

A STUDY ON STRESS AND ITS EFFECTS ON SELF FINANCING COLLEGE PROFESSORS WITH SPECIAL REFERENCE TO THRISSUR DISTRICT

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INTRODUCTION

Stress is normal. Everyone feels stress related to their occupation, family unit, decisions, our prospect and more. Stress is physical, mental and emotional. The reasons of stress are events such as illness, death, change in responsibilities, expectation etc... Stress is a complex situation what we feel when we have not yet meet. Stress in short can be defined as “Too many thoughts assemble simultaneously in one’s mind and his inability to sort or decide which should treated first.”

Stress can be positive and negative:-

- ❖ Stress is a negative state of mind and since state of mind is changeable, stress is controllable.
- ❖ Stress is also positive; we need a certain amount of stress to perform our best at work.

OBJECTIVES OF THE STUDY

1. To identify the sources and reasons for stress among self-financing college professors.
2. To study the factors effecting stress among self-financing college Professors.
3. To analyse the impact and consequences of stress on individuals physically and mentally.

RESEARCH METHODOLOGY

SELECTION OF SAMPLES

The criteria for selection of the respondents for the study were the Professors in self-financing colleges in Thrissur District. The total sample size was comprised of 100 Professors of self-financing colleges, who were selected by adopting purposive sampling techniques.

RESEARCH DESIGN

This study is descriptive in nature.

SOURCES OF DATA

The data has been collected from primary and secondary sources.

Primary data

The primary data has been collected through questionnaire which was prepared in such a way that, it enables the respondent to express their opinion freely.

Secondary data

The secondary data has been collected from various books, journals, reports and websites.

TOOLS FOR THE STUDY

The tools used for the study are

1. Percentage Analysis
2. Weighted Average Ranking
3. Regression analysis
4. Correlation

LIMITATIONS OF THE STUDY

- Limited number of respondent was selected due to time constraints and this could affect the accuracy of the factual information.
- This research concentrates only stress issues relating to the institution, other matters are not considered in detail.
- Some of the respondents were reluctant to respond.

DATA ANALYSIS AND INTERPRETATION

Table 1 shows the sources and reasons for stress among self-financing college Professors

TABLE NO-1: SOURCES AND REASONS FOR STRESS AMONG SELF FINANCING COLLEGE PROFESSORS

➤ **WEIGHTED AVERAGE RANKING**

		Always	Frequently	Sometimes	Rarely	Never	Total	Sum	Mean	Rank
Long hours	F	36	30	16	4	4	100	220	2.2	1
	%	36.0	30.0	16.0	14.0	4.0	100.0			
Being treated unfairly	F	23	35	22	14	6	100	245	2.45	2
	%	23.0	35.0	22.0	14.0	6.0	100.0			
Little or no knowledge	F	8	1	45	30	16	100	345	3.45	7
	%	8.0	1.0	45.0	30.0	16.0	100.0			
Lack of job security	F	13	30	12	22	23	100	312	3.12	6
	%	13.0	30.0	12.0	22.0	23.0	100.0			
Poor students behaviour and their negative attitude towards study	F	12	19	35	29	5	100	296	2.96	3
	%	12.0	19.0	35.0	29.0	5.0	100.0			
Ineffective leadership at department level	F	11	46	17	11	15	100	273	2.73	4
	%	11.0	46.0	17.0	11.0	15.0	100.0			
Lack of research and personal growth	F	13	12	45	21	9	100	301	3.01	5
	%	13.0	12.0	45.0	21.0	9.0	100.0			

INTERPRETATION

From the table 1 it is known that the main reason for stress among self financing college Professors is long and heavy work load with weighted mean of 2.2 which is ranked as one followed by unfair treatment with weighted mean of 2.45 as second rank. The little or no knowledge on subject is ranked as seventh and last with weighted mean 3.45.

Table showing inter correlation between key stress variables

**Table No 2: Inter correlation between Key Stress Variables
CORRELATION ANALYSIS**

Factors	work stress	Interpersonal relations	Health	Overall Stress
work stress	1	.286**	-0.01	.656**
Interpersonal relations	.286**	1	-0.008	.588**
Health	-0.01	-0.008	1	.620**
Overall Stress	.656**	.588**	.620**	1

** Correlation is significant at the 0.01 level (2-tailed).

INTERPRETATION

From the table 2 it is inferred that there is positive correlation among work stress, interpersonal relations and overall stress. The t-test also justified that there is correlation among these factors 1% level of significance. The table also shows that there is negative correlation between work stress and the health where the Null Hypothesis is accepted using t-test.

Table 3 shows the descriptive statistics of various stress factors.

TABLE NO 3: DESCRIPTIVE STATