

Teacher Educators' Occupational Stress And Interest In Teaching In Relation To Select Variables

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Abstract: *In today's world, the life styles of people have totally changed because of the changes in the physical and socio-cultural environment with the advent of information technology. This new life style has led to stress. A Teacher Educator's life is adversely affected by the occupational stress as it lowers his ability to function effectively. The study has been conducted to investigate the levels of occupational stress and Interest in Teaching of the Teacher Educators. It also examines the relationship between the occupational stress and Interest in Teaching of the Teacher Educators. The study was made on a random sample of 450 Teacher Educators in Pudukkottai, Thanjavur and Thiruvavur Districts. The tools used in the study were the Occupational stress scale and Interest in teaching scale constructed by the investigator. The study reveals the fact that the level of occupational stress at high level and Interest in Teaching at moderate.*

Key words: *Teacher Educator, Occupational Stress and Interest in Teaching*

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I. Introduction

The modern world which is said to be a world of achievement is also a world of stress as one finds stress everywhere, whether it is within the family or business organization or in any other social institution. Occupational stress is a feeling of tension, which is both physical and emotional and is caused by physiological, psychological and environmental demands. The main source of occupational stress is the two occupation of the person. It is an established fact that the performance of a teacher mainly depends upon his psychological state of mind. As occupational stress affects the physical and psychological well-being of the teacher educators, it definitely influences his efficiency and performances.

II. Occupational Stress

Stress can be defined as a physical and emotional reaction potentially, threatening the aspects of the environment. Under stress the individuals are unable to respond to the environmental stimuli without undue psychological and/ or physiological damage such as chronic fatigue, tension or high blood pressure. This damage resulting from experienced stress is usually referred to as strain. Job stress occurs when a person experiences stress from a specific job-either excessive demands or reasonable demands which make the individuals ill-equipped to handle. It is found that stress is pervasive in the work environment. All people do not react in the same way to stressful situations, even in the same occupation. One individual (a high need achiever) may thrive on a certain amount of Job related tension; this tension, may serve to activate the achievement motive. A second individual may respond to this tension by worrying about his or her inability to cope with the situation. All the stresses are not necessarily bad. Although highly stressful situations invariably have dysfunctional consequences, moderate levels of stress often serve useful purposes. A moderate amount of job related tension not only keeps us alert to environmental stimuli; but, in addition often provides a useful motivational function. Some experts argue that the best and most satisfying work, that the employees do, is the work performed under moderate stress.

Interest in Teaching

Educational interest is defined as one's own patterns of preference. Today, some of the teacher educators are not interested in teaching and having negative opinion towards teaching. The teacher educators interest in teaching is based on the syllabus and curriculum given to them. The entire curriculum and syllabus should be common to all. It gives the teacher educators some interest in relation to their teaching.

Objectives of the study

- To study the level of Occupational stress of Teacher Educators.
- To study the level of Interest in Teaching of Teacher Educators.
- To study the significance of the difference with respect to Occupational stress and Interest in Teaching, if any between
 - a. Male and Female teacher educators
 - b. Age - Below 30 years / 30- 40 years/ 40 years and above
 - c. Joint and Nuclear family teacher educators
 - d. Monthly Income - Rs. 10000 and below / Rs. 10,001 -Rs.20,000/Rs.20, 001 and above
- To study the significant relationship, if any, between Occupational stress and Interest in Teaching of the total sample and its sub-samples.

Hypothesis of the study

- The level of Occupational stress of Teacher Educators is average.
- The level of Interest in Teaching of Teacher Educators is average.
- There is no significant difference with respect to Occupational stress and Interest in Teaching, if any between
 - a. Male and Female teacher educators
 - b. Age - Below 30 years / 30- 40 years/ 40 years and above
 - c. Joint and Nuclear family teacher educators
 - d. Monthly Income - Rs. 10000 and below / Rs. 10,001 -Rs.20,000/Rs.20, 001 and above
- There is no significant relationship between Occupational stress and Interest in teaching of the total sample and its sub-samples.

III. Methodology

The normative survey method was used.

Sample

In this study, random sampling was used as it was thought to be the most convenient one. It represents a total sample. A total number of 450 teacher educators were selected using random sampling technique.

Tool used

Occupational stress and Interest in teaching tools was constructed and standardized by the investigators (2015).

Statistical Techniques used

For the present study, the following statistical techniques were used:

1. 't' test and 'F' test
2. Pearson product moment correlation.

