
Stress over Effectiveness: Teachers' Concern

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ABSTRACT

The study was conducted to study the level of teacher effectiveness and occupational stress among Sr. secondary school teachers working in government schools in Delhi. The data was collected from the sample of 50 teachers. Sample of the study comprise only female teachers having more than 5 year of experience. Descriptive survey research method has been adopted and descriptive analysis through various statistical techniques was used to analyze the data. Teacher effectiveness scale by Umme Kulsum and Teacher's Occupational Stress scale by Sajid Jamal & Abdul Raheem were used to study the existing level of the teacher effectiveness and occupational stress among sr. secondary school teachers.

Key Words: Teacher Effectiveness, Occupational Stress, Sr. Secondary Government Schools.

Introduction:

Every individual in this world has their own identity. We were born with some innate abilities, qualities, potentialities and competences. Every child is like pure water before interacting with the environment. Favorable and suitable environment can mould their behavior in a desirable manner. Schools play an important role to prepare the productive force who can contribute in the development of society and nation as well. Teachers also have incredible contribution to transform their students from good human being into good and responsible citizens as well. Nation development depends on standard and quality of education and quality of students as a responsible citizen of the country. To maintain Standard and quality of education, we need quality and effective teachers An effective teacher not only limited to the boundaries of classroom setting, but also bearing the responsibility to inculcate moral and human values among students. General term teacher effectiveness is a degree of outcome in terms of educational objectives or academic achievement of the students. In a broad sense, it is associated with social and individual need at national front. Sometime we expect more from the teachers, teacher should work as a philosopher, guide, counselor and researcher etc. Educational institutions expect a wide variety of roles from teachers to support innovation and new developments in the field of education. Educational activities have become more demanding and challenging in modern era. Teachers come across with many stressful events which may adversely affects the teaching-learning process, learning outcome and makes them victim of stress. Stress results in discouragement, dissatisfaction, fatigue and anger contribute to reduce the efficiency of teachers and deterioration of the standard of education.

Objectives of the Study

- 1) To study the level of teacher effectiveness among Sr. secondary school teacher
- 2) To study the level of teacher's occupational stress among Sr. secondary school teachers

Method and Procedure

Descriptive survey research method has been adopted and descriptive analysis through various statistical techniques was used to analyze the data.

Population and Sample

The target population of present study comprises:

- All senior secondary government schools located in Union Territory of Delhi.
- All in-service Sr. secondary school teachers working in government schools located in Union Territory of Delhi.

Sample for the study has been selected in two stages:

Selection of schools: - At first stage, out of various schools located in south zone of Union Territory of Delhi total 10 schools were selected through simple random sampling method.

Selection of teachers: - At second stage out of the selected schools 50 (fifty) teachers (5 teachers from each school) were selected through simple random sampling method.

Tools Used

In this present study, the tools were used:

- Teachers Effectiveness Scale by Dr. Umme Kulsum.
- Teacher's Occupational Stress Scale by Sajid Jamal & Abdul Raheem.

Statistical Measures Used

Descriptive analysis of the collected data was done by using some statistical techniques like Mean, Median, Mode, Standard Deviation and frequency.

Results and Discussions

Objective No.1 To study the level of teacher effectiveness among sr. secondary school teachers.

Level and extent of teacher effectiveness are presented along with the Mean, SD of the distribution of scores of the study sample (N = 50) presented in Table:1

TABLE:1 Level of teacher effectiveness of secondary school teachers

Variable	Mean	SD	Distribution of score	Extent	Level	Percentage
Teacher Effectiveness	493	57	Below M-1 SD	306-435	Highly ineffective	12%
			Between M+/- 1 SD	436-550	Moderately effective	74%
			Above M+1 SD	551-596	Highly effective	14%

Table: 1 shows that 12% of teachers are falling within the range of ineffective teachers, whereas a large number of teachers i.e 74% are moderately effective in their teaching. However, 14% are falling under the range above average considered as highly effective. Thus, it is clear that the average (mean) teachers are falling within the range of moderate level of teacher effectiveness. The difference may be due to individual differences or personality characteristics like to attitude, motivation etc.

Objective No.2 To study the level of occupational stress among sr. secondary school teachers.

Level and extent of teacher’s occupational stress are presented along with the Mean, SD of the distribution of scores of the study sample (N = 50) presented in Table:2

TABLE: 2 Level of occupational stress among secondary school teachers

Variable	Mean	SD	Distribution of score	Extent	Level	Percentage
Teacher’s Occupational Stress	84	11	Below M-1 SD	56-72	Low Stress	14%
			Between M+/- 1 SD	73-95	Moderate Stress	72%
			Above M+1 SD	96-118	High Stress	14%

Table: 2 shows that only 14% of teachers are falling within the range of low level of occupational stress, whereas 72% teachers are perceiving moderate level of occupational stress. However, 14% teachers are falling under the range of above average which shows that they perceived high level of occupational stress at workplace. The reason may be individual perception to perceive similar situation in different ways. Some other environmental variables like number of students, inter and intra relationships, school environment, facilities available etc. may be some possible reasons also.

Conclusion

Thus, it may be concluded that most of the teachers are moderately effective in their teaching. There is need to improve or lead them to become highly effective teachers. Whereas maximum number of teachers perceived moderate level of stress which may influence their teaching and their overall performance at workplace. Thus, there is need to provide healthy productive and stress-free environment to the teachers at workplace.

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