(24.6%)	35(61.4%)	8(14.0%)	57
MCA	6(19.4%)	22(71.0%)	3(9.7%)	31
Science&humanities	2(4.0%)	44(88.0%)	4(8.0%)	50
Technology	2(10.0%)	14(70.0%)	4(20.0%)	20
Total	33	188	29	250

Source: Primary Data, **Calculate value:** 0.046, D.F. 8 , **Table value at 5% level:** 15.50

Inference:

As calculated chi-square value is less than table value at 5 per cent level, the null hypothesis is rejected. Therefore there is a relationship between department and causes of distress.

Table 4: Experience and Causes of Distress

Experience	Causes of distress			Total
	Low	Medium	High	
Upto 3 years	12(12.0%)	77(17.0%)	11(11.0%)	100
4 to 7 years	14(15.7%)	68(76.4%)	7(7.9%)	89
7 to 10 years	5(15.6%)	17(53.1%)	10(31.2%)	32
Above 10 years	2(6.9%)	26(89.7%)	1(3.4%)	29
Total	33	188	29	250

Source: Primary Data, **Calculate value:** 0.006, D.F 6 , **Table value at 5% level:** 12.59

Inference:

As calculated chi-square value is less than table value at 5 per cent level, the null hypothesis is rejected. Therefore there is a relationship between experience and causes of distress.

Table 5: Salary and Causes of Distress

Salary	Causes of distress			Total
	Low	Medium	High	
Below Rs10,000	7(46.7%)	7(46.7%)	1(6.7%)	15
Rs10, 001 to Rs20,000	16(14.2%)	87(77.0%)	10(8.8%)	113
Rs20, 001 to Rs30, 000	9(11.1%)	58(71.6%)	14(17.3%)	81
Rs 30, 001 to Rs50, 000	0(.0%)	19(86.4%)	3(13.6%)	22
Above Rs 50, 000	1(5.3%)	17(89.5%)	1(5.3%)	19
Total	33	188	29	250

Source: Primary Data, **Calculate value:** 0.003, D.F 8, **Table value at 5% level:** 15.50

Inference:

As calculated chi-square value is less than table value at 5 per cent level, the null hypothesis is rejected. Therefore there is a relationship between salary and causes of distress.

Table 6: Working Hours and Causes of Distress

Working Hours	Causes of distress			Total
	Low	Medium	High	
Below 16 hours	13(8.2%)	121(76.6%)	24(15.2%)	158
16 to 18 hours	14(41.2%)	17(50.0%)	3(8.8%)	34
More than 18 hours	6(10.3%)	50(86.2%)	2(3.4%)	58
Total	33	188	29	250

Source: Primary Data, **Calculated value:** 0.000, D.F.4 , **Table value at 5% level:** 9.48

Inference:

As calculated chi-square value is less than table value at 5 per cent level, the null hypothesis is rejected. Therefore there is a relationship between working hours and causes of distress.

SUGGESTIONS:

Distress among teachers working in engineering and technology can be reduced by the following procedure: health problems, not enough time for teaching preparation frequent changes in policies, poor interpersonal relationship, heavy work load, support for career growth, inadequate salary.

CONCLUSION:

The overall study shows that a stress factor affects the organization performance because every teacher is affected by the stress. The stresses are two types: positive stress and negative stress. Positive stress that makes to defend sudden action in their sudden reflex. Negative stress comes with more impact like inadequate salary, poor relationship with colleagues; feel difficult to take over their family.

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