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"Prevalence Of Stress And Lifestyle Practice Among Primaty School Teachers Of Selected Rural Areas Of Tikota"

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Abstract: The teaching profession can be highly stressful, and this stress may lead to reduced job satisfaction, , and poor work performance. Stress is a normal response to upsetting or threatening events and becomes pathological when chronic chronic stress can impede day-to-day functioning and emotional balance, and it is a risk factor for developing other psychiatric illnesses, such as anxiety, depression and other non communicable diseases. Prolonged teacher stress negatively correlates with job satisfaction and positively correlates with intending to leave the teaching profession. Teacher stress is caused by various factors such as organizational, redeployment and retrenchment of educators, negative workload, isolation, extensive working hours, toxic work environments, lack of autonomy, insufficient resources, lack of support and / or autonomy, difficult relationships among teachers and management, management of time The teaching profession, including the administrative side, is generally seen as a highly stressful one. Teaching in

seen as stressful because of the massive interpersonal demand of the job and its attendant role as well as its large task demand and expectation.**Aim:** Present investigations were to assess the Prevalence of stress and lifestyle practice regarding associated risk for development of Stress.

Methodology: Materials and methods: 500Primary school teachers were selected by using convenient sampling methods. Stress was assessed by perceived stress scale;lifestylewas assessed by knowledge questionnaire. The design selected for the study was descriptive survey design

Result:Above table revels that regarding demographic variables of the participants about age majority that is it was seen that majority 40(40.0%) of the study participants were between the age groups 35-40 years of age group, 22(22.0%) of the study participants were more than 50 years of age,21(21.0%) of the study participants between 45-50 and remaining 17(17.0%) of study participants were between 30-35 years of age, majority 50(50.0%) of the study participants were Hindu, 28(28.0%) of the study participants were muslims,16(16.0%) of the study participants were belongs to other caste and remaining 6(6.0%) of study participants were Christians, majority 75(75.0%) of the study participants were completed Bsc bed and remaining 25(25.0%) of the study participants were completed MSc Bed, majority 91(91.0%) of the study participants were married followed by 7(7.0%) who were unmarried and remaining 2(2.0%) of the study participants were divorced, majority 63(63.0%) of the school teachers had good knowledge, 23(23.0%) of the school teachers had very good knowledge,8(8.0%) of the school teachers had better knowledge and remaining 6(6.0%) of had best knowledge, majority 78(78.0%) of the school teachers were belongs to the nuclear family, 18(18.0%) of the school teachers were belongs to the joint family and remaining 4(4.0%) of the school teachers were belongs to the extended family, majority 85(85.0%) of the school teachers were vegetarians and remaining 15(15.05) of the school teachers were Non-Vegetarians, majority 80(80.0%) of the school teachers had good working condition, 14(14.0%) of the school teachers had better working condition and remaining 6(6.0%) of the school teachers had best working condition

Key Words: Stress; Primary School Teacher, Lifestyle Practice etc

INTRODUCTION: Stress is a normal response to upsetting or threatening events and becomes pathological when chronic chronic stress can impede day-to-day functioning and emotional balance, and it is a risk factor for developing other psychiatric illnesses, such as anxiety, depression and other non communicable diseases. Prolonged teacher stress negatively correlates with job satisfaction and positively correlates with intending to leave the teaching profession. Teacher stress is caused by various factors such as organizational, redeployment and retrenchment of educators, negative workload, isolation, extensive working hours, toxic work environments, lack of autonomy, insufficient resources, lack of support and / or autonomy, difficult

relationships among teachers and management, management of time The teaching profession, including the administrative side, is generally seen as a highly stressful one.7

Teaching is an interactive process between the teacher and student. Teachers are the learned person who shares knowledge, experiences, moral values and skills. Teacher plays a very significant role at all level of educational programme. Without a well prepared and trained teacher, teaching cannot be satisfactory. Elementary stage is the foundation period for the children. During this period they develop understanding, soft skill, language ability, enhanced creativity etc. Elementary school teachers‟ contribution to student development is tremendous. Teachers are the best collaborator of students in both scholastic and co-scholastic achievement. In a modern technological world various complexities and demands severely affected every human being. Due to different problems like rapes, murders in day to day life of an individual makes unhappy and it creates some depressing thoughts and human life more stressful. The individual are not safe even in educational institutions and at their home also. With the rapid change in social and individual demands of their jobs and responsibilities, teachers have to play a very dynamic and challenging role.5

PROBLEM STATEMENT

“Prevalence of stress and lifestyle practice among primaty school teachers of selected rural areas of Tikota”

OBJECTIVES

1. To find the Prevalence of Stress among primary school teachers.
2. To assess lifestyle practice among primary school teachers.

Regarding stress.

3. To find the correlation between prevalence of stress and lifestyle practice among primary school teachers.
4. To find out the association between prevalence of stress and lifestyle practice among primary school teachers with their selected demographic variabls

Assumptions

The study assumes that.

- The primary school teachers of selected rural areas of Tikota may have inadequate knowledge regarding stress management
- Providing Adhumukha Savasana therapy improve their knowledge on stress management
- Primary school teachers of selected rural areas of Tikota will willingly participate and give reliable information needed for the study
- Knowledge enhances the better practice among care givers**.**

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Hypotheses:

Fallowing hypotheses will be tested at 0.05 level of significance.

H_1;Therewillbeasignificantassociationbetweenstress and lifestyle practice among primary school teachers.

H_2: There will be Significant association between Prevalence of stress and lifestyle practice with selected demographic variables

MATERIALS AND METHODS

Source of data: Data will be collected from primary schools of rural areas of Tikota.

Research design: Descriptive Survey design

Setting: The present study will be conducted in Primary school of Tikota

Population: In this study, the population consists ofPrimary schoolteachers in selected rural areas of Tikota.

Method of data collection

Sample: In this study, the sample would consist ofPrimary school teachers.

Sampling procedure: In this study convenient sampling method will be used.

Sample size: The sample for the present study would consist 500 Primary school teachers'selected rural areas atTikota.