IV. Result and Discussion

TABLE-1: Co-Efficient Of Correlation Between Occupational Stress Of Teacher Educators And Their Interest In Teaching With Regard To Sub-Samples

Variable	Groups	N	r calculated value	Significant at 0.05 level
Entire	Total	450	0.051	NS
Gender	Male	189	0.238	S
	Female	261	0.081	NS
Age	Below 30 years	73	0.199	S
	30-40 years	310	0.215	S
	40 years and above	67	0.052	NS
Type of Family	Nuclear family	183	0.213	S
	Joint family	267	0.100	S
Monthly Income	Rs. 10000 and Below	139	0.275	S
	Rs.10,001 – Rs. 20,000	258	0.269	S
	Rs. 20,001 and above	53	0.025	NS

Table Value .098 at 0.05 level.

S – Significant NS - Not Significant

It is seen from table – 1 that the correlation co -efficient value occupational stress and interest in teaching among Teacher Educators is positive and not significant at 0.05 level. The above table shows that occupational stress and interest in teaching is significant and positively correlated. It shows the point that the Teacher Educators show positive level of occupational stress and interest in teaching and the level is average. It is also evident from the table 1 that there is a positive and not significant relationship found between the occupational stress of teacher educators and their Interest in Teaching. The result shows that there is a positive and significant relationship between occupational stress of teacher educators and their Interest in Teaching with respect to

- i. Gender (Male)
- ii. Age (Below 30 years/ 30-40 years)
- iii. Type of Family (Nuclear family/Joint family)
- iv. Monthly Income (Rs. 10000 and below / Rs. 10,001 – Rs. 20,000) are significantly correlated.

But the sub samples

- i. Gender (Female)
- ii. Age (40 years and above)
- iii. Monthly Income (Rs. 20,001 and above) are not significantly correlated.

TABLE – 2: Analysis Of Variance With Respect To Occupational Stress And Interest In Teaching

Variable	Sample	N	Mean	S.D.	F- value	LS	
Occupational stress	Age	Below 30 years	73	199.55	41.69	0.731	Not Significant
		30-40 years	310	206.16	42.40		
		40 years and above	67	203.99	43.36		
	Monthly Income	Rs. 10000 and Below	139	193.08	41.57	15.721	Significant
		Rs. 10,001-Rs. 20,000	258	214.11	39.70		
		Rs. 20,001 and above	53	197.53	42.87		
Interest in Teaching	Age	Below 30 years	73	13.63	3.37	3.516	Significant
		30-40 years	310	14.41	3.25		
		40 years and above	67	15.07	3.04		
	Monthly Income	Rs. 10000 and Below	139	14.27	3.05	3.959	Significant
		Rs. 10,001-Rs.20,000	258	14.41	3.37		
		Rs. 20,001 and above	53	15.09	2.88		

The details of the calculation are given in the Table 2. The 'F' value is found to be 0.731, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference among the mean Occupational stress scores of the teacher educators working in the colleges of education aged below 30 years /30-40 years/40 years and above. Also the 'F' value is found to be 15.721, which is a significant at the 0.05 level. Therefore, the null hypothesis is rejected. It is concluded that there is a significant difference among the mean Occupational stress scores of the teacher educators with the income range of Rs. 10000 and Below / Rs. 10,001 – Rs. 20,000/ Rs. 20,001 and above income working in the colleges of education. The details of the calculation are given in the Table 2. The 't' value is found to be 3.516, which is a significant at the 0.05 level. Therefore, the null hypothesis is rejected. It is concluded that there is a significant difference among the mean Interest in teaching scores of the teacher educators working in the colleges of education aged below 30 years /30-40 years/40 years and above. The 'F' value is found to be 3.959, which is a significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is a significant difference among the mean Interest in teaching scores of the teacher educators with income range of Rs. 10000 and below / Rs. 10,001 – Rs. 20,000/ Rs. 20,001 and above income working in the colleges of education.

Table – 3: Pair – wise comparison of gender, Type of family and Monthly income with respect to Occupational stress and Interest in Teaching

Variable	Sample	N	Mean	S.D.	CR value	LS	
Occupational stress	Gender	Male	189	200.83	44.14	1.660	Not Significant
		Female	261	207.62	40.95		
	Type of Family	Nuclear family	183	199.65	39.58	2.168	Significant
		Joint family	267	208.27	43.96		
	Monthly Income	Rs. 10000 and Below	139	193.08	41.57	4.884	Significant
		Rs. 10,001-Rs. 20,000	258	214.11	39.70		
		Rs. 10000 and Below	139	193.08	41.57	0.620	Not Significant
		Rs. 20,001 and above	53	197.53	42.87		
		Rs. 10,001-Rs. 20,000	258	214.11	39.70		
		Rs. 20,001 and above	53	197.53	42.87		
Interest in Teaching	Gender	Male	189	14.21	3.37	0.978	Not Significant
		Female	261	14.51	3.17		
	Age	Below 30 years	73	13.63	3.37	1.798	Not Significant
		30-40 years	310	14.41	3.25		
		Below 30 years	73	13.63	3.37	2.666	Significant
		40 years and above	67	15.07	3.04		
		30-40 years	310	14.41	3.25		
		40 years and above	67	15.07	3.04		
	Type of Family	Nuclear family	183	14.48	3.33	0.516	Not Significant
		Joint family	267	14.32	3.21		
Monthly Income	Rs. 10000 and Below	139	14.27	3.05	0.413	Not Significant	
	Rs. 10,001-Rs. 20,000	258	14.41	3.37			

		Rs. 10000 and Below	139	14.27	3.05	1.645	Not Significant
		Rs. 20,001 and above	53	15.09	2.88		
		Rs. 10,001-Rs. 20,000	258	14.41	3.37	1.436	Not Significant
		Rs. 20,001 and above	53	15.09	2.88		

V. Result and Findings

The details of the calculation are given in the Table 3. The 't' value is found to be 1.660, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Occupational stress scores of male and female teacher educators working in the colleges of education. Female teacher educators have higher Occupational stress than the male teacher educators working in colleges of education. The details of the calculation are given in the Table 3. The 't' value is found to be 2.168, which is a significant at the 0.05 level. Therefore, the null hypothesis is rejected. It is concluded that there is a significant difference between the mean Occupational stress scores of nuclear family and joint family teacher educators working in the colleges of education. The details of the calculation are given in the Table 3. The 't' value is found to be 4.884, which is significant at the 0.05 level. Therefore, the null hypothesis is rejected. It is concluded that there is a significant difference between the mean Occupational Stress scores of the teacher educators whose income falls in the range of Rs. 10000 and below and Rs. 10,001 – Rs. 20,000 income working in the colleges of education. Also from the result of 't' value is found to be 0.620, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Occupational Stress of the teacher educators whose income falls in the range of Rs. 10000 and below and Rs. 20,001 and above income working in the colleges of education. Result shows that the 't' value is found to be 2.465, which is significant at the 0.05 level. Therefore, the null hypothesis is rejected. It is concluded that there is a significant difference between the mean Occupational Stress scores of the teacher educators whose income falls in the range of Rs. 10,001-Rs. 20,000 and Rs. 20,001 and above income working in the colleges of education. The details of the calculation are given in the Table 3. The 't' value is found to be 0.978, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in teaching scores of male and female teacher educators working in the colleges of education. Female teacher educators have higher Interest in teaching than the male teacher educators working in the colleges of education. The details of the calculation are given in the Table 3. The 't' value is found to be 1.798, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in teaching scores of the teacher educators working in the colleges of education aged below 30 years and 30-40 years. Also from the result of 't' value is found to be 2.666, which is significant at the 0.05 level. Therefore, the null hypothesis is rejected. It is concluded that there is a significant difference between the mean Interest in teaching scores of the teacher educators working in the colleges of education aged below 30 years and 40 years and above. Also from the result of 't' value is found to be 1.595, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in teaching scores of the teacher educators working in the colleges of education aged 30-40 years and 40 years and above.

The details of the calculation are given in the Table 3. The 't' value is found to be 0.516, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in teaching scores of nuclear family and joint family teacher educators working in the colleges of education. Therefore, the null hypothesis is accepted. The details of the calculation are given in the Table 3. The 't' value is found to be 0.413, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in Teaching scores of the teacher educators whose income falls in the range of Rs. 10000 and below and Rs. 10,001 – Rs. 20,000 income working in the colleges of education. Also from the result of 't' value is found to be 1.645, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in Teaching scores of the teacher educators whose income falls in the range of Rs. 10000 and below and Rs. 20,001 and above income working in the colleges of education. Result shows that the 't' value is found to be 1.436, which is not significant at the 0.05 level. Therefore, the null hypothesis is accepted. It is concluded that there is no significant difference between the mean Interest in Teaching scores of the teacher educators whose income falls in the range of Rs. 10,001-Rs. 20,000 and Rs. 20,001 and above income working in the colleges of education.

VI. Conclusion

The result shows that the teacher educators experience high level of Occupational stress in their work. Further, the teacher educators have average level of Interest in teaching in their job. There is positive and no significant relationship between occupational stress and interest in teaching. The higher level of occupational stress can be reduced through various stress management strategies. Teacher educators are exposed to stress

management training and Emotional Intelligence coaching. Teaching interest also be improved through good Institutional climate, rewards and pay packages for teacher educators.

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