

## **Job stress among female teachers of rural primary schools**

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### **ABSTRACT**

The aim of the study was to measure the job stress among female teachers of government run primary school of rural areas. Thirty five female subjects aged 25 to 35 years were selected randomly for the study. Indore Teacher's Stressors Scale (ITJSS) developed by Dr. Meena Buddhisagar and Dr Madhulika Verma was used to collect the data. On the basis of the results it can be concluded that female primary teachers of government run primary schools in rural areas have high job stress. Overloadedness, role-conflict, powerlessness, role ambiguity, motivelessness and frail interpersonal relationship are significantly correlated with job stress. But overloadedness and role –conflict are the main factor of job stress among primary school's female teachers. It can also be concluded that female assistant teachers who have charge of school have significantly higher job stress than the female assistant teachers who do not have charge of school.

**Key Words :** Stress, Job stress, Stressor, Primary teachers, Rural primary schools

### **INTRODUCTION**

On 1<sup>st</sup> April 2010 the Government of India passed the free and compulsory education bill for the children up-to the age of 14 years. To meet out this situation and to teach all children, government increases the number of school. But government fails to provide the teacher in all school. At present there are 322 primary schools on every one lakh population and government is planning to open new schools while there are about 1.5 lakh vacancies of primary school teachers in Uttar Pradesh. The working conditions in these schools are not upto the mark. Some schools do not have building, furniture and even sitting flour. Besides this most of the primary schools are situated in rural area where there is neither proper road nor proper facilities for vehicle to reach there. The teachers appointed in these schools belong to other place and after appointment they have to live at these places.

Besides these, primary school teachers have to perform pulse-polio duty, election duty, census, counting of family member, making of voter I. card, BPL card and other work along with the duty to distribute and keep the record of mid-day-meal, book and dress distribution. Due to this, the work load of primary teacher is increasing day-by-day and it becomes a challenge for every primary school teachers to meet out this work load and to adjust him/herself accordingly. This increasing work load and the working conditions create stress in primary school teachers. (Stotland and Pendleton, 1989).

Teaching has been identified as one of the most stressful occupations in many countries (Cooper *et al.*, 1988). Teaching related stress, commonly termed 'teacher stress', is defined as a teacher's experience of "unpleasant, negative emotions, such as anger, anxiety, tension, frustration, or depression,