



# Occupational Stress and Mental Health of Primary School Teachers

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**Abstract:** The main purpose of this research was to find out the mean difference between occupational stress and mental health. The total 100 sample were taken out of which 50 male primary school teacher and 50 female primary school teacher were selected in Rajkot city (Gujarat). The research tool The Occupational Stress Index developed by A.K. Srivastava and A. P. Singh (1984) and mental health was measured by Dr. D.J. Bhatt and Gita R. Geeda (1992), for, translated in Gujarati and the t-test was applied to check the difference of occupational stress and mental health. The Karl-person 'r' method used to check the correlation. Result reveals that significant difference in occupational stress and mental health with respect to both primary teachers male and female. While co-relation between occupational stress and mental health reveals 0.69 positive correlation.

**Keyword:** Occupational stress and mental health.

## INTRODUCTION

### Occupational Stress:

The human body has a natural chemical response to a threat or demand, commonly known as the "flight or fight" reaction, which includes the release of adrenalin. Once the threat or demand is over the body can return to its natural state. A STRESSOR is an event or set of conditions that causes a stress response. STRESS is the body's physiological response to the stressor, and STRAIN is the body's longer-term reaction to chronic stress. Occupational stress can affect your health when the stressors of the workplace exceed the employee's ability to have some control over

their situation or to cope in other ways. For example:

- Workers are overburdened with workloads that remain high regardless of their efforts: the workload is the STRESSOR
- Employees feel anxious and their heart rate speeds up because they cannot control their workloads: that is STRESS
- increased blood pressure, insomnia, or chronic headaches: that is STRAIN

Men and women are exposed to many of the same stressors.<sup>1</sup> However, women may be more sensitive to interpersonal conflict whereas men might be more sensitive to things that waste time and effort. Furthermore, although men and women might not differ in overall strains, women are more likely to experience psychological distress, whereas men experience more physical strain. Desmarais and Alksnis suggest two explanations for the greater psychological distress of women. First, the genders differ in their awareness of negative feelings, leading women to express and report strains, whereas men deny and inhibit such feelings. Second, the demands to balance work and family result in more overall stressors for women that leads to increased strain 60% of women who have children under age six have an outside job and cope with family problems; single or married most of duties at home fall on shoulders of a woman.

Categories associated with occupational stress are

- Factors unique to the job
- Role in the organization
- Career development



- Interpersonal work relationships
- Organizational structure/climate.

**Mental health:**

The mental hygiene movement, related to the social hygiene movement, had at times been associated with advocating eugenics and sterilisation of those considered too mentally deficient to be assisted into productive work and contented family life. In the mid-19th century, William Sweetser was the first to coin the term "mental hygiene" which can be seen as the precursor to contemporary approaches to work on promoting positive mental health. Isaac Ray, one of the thirteen founders of the American Psychiatric Association, further defined mental hygiene as an art to preserve the mind against incidents and influences which would inhibit or destroy its energy, quality or development.

Dorothea Dix (1802–1887) was an important figure in the development of "mental hygiene" movement. Dix was a school teacher who endeavored throughout her life to help those suffering from mental illness, and to bring to light the deplorable conditions into which they were put.<sup>[10]</sup> This was known as the "mentalhygienemovement". Before this movement, it was not uncommon that people affected by mental illness in the 19th century would be considerably neglected, often left alone in deplorable conditions, barely even having sufficient clothing.<sup>[10]</sup> Dix's efforts were so great that there was a rise in the number of patients in mental health facilities, which sadly resulted in these patients receiving less attention and care, as these institutions were largely understaffed. At the beginning of the 21th century

**OBJECTIVE**

To measure the occupational stress among primary school teachers

- 1) To measure the mental health among primary school teachers.
- 2) Check co relation between occupational stress mental health.

**HYPOTHESIS**

- (1) There is no significance difference between male and female primary school teachers in occupational stress.
- (2) There is no significance difference between male and female primary school teachers in mental health.
- (3) There is significant correlation difference between occupational stress and mental health of primary school teachers.

**VARIABLE**

Independent variable:-

- Primary school teachers male and female.

Dependent variable:-

- Score occupational stress index
- Score on mental health inventory.

**METHDOLOGY**

**SAMPLE:-**

The total 100 sample were taken out which 50male primary school teacher and 50female primary school teacher. Were selected in Rajkot city (Gujarat).

**TOOLS:-**

**(1) Occupational stress index:**

Occupational stress Index developed by A.K. Srivastava and A. P. Singh (1984).

**(2) Mental health inventory:-**

Mental health inventory Devloped by Dr.D.J.Bhatt and G.R.Gida.

**RESULT AND DISCUSSION**

Table-1

Showing Mean ,SD, and ‘t’ value of occupational stress among primary school students



Sir no.	Group	N	Mean	SD	t
1	Male	50	17.23	9.21	2.16
2	Female	50	15.09	6.15	

Goal of this research is to identify the score of occupational stress in find the 't' value of primary school teacher in the table value of 't' is 2.16 which is significant at 0.05 level table value 1.96 mean wise we say occupational stress is on prop eternal then occupational stress on male and female primary school teacher.

Table-2

Showing Mean , SD, and 't' value of mental health among primary school teacher male and female

Sir no.	Group	N	Mean	SD	t
1	Male	50	21.36	9.21	2.23
2	Female	50	25.19	10.96	

Goal of this research is to identify the score of mental health in which to find the 't' value of male and female primary school teachers in the table value of 't' is 2.23 which is significant at 0.05 level table value 1.96 mean wise we say mental health is on prop eternal then mental health on male and female primary school teachers.

TABLE-3

Showing the correlation between occupational stress and mental health in college students

Sir no.	Variable	N	r
1	Occupational stress	100	0.69
2	Mental health	100	

The result obtained that higher correlation between Occupational stress mental health. The

0.69 higher positive correlations between occupational stress mental health.

### CONCLUSION

1- There is significant difference between male and female primary school teaches occupational stress.

2- There is significant difference between male and female primary school teaches mental health

3- There is significant correlation between occupational stress and mental health.

### REFERENCES

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