Inclusion criteria:

- Who are primary school teachers of rural area of Tikota.
- Who are willing to participate in the study
- Who are available at the time of data collection
- The study includes primary school teachers with age group 35-58 years.

Exclusion criteria:

- Primary school teachers who are below 35 years of age.
- Primary school teachers who are not willing to participate in this study.
- Primary school teachers who are not available during the study

Variable under study are

1. **Research Variable:** Stress and Lifestyle practice .
2. **Baseline variables:** Age, Religion, Gender, Education status, Diet,Year of experience,Workload, Height, Weight etc.

Demographic variables: Age in years, gender, marital status, type of family, occupation, working condition.

Method of data collection and tool description: The data were collected through questionnaires consist

Section A: Socio-Demographic Data Section

Section B: self-administered knowledge questionnaire

Instruments intended to be used

- Perceived Stress Scale

- Questionnaire on Life style

Data collection method

Step 1: Prior to the study a formal permission will be obtained from the concerned authority of selected Primary schools of rural areas of Tikota

Step 2: The purpose of the study will be explained to Primary school teachers.

Step3: Pre-test was conducted by using structured knowledge questionnaire to assess the knowledge, attitude and practices regarding covid-19 and its preventive measures.

Step4: After obtaining pre-test score STP was implemented.

Step5: After a period of one week post-test knowledge, attitude and practices was assessed for the same group using same structured knowledge questionnaire

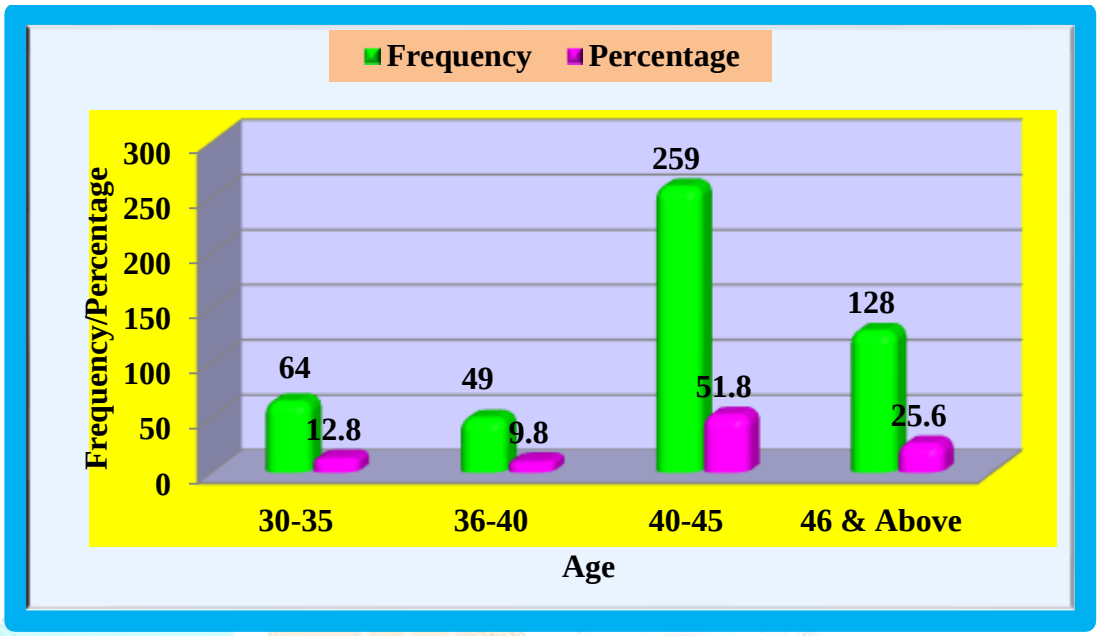
Results:

Table no 1: Frequency and Percentage distribution socio-demographic variables of the study participants

Socio-Demographic Variables	Frequency	Percentage
Age		
30-35	64	12.8
36-40	49	9.8
40-45	259	51.8
46 & Above	128	25.6
Gender		
Male	354	70.8
Female	146	29.2
Education		
D.Ed	34	6.8
B.Ed	119	23.8
M.Sc	214	42.8
All Above	133	26.6
Marital status		
Married	473	94.6
Unmarried	2	.4
Widow	13	2.6
Divorce	12	2.4
Diet		
Vegetarian	457	91.4
Non-Vegetarian	29	5.8
Mixed Diet	14	2.8
Income/Month		
≤40000	161	32.2
40000-50000	207	41.4
50000-60000	99	19.8
>60000	33	6.6
Years of Experience		
≤9	40	8.0
10-12	310	62.0
13-15	114	22.8
≥16	36	7.2
Work Load		
7-8	464	92.8
8-9	21	4.2
10-11	9	1.8
≥12	6	1.2

Table no 1 shows the distribution of socio-demographic of the primary school teachers according to their variables

Figure No 1: Frequency and percentage distribution of primary school teachers of selected rural areas according to their age



From figure no 1, it was clear that , majority 259(51.8%) of the primary school teachers were in the age groups 40-45 years and very few 49(9.8%) were in the age groups of 36-40 years

Figure no 2: Frequency and percentage distribution of primary school teachers of selected rural areas according to their gender

