

## **The effect of frustration and occupational stress on teaching among female secondary school teachers – A study**

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### **Abstract:**

Frustration as "a deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems." It refers to the circumstances that blocks the way to a goal. In other words, "sense of dissatisfaction, unhappiness, displeasure that is the result of being blocked". Life and its path are not that easy as in our everyday goal-seeking efforts; counteract many obstacles among ourselves and our ambitions. It becomes essential for a working women to maintain a proper balance in the middle of tasks, one which she performed at work place and the second is her responsibilities towards her husband, children and other members of family like in laws. To manage this equilibrium is a very complicated responsibility and women fails to manage this equilibrium gets frustrated.

### **Keywords:**

Frustration, teacher, secondary school

### **Introduction:**

It becomes essential for a working women to maintain a proper balance in the middle of tasks, one which she performed at work place and the second is her responsibilities towards her husband, children and other members of family like in laws. To manage this equilibrium is a very complicated responsibility and women fails to manage this equilibrium gets frustrated. The teaching profession has become more challenging worldwide in recent days, especially in the secondary level, where students enter the adolescent stage, and as a result, the frustration in the middle of teachers has increased very rapidly. Various factors are correlated with the job burden of teachers, such as increased workload, low pay, lack of facilities, large class size, lack of professional development opportunities, behaviour management of students, etc. It is more often seen, in comparison to male workers female teachers feel more female teachers. It mainly happens in the case of married female teachers, because their role towards family members and work place is equally important. They have

to play the role of daughter-in-law, wife, mother, sister-in-law, etc. at home and at the same time have to play the role of a good responsive teacher in the schools when educating their students. It is also very normal that they have experienced workplace stress, which affects both the instructor and the instructor adversely. Therefore, it is very important to make efforts in this regard to reduce and avoid the key causes of frustration in the middle of teachers for the desired outcomes in the education.

It becomes possible that a frustrated teacher made a huge economical and other unique effect. The frustration leads to frustration-related employee absenteeism, burnout and adverse effect on his result. Frustration can have many negative consequences. In some circumstances frustrated people stop giving attention towards his own health. In few cases, frustration brings some type of psychological disorder in human beings and they fail to remain their interest in life. At that particular moment they require a support of family members.

For teachers, whether related to self-owned schools or government school, stress becomes a word which is ordinary in the middle of people related to teaching profession. Some type of behavioural changes on the basis of which it can be easily identified that a teacher is feeling stress are insufficient concentration, their perception towards society, way of thinking, some physical disease like stomach disorder, sleeping disorder, pain in head. Under stressful conditions people become irritated.

At present, teaching becomes the highly stressful job. The endless interactions in the company of learners and other staff members becomes the reason of teachers stress. In addition to this, irrelevant question asked by some undisciplined students at the time of teaching is also considered an important factor behind teacher stress. In situations where it becomes impossible to handle this stress, it put adverse effects on behaviour pattern and mental conditions of teachers.

### **Frustration Tolerance among Secondary School Teachers:**

In present scenario, it becomes essential for educational institutes to remain competitive at international level for providing high standard for education. The contribution of educational institutes in making the students a beneficial part of society is very significant. The most significant employer of the school which change the life of students are educators. Educators are considered the highly significant part of each and every educational program. Whenever any educational process is required to put in to operation then teachers are considered the most responsible person in its implementation. In year of two thousand and five arrangement of National Curriculum put different requirements on the teacher. To satisfy these

requirements becomes essential for each and every whether experienced or fresher. On the basis of above point it becomes possible for us to say that the position of educators in continuously developing society is pivotal. In relation to education it was stated by the National Policy that "the status of the teacher reflects the socio-culture ethos of society".

### **Occupation**

An occupation is work which human beings do in order to fulfill the fundamental requirement of their life and family members. It is available in huge amount in various types of fields. The professional requirements of each and every industry is different. New occupational opportunities are growing with an each passing day. An integration of parallel opportunities in different establishments is known in the form of occupation. Miller said "Work is the general activity centering around subsistence. The specific routine of this activity is termed as occupation."

### **Definitions of Occupational Stress**

- In the year of nineteen ninety seven Rees described, "*Occupational stress, in particular, is the inability to cope with the pressures in a job.*"
- In the year of nineteen ninety four Comish and et.al described work pressure in the form of, *it is a mental and physical condition which affects an individual's productivity, effectiveness, personal health and quality of work.*"
- In the year of nineteen eighty seven Kyriacou described work pressure in the form of: "*It is the experience by a teacher of unpleasant emotions such as tension, frustration, anger and depression resulting from aspects of his/her work as a teacher.*"

### **Elements behind Work Pressure Stress**

Factors which make the life of human beings stressful at work place are described below:-

- **Work Requirements:** Stress generated due to this factor has direct link with individual personal qualities which involves confusion about their responsibility at work place, extra burden of work, lack of sufficient facilities, and support etc.
- **Natural Requirements of Body:** Stress generated due to this factor is entirely related to atmospheric situation of work place. It becomes possible that atmospheric situation bring stress in those people who are not used to this atmospheric situation

- **Occupational Requirements:** The stress generated due to this factor is external to the work associated with an occupation. It generates in the presence of inaccurate organizational arrangements.
- **Social Requirements:** The stress generated due to this factor depends upon the requirements which are put by companies for developing social relationship in the company of other employees.

### Symptoms of Occupational Stress:

Whenever a teacher found himself in stressful condition it shows symptoms which are described below -

- **Exhaustion:** It is a situation in which people gets exhausted after doing a small amount of work. It becomes impossible for a person to do physical work for a long period of time.
- **Short Temper:** A person who is under some kind of stress become angry very and doing some kind of wild activities.
- **Nervousness:** It is considered one the most dangerous side effects of stress. Whenever a human being is under he always remains in some type of worry. He thinks that something very bad will happen to him. As a results he always remain in defensive mood.
- **Pain in head:** Whenever a teacher remain under stressful condition he face the problems like pain in head, stomach disorder and sleeping disorder. All these things make already worsened situation of educator more worse
- **Lost faith:** A person fails to remain trust on another person.
- **Lack of interest:** Stressful educator lost their interest in social activities and always remain in anger.
- **Lack of Concentration:** When a teacher undergoes through stressful situations it becomes difficult for him to concentrate on teaching in classroom.

### Occupational stress among female teachers

The pressure which is generated at work place due to over burden of work load becomes famous in the form of work pressure. More often it is seen that the occupational stress level of female teachers especially among the married female teachers is larger than their male

counterparts. It mainly happens because female teachers played different roles at different time. At homes, they have to perform the role of daughter-in-law, wife, mother, sister in-law etc. and at the same time in the schools they have to play the role of a good sensitive teacher while educating their students. Therefore it is quite natural that they faced occupational stress which adversely affects both the teacher and taught. Such type of pressure put lot of natural and psychological effects on human beings. When a human being found himself under psychological, natural or sentimental pressure or a situation or elements that cause this such types of pressure is called work pressure which becomes “A condition arising from the interaction of people and their jobs and characterized by changes within people that force them to deviate from their normal functioning.” The basic reason behind work pressure is the work over load. Stress at work place generates when additional workload is divided in the middle of existing employee without joining a new employees. Employees are forced to finish this additional work along with their workload.

“Occupational Stress”, unpleasant psychophysical condition, is a common feature of this modern world where an individual fails to handle job pressure. It affects the personal health and working efficiency of the workers. Occupational stress can be seen in different field of works. In the recent days, the profession of teaching has become more challenging worldwide more particularly in the secondary level where the students enter the stage of adolescence and as such the occupational stress among the teachers has been increasing very rapidly. Variety of reasons are associated with teachers' occupational stress such as increased in work load, low income, lack of equipment, large class size, lack of opportunities for professional enhancement, managing students' behaviour etc. More often it is seen that the occupational stress level of female teachers especially among the married female teachers is larger than their male counterparts. It mainly happens because female teachers played different roles at different time. At homes, they have to perform the role of daughter-in-law, wife, mother, sister in-law etc. and at the same time in the schools they have to play the role of a good sensitive teacher while educating their students. Therefore it is quite natural that they faced occupational stress which adversely affects both the teacher and taught. Thus, in this regard it is very essential to make attempts in order to minimize and prevent the main causes of occupational stress among the teachers for the desirable outcomes in the process of education.

**Conclusion:**

From the study of the frustration and occupational stress, it's clear that if these things exists among the teachers of the secondary schools, then it will put adverse effects on their skills, efforts, health and several other factors through which the future of the students suffers. This is clear that the frustration and occupational stress among the teachers is not a good thing and should be checked by providing guidance through various programs like seminars, workshops and yoga etc.

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