

## SHODH SAMAGAM

ISSN : 2581-6918 (Online), 2582-1792 (PRINT)



### An Empirical Study about the effect of Frustration, Occupational Stress and School Environment of the teaching effectiveness among women teachers of Secondary School in Bhagalpur District of Bihar

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#### ORIGINAL ARTICLE



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Received on : 17/06/2022

Revised on : ----

Accepted on : 24/06/2022

Plagiarism : 09% on 18/06/2022



#### Plagiarism Checker X Originality Report

Similarity Found: 9%

Date: Saturday, June 18, 2022

Statistics: 138 words Plagiarized / 1566 Total words

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An Empirical Study about the effect of Frustration, Occupational Stress and School Environment of the teaching effectiveness among women teachers of Secondary School in Bhagalpur District of Bihar. Introduction: This century was marked through multiculturalism rise because of economic development, urbanization, globalization as well as disintegration of family structure. It is known as the era of tension. Everyday, at every stage of human development, stressful conditions are encountered.

If it lasts long enough, occurs often enough, is intense enough or viewed as stress, everything can be a stressor. It becomes frustrating when you work tirelessly, doing basic works which are not existing work or receiving down grade. When one expects

#### ABSTRACT

Education is provided to children in order to make them so much capable that they can face the difficulties of daily routine in a creative ways. A teacher is always considered in the form of primary source of knowledge. Therefore, it becomes necessary that they should be highly encouraged, secure and satisfied with their workload for good results in order to achieve quality education for sustainable growth. It has been found out of earlier work that teachers are under immense pressure due to the burden of work, thus unable to give desired performance that lead to inadequate education and delays in Nat. It was already accepted by various scholars that contribution of work discontent in the generation of tension, bad health conditions, unsatisfied results, as well as teachers' performance is so important.

#### KEYWORDS

Frustration, Occupational Stress, School Environment.

#### INTRODUCTION

This century was marked through multiculturalism rise because of economic development, urbanization, globalization as well as disintegration of family structure. It is known as the era of tension. Everyday, at every stage of human development, stressful conditions are encountered. If it lasts long enough, occurs often enough, is intense enough or viewed as stress, everything can be a stressor. It becomes frustrating when you work tirelessly, doing basic works which

April to June 2022 www.shodhsamagam.com

A Double-blind, Peer-reviewed, Quarterly, Multidisciplinary and Multilingual Research Journal

Impact Factor  
SJIF (2022): 6.679

522

are not existing work or receiving down grade. When one expects 'A+'. Stress is a critical and constructive part of our daily lives as well. We accomplish nothing in the absence of pressure which is imposed due to stress. An individual face difficulties in situations where his abilities to handle stressful conditions becomes weaken does not allow the metabolism of a person to return to its initial condition. In these situations, in place of producing good energy, stress put adverse effects. These affects may led to a person to ill conditions and sometimes death. Field began to grow largely in the second half of the nineteen seventh. Tension exists in the form feedback to a case, the feedback we are taking about, the body's generalized response to demands put on it, whether they're good or negative.

## Stress

Stress is a Work which came in to existence out .of 'Stringer'. It is a Latin word. Stress is a word which is normally used in place of tension. In resent scenario it becomes a part of every one life. It becomes possible specify tension in the form of regular effort which an individual shows opposition to challenges. These challenges not only put lot of mental becomes stressful when he/she is not tackle difficulties of life. In stressful an individual try to do those activities which are far beyond condition and individual try to do those activities which are far beyond his capabilities and resources of the individual to accomplish it, under circumstances whereby he or she expects or not to meet the requirements with a significant difference in the reward. Stress is the adaptive reaction of a person to aH stimuli that imposes undue mental or natural requirements. In present scenario, professional demands of organizations at work place are very complicated and different . This complexity and diversity makes the life of employer stressful. Tension which occurs in life due to burden of negative forces, disrupt the body's normal; psychological equilibrium (such as teaching stress). Stress is a feedback of and individual to wards the factor of stress. Professional tension is pressure which is imposed by the surrounding of work place.

## 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 a each passing day. An 14 integration of parallel opportunities in different establishments is known in the form of occupation.

Occupational stress among female teachers: Pressure which is generated at work place due to over burden Work load becomes famous in the form of work pressure. More often it seen that the occupational stress level of female teachers especially among the married female teachers is larger than their male to 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 school have to play the role of a good sensitive teacher while educating their.

Every human being of this world wants to live a stress free life, but it is not possible. The thing which before possible is the varying level of stress. It becomes easy to describe stress in the form of "Status of psychology upset or disequilibrium in the human being caused by frustration conflicted and other internal as well as external strain and pressures.