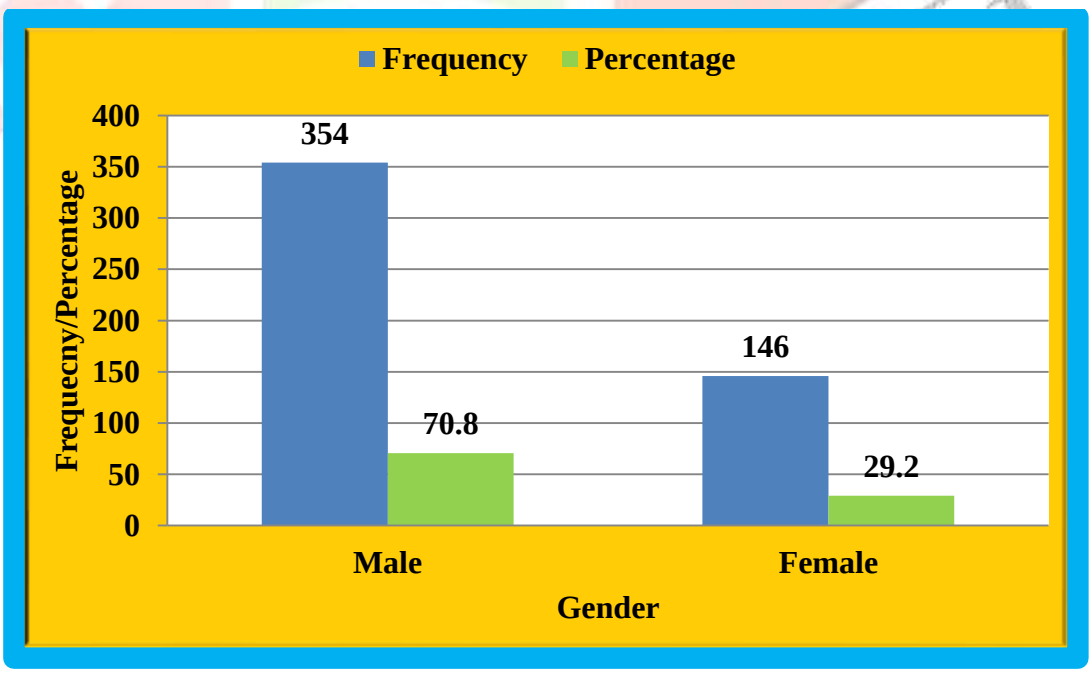
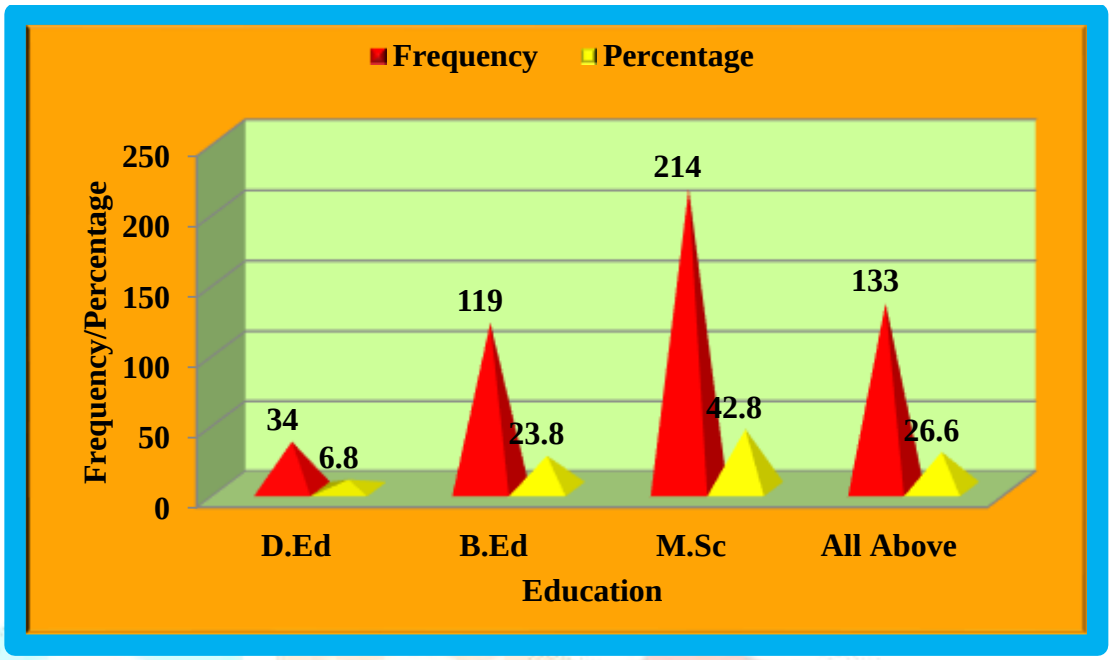


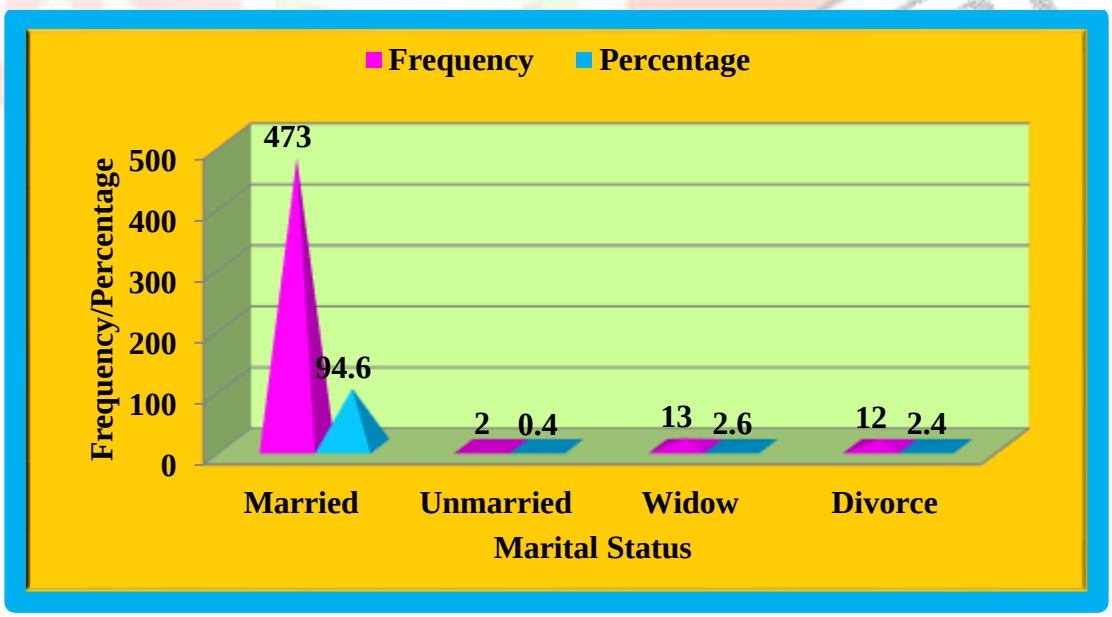
Figure no 2 revealed that, majority 354(70.8%) of the primary school teachers were males and 146(29.2%) were females