Frustration: 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 24 result of being blocked. "Life and its path are not that easy as in our every day goal seeking efforts; counteract many obstacles among ourselves and our ambitions. We encounters more or less frustrations in our every day's life like person

misses his/her bus or train, a late appearance for an meeting, delay in marketing important report/work. Now a days each and everyone having much greater frustrations in their life whether they are of any age group or of any sex. A frustration takes any form it may be a boy who aspires to be a football player loses a leg, 'or a girl who wants to tie the knot with her infancy sweetheart is jilted' for others', or 'may be a learner faces failure in the entrances examinations and is refused to take admission or may be an emotional chaos which intervenes the bright profession'. Obstacles in the fruition of motivational activity of an individual lead to frustration, which in turn exerts considerable influence upon his conduct. A human being found himself in frustrated situation or condition when he fails to fulfill his desires. For example, when a student tries very hard for getting first position in classroom, but fail to achieve his objective again and again, he found himself in frustrated situation. In other words, it becomes possible to describe frustration in the form of obstacles due to which an individual fail to achieve his ambition. In situations where a student is continuously encouraged for achieving a specify objective, but he fails to achieve this objective due to any reason, he becomes frustrated.

### **Rationale of the Study**

Now-a-days in our country women are figuring in each and every field. A working women was looked upon a challenge to men and insult to women hood, But now she has come to be generally accepted by society as an asset to her family and to the community. The number of educated women seeking employment is increasing. The constitution of India does not discriminate between men and Women.

Women are employed in teaching professions both in Government and private schools. Government sectors offer them handsome salary, less workload, fixed working days and more casual leaves. In private sector they have comparatively less salary and causal leaves. Moreover, they are not given job stability. This cause a huge frustration and stress in their mind. Therefore, an effort is being made in present study by the researcher to study the effect of frustration, occupational stress and school environment on teaching effectiveness among women teachers of secondary schools in Bhagalpur district of Bihar. The study will prove very significant in the field of education.

### **Objectives of the Study**

Main objective of the study are as following:

- To study the effect of frustration on teaching among second teachers of Bhagalpur (Bihar).
- To study the effect of occupational stress on secondary school teachers of Bhagalpur (Bihar).
- To study the effect of school environment among secondary school teachers of Bhagalpur (Bihar).
- To study the interaction effect of occupational stress and school environment among secondary school teachers of Bhagalpur (Bihar).
- To study interaction effect of frustration and school environment among secondary school teachers of Bhagalpur (Bihar).
- To study the interaction effect of frustration, occupational stress and school environment among secondary school teachers of Bhagalpur (Bihar).
- The predict the effectiveness in teaching among secondary school teachers with their frustration, occupational stress and school environment.

### **Hypotheses of the Study**

The main hypothesis of the study are:

- There exists no significant effect of frustration on teaching among secondary school teachers.
- There exists no significant effect of occupational stress among secondary school teachers.
- There exists no significant effect of school environment among secondary school teachers.

- There exists no significant effect of frustration and occupational stress on teaching among secondary school teachers.
- There exist no significant effect of occupational stress and school environment among secondary school teachers.
- There exists no significant effect of frustration and school environment among secondary school teachers.
- There exists no significant effect of frustration, occupational stress and school environment among secondary school teachers.

## Research Methodology

### Sample of the study

A sample of 400 women teachers employed in different secondary school of Bhagalpur district of Bihar will be selected by using random sampling technique. Secondary school women teacher teaches in both Government and private schools affiliated to Board of school education, Bihar will be the respondents. To achieve the desired results only female teachers from different senior secondary schools will be taken as sample.

### Data Collection Process

With the help of different tests, tools & techniques the primary data will be collected from the female teachers of different secondary schools of Bhagalpur district in Bihar. The Secondary data will be collected from Books, Journals, research abstracts, research reports official documents of state & Central governments, Websites, internet etc.

### Tools and techniques of Data Collection

Following tools & techniques will be used in this study:

The standardized test of Frustration: by Dr. N.S. Chauhan and Dr.Govind Tiwari.

### Finding of the Research

The results give a clear evidence of the existence of frustration among the teachers and as this questionnaire is defined into four subparts viz, Regression, Fixation, Resignation and aggression, in the regression part of the test can be said that the teachers were regretting on the behaviour made by them to elders and when they have to bring up any change in living or behaviour. They feel regret when they realise that they over think about the fairs they participate, when they believe in breaking the social traditions and when they do not like to take the counselling of the family 187 members in every task. Also they take time to reframe an opinion about a person. Majority of them thinks that happiness hardly exists and this shows clear indication of frustrations. They admitted that they feel anger when people do not accept reasonable things or thoughts, they also lacks confidence in changing with the situations and some of them also feels difficulties while changing with situations.

## CONCLUSION

After all the test we conducted, a questionnaire was also circulated to the same respondents to find the correlations. The discussion of the questionnaire is following. They have partial authority on the subject they are teaching and besides their teaching subject and they have the ability to teach other needed subjects like current like current events, general knowledge etc. They advise the students to solve student's problems according to their needs and they give due opportunities to the students for proper motivation. Respondents use more rewards and lesser punishment in the classroom for achievement of desired aims. The respondents confirmed that a lengthy curriculum does not allow a teacher to use teaching aids or black board. All teachers confirmed that they use civilized language

with the students. Respondents confirmed that they are well prepared when they come for teaching. Respondent always appreciate student's opinions and demands and they think that they admit their mistakes, pointed out by students willingly. Respondents confirmed that they respect the head of institution as their senior most member. Respondents listen patiently, even the irrelevant, question of the student and try to solve them. Similarly said the all respondents that they make every effort to teach the students very effectively despite of frustration, occupational stress and school environment.

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