Figure no 3: Frequency and percentage distribution of primary school teachers of selected rural areas according to their education



From figure 3, it was seen that, majority 214(42.8%) primary school teachers were studied M.Sc and very few 34(6.8%) were studied D.Ed

Figure no 4: Frequency and percentage distribution of primary school teachers of selected rural areas according to their marital status



It was observed from figure 4 that, majority 473(94.6%) primary school teachers were married and as few as 2(0.4%) were unmarried

Figure no 5: Frequency and percentage distribution of primary school teachers of selected rural areas according to their diet

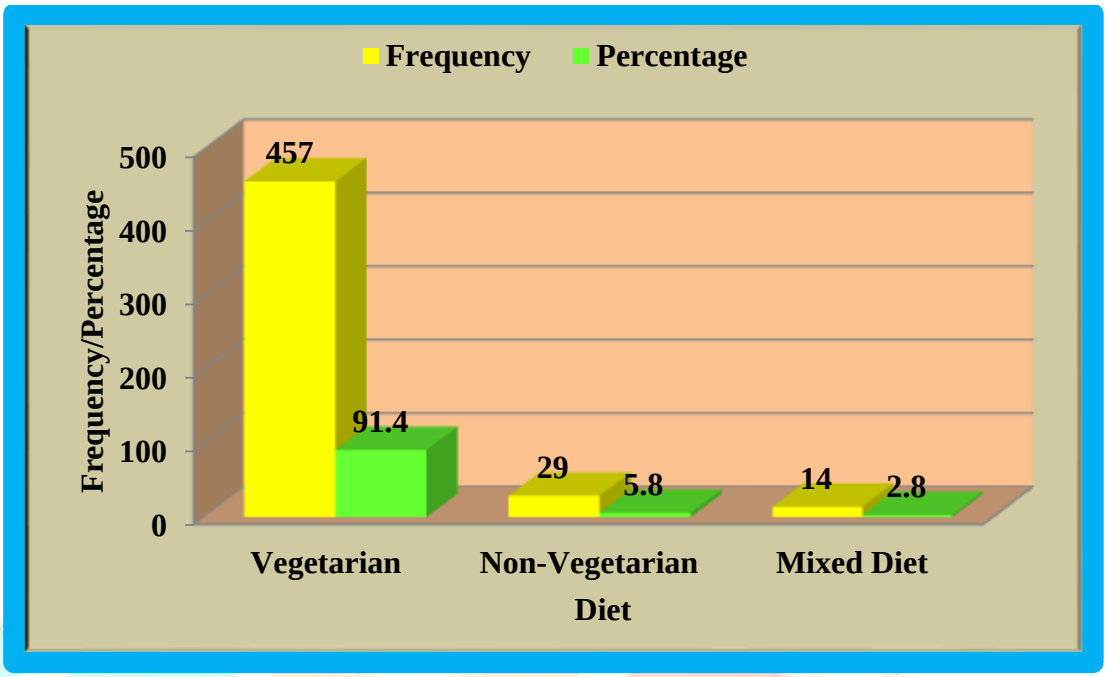
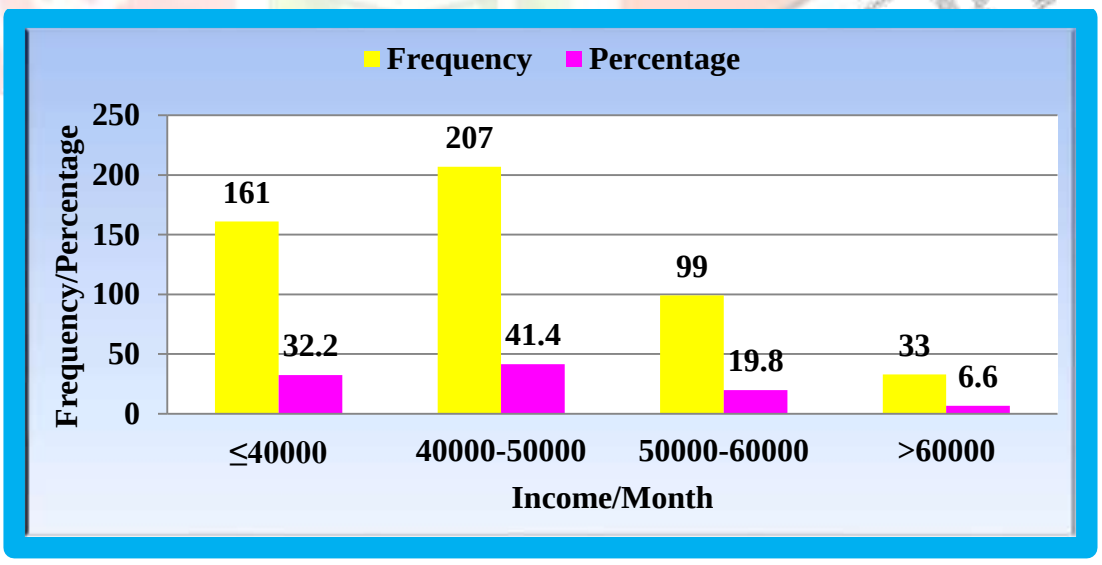


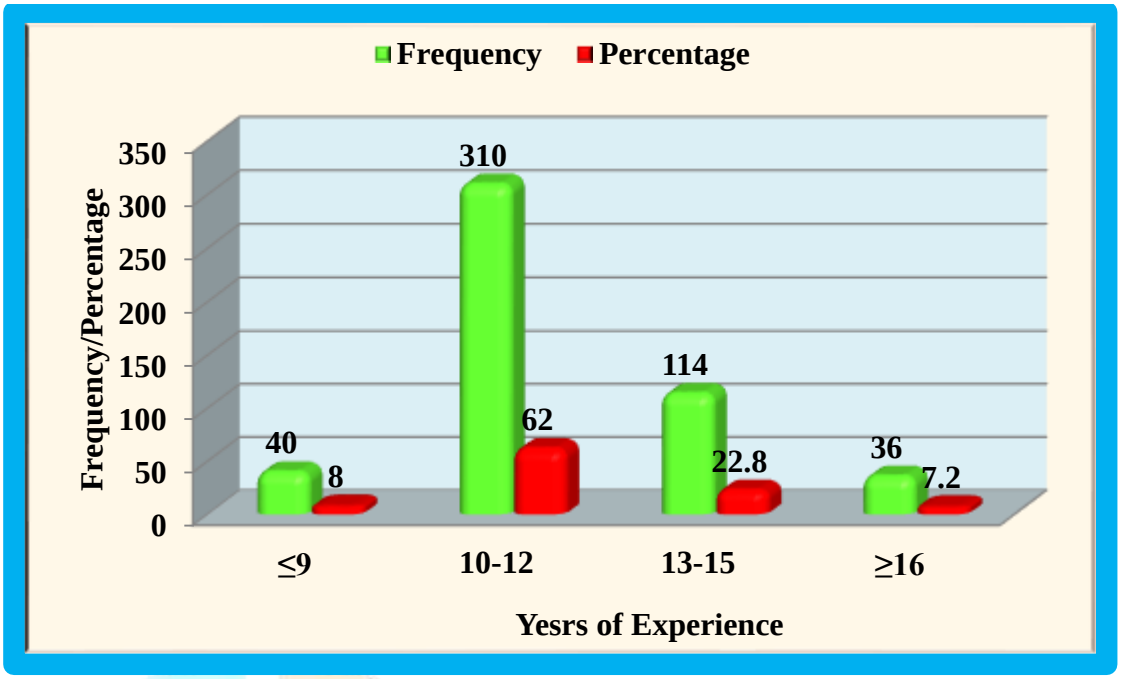
Figure no 5revealed that, out 500 primary school teachers, majority 457(91.4%) were vegetarians followed by 29(5.8%) who were Non-Vegetarians and only 14(2.8%) were mixed diet.

Figure no 6: Frequency and percentage distribution of primary school teachers of selected rural areas according to their income/Month



It was seen that out 500 , majority 207(41.4%) primary school teachers had family income between 40000-50000Rs and only 33(6.6%) had income more than 60000Rs.

Figure no 7: Frequency and percentage distribution of primary school teachers of selected rural areas according to their years of experience



It was seen that out 500 , majority 310(62.0%) primary school teachers had years of experience between 10-12 years and only 36(7.2%) had more than or equal to 16 years.

Figure no 8: Frequency and percentage distribution of primary school teachers of selected rural areas according to their work load

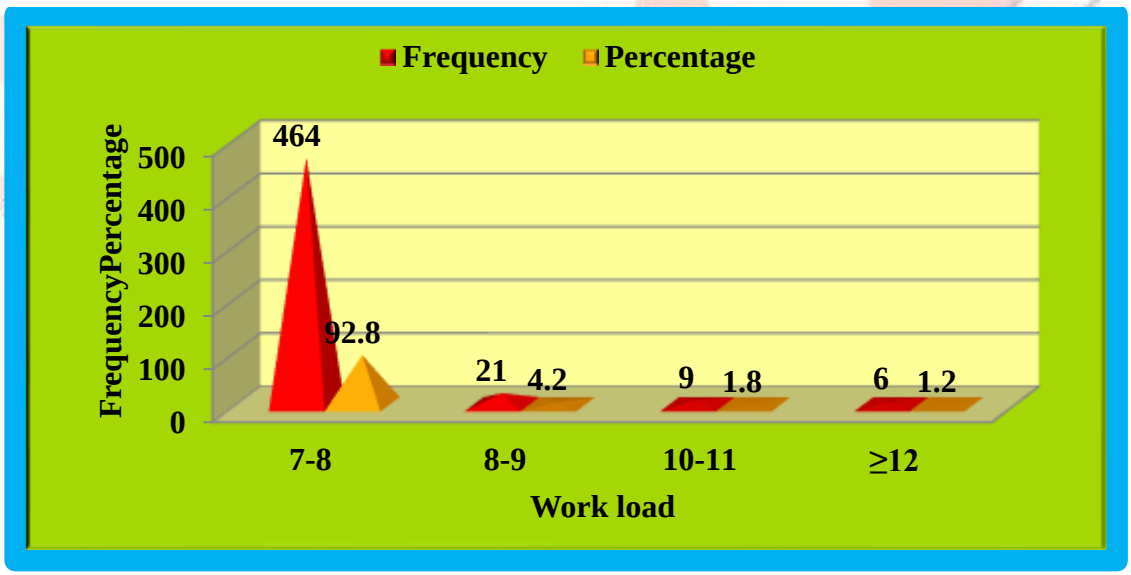
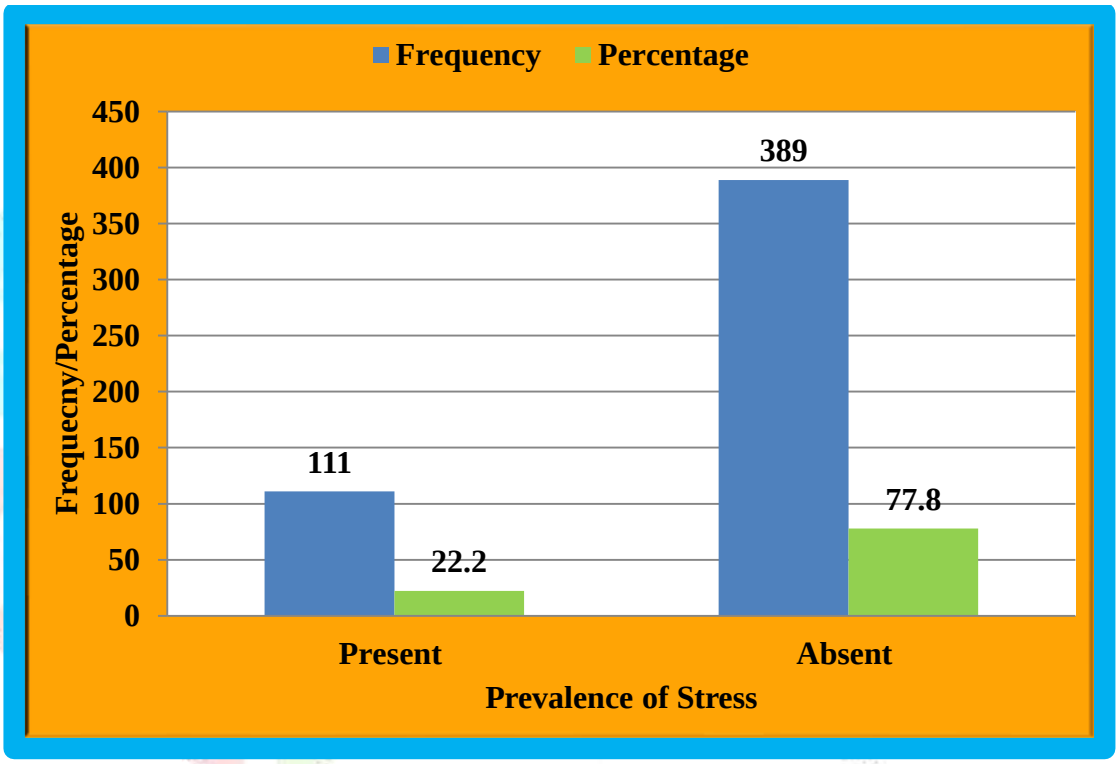


Figure no 8 confirms that majority 464(92.8%) of the primary school teachers had work load of 7-8 hours/day and only 6(1.25) had work load more than or equal to 12 hours.

Table no 2: Assessment of Prevalence of Stress among primary school teachers

SINO	Stress	Frequency	Percentage
1	Present	111	22.2
2	Absent	389	77.8
	Total	500	100.0

Figure no 9: Assessment of Prevalence of Stress among primary school teachers



From table 2 and figure no 9, it was seen that prevalence of stress among the primary school teachers was 22.2%.

Table no 3: Frequency and percentage distribution of perceived Stress among primary school teachers

SINO	Stress	Frequency	Percentage
1	Low	25	22.5
2	Moderate	79	71.2
3	High	07	6.3
	Total	111	100.0

Figure no 10:Frequency and percentage distribution of perceived Stress among primary school teachers

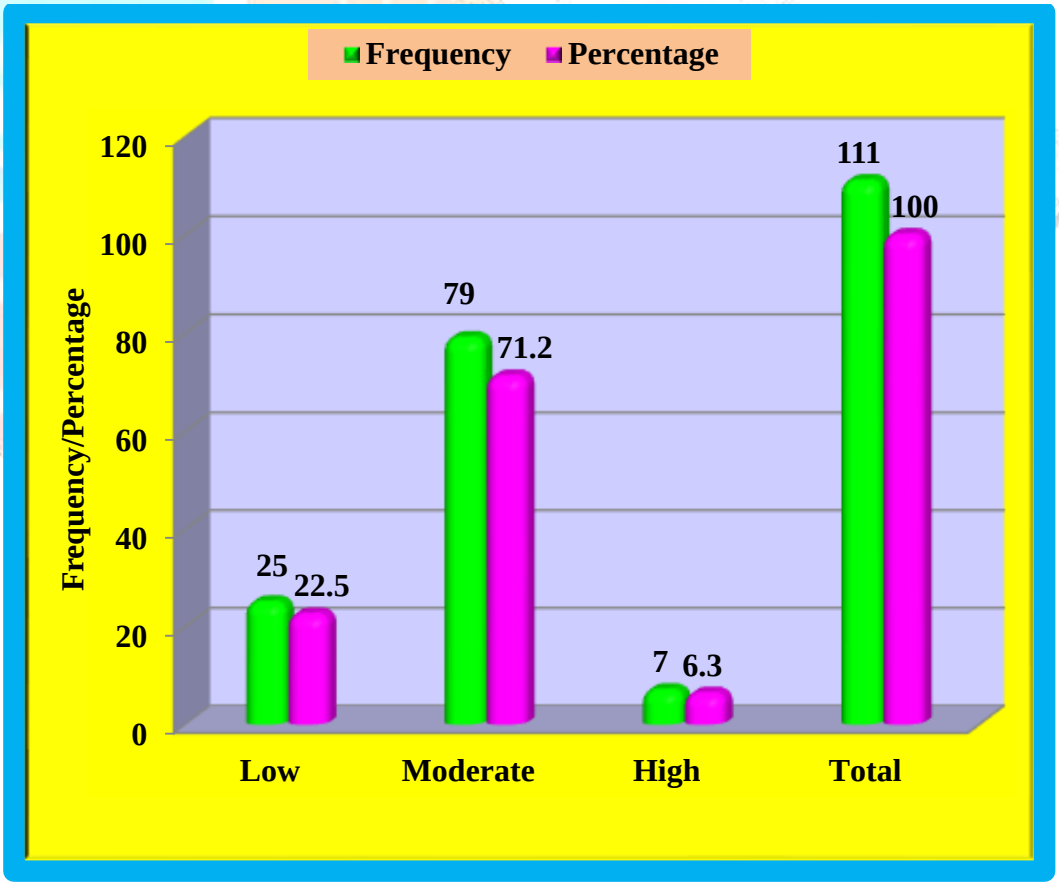


Figure no 10 confirms that out of 111 primary school teachers, majority 79(71.2%) had moderate stress followed by 25(22.5%) had low stress, and very few 7(6.3%) had high stress

Table no 3: Assessment of lifestyle practice among primary school teachers regarding stress.

SINO	Life Style Practice	Frequency	Percentage
1	Poor	444	88.8
2	Good	56	11.2
	Total	500	100.0

Graph no 11: Assessment of lifestyle practice among primary school teachers regarding stress.

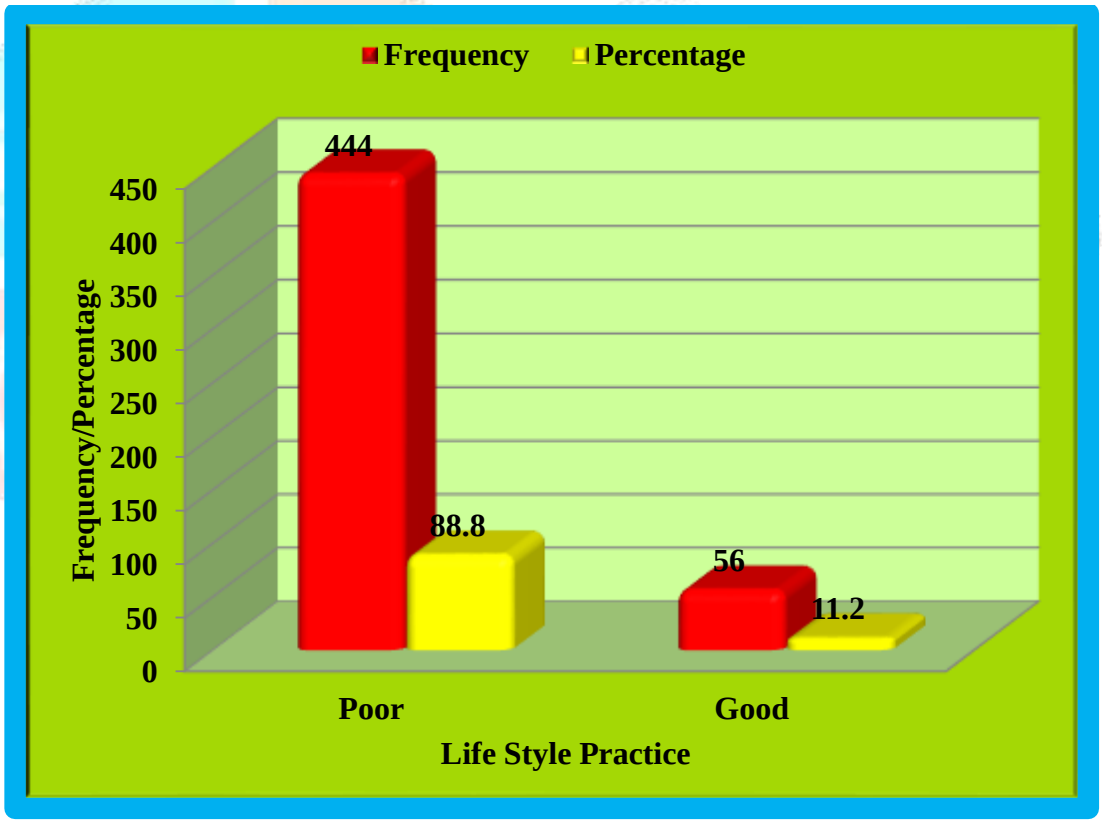


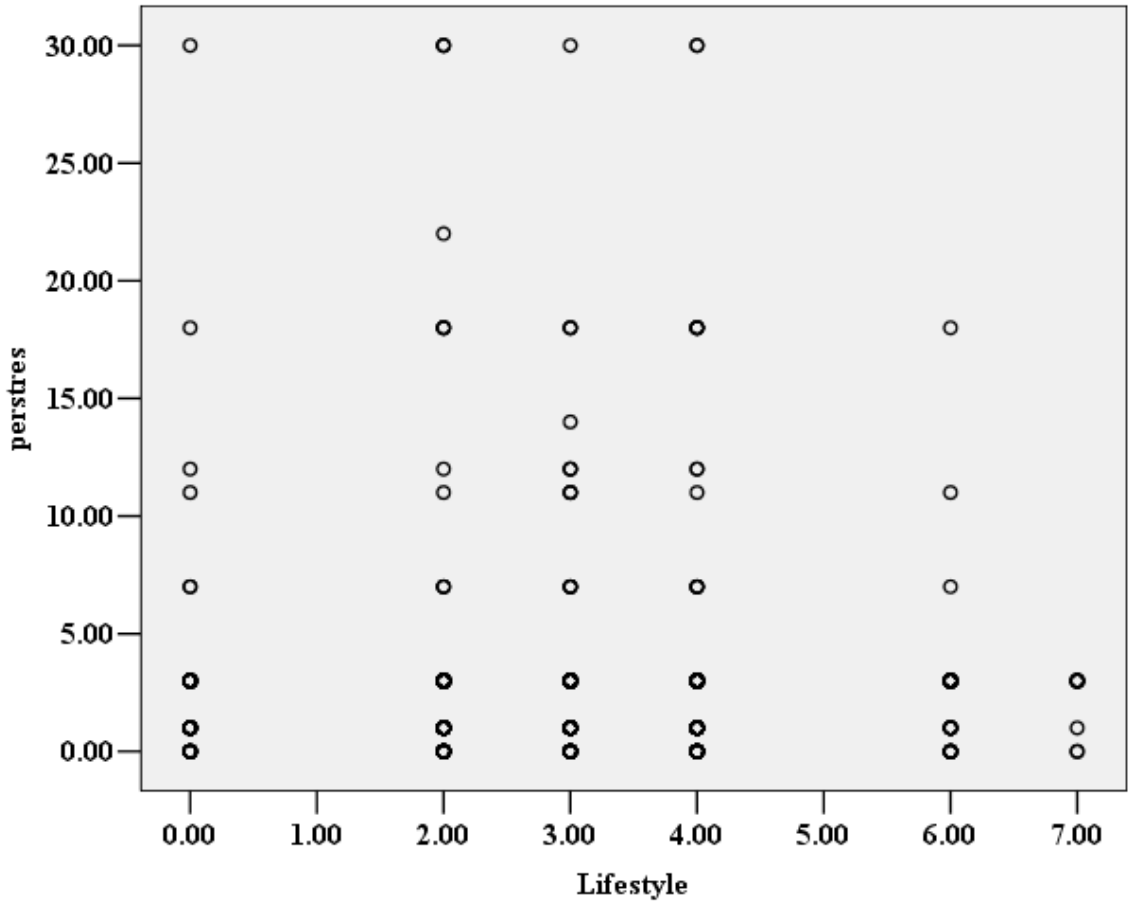
Figure no 11 reveals that out of 500 primary school teachers, majority 444(88.8%) had poor life styles, and only 56(11.2%) had high stress

Table no 4: correlation between prevalence of stress and lifestyle practice among primary school teachers.

		Life style practice	Perceived stress
Life style practice	Pearson Correlation	1	-0.020
	Sig. (2-tailed)		0.649
	N	500	500
Perceived stress	Pearson Correlation	-0.020	1
	Sig. (2-tailed)	0.649	
	N	500	500

Table no 4 revealed that, the correlation between life style practice and Perceived stress was -0.020 and it was not significant with higher p-value =0.649

Graph no 12: correlation between prevalence of stress and lifestyle practice among primary school teachers.



Graph no 12 shows the scattered diagram between life style practice and Perceived stress

Table no 5: Association between prevalence of stress among primary school teachers with their selected demographic variables.

S.I No.	Stress		Chi-square	Df	p-value	Result
	Absent	Present				
Age (years)						
30-35	52	12	0.56	3	0.905	NS
36-40	38	11				
40-45	201	58				
46 & Above	98	30				
Gender						
Male	278	76	0.37	1	0.54	NS
Female	111	35				
Education						
D.Ed	23	11	3.47	3	0.324	NS
B.Ed	94	25				
M.Sc	172	42				
All Above	100	33				
Marital status						
Married	371	102	5.05	3	0.168	NS
Unmarried	2	0				
Widow	7	6				
Divorce	9	3				
Diet						

Vegetarian	353	104	1.95	2	0.376	NS
Non-Vegetarian	23	6				
Mixed Diet	13	1				
Income/Month						
≤40000	123	38	2.29	3	0.49	S
40000-50000	159	48				
50000-60000	78	21				
>60000	29	4				
Years of Experience						
≤9	32	8	0.54	3	0.91	NS
10-12	243	67				
13-15	86	28				
≥16	28	8				
Work Load						
7-8	359	105	2.75	3	0.431	NS
8-9	16	5				
10-11	9	0				
≥12	5	1				

Table no 5 revealed that the association between prevalence of stressand demographic variables of the primary school teachers such as age, gender , education, marital status, diet , years of experience and work load but it was associated with income /month.

Table no 6: Association between lifestyle practices among primary school teachers with their selected demographic variables.

S.I No.	Life style		Chi-square	Df	p-value	Result
	Good	Poor				
Age (years)						
30-35	7	57	0.53	3	0.912	NS
36-40	4	45				
40-45	30	229				
46 & Above	15	113				
Gender						
Male	38	316	0.26	1	0.607	NS
Female	18	128				
Education						
D.Ed	5	29	0.93	3	0.818	NS
B.Ed	11	108				
M.Sc	25	189				
All Above	15	118				
Marital status						
Married	53	420	0.77	3	0.856	NS
Unmarried	0	2				
Widow	1	12				
Divorce	2	10				
Diet						
Vegetarian	51	406	0.15	2	0.925	NS
Non-Vegetarian	3	26				
Mixed Diet	2	12				

Income/Month						
≤40000	27	134	7.64	3	0.054	NS
40000-50000	18	189				
50000-60000	9	90				
>60000	2	31				
Years of Experience						
≤9	5	35	1.44	3	0.696	NS
10-12	37	273				
13-15	12	102				
≥16	2	34				
Work Load						
7-8	50	414	4.75	3	0.191	NS
8-9	5	16				
10-11	0	9				
≥12	1	5				

Table no 6 revealed that the association between life style practiceand demographic variables of the primary school teachers such as age, gender , education, marital status, diet ,income /month years of experience and work load.

From Table no 5 revealed that the association between prevalence of stressand demographic variables of the primary school teachers such as age, gender , education, marital status, diet , years of experience and work load But it was associated with income /month and p-value =0.649

1. Contributions made towards increasing the state of knowledge in the subject.

Research is systemic attempt to obtain answers to meaningful questions about phenomena or events through the applications of scientific procedures. Primary School Teachers, they have less Knowledge related to lifestyle practice and associated risk of stress..

2. Conclusions summarizing the achievements and indication of scope for future work:

The result can be generalized that many Primary school teachers have stress and low knowledge about lifestyle practice and associated risk of stress. At the end of the research work the researcher comes to conclusion that the study has to conduct with more samples then results can be generalized. Many Primary school teachers have high stress and lifestyle practice changes. In future more studies have to conduct on Primary school teachersregarding lifestyle practice and associated risk of stress. Prevalence of stress and lifestyle practice among primary school teachers..

The findings of the study revealed that

- Majority 40.0% of the subjects were between the age group of 35-40years.
- 52.3% were males.
- 50% subjects were Hindus.
- M.Sc Bed were secondary education.
- 78.0% of belongs to nuclear family.
- 57.0% subjects are having academic workload..
- 78.0% of subjects were vegetarian
- The stress in the study population was found to be 9.25 %(100%), out of 100 participants the maximum numbers were males.
- It is observed that nuclear family is having more risk of getting stress.

To find out association between stress with selected demographical variables by using chi-square test. The chi-square value shows that there is a significant association between hypertension with the demographic variables of primary school teachers of selected rural areas at Tikota.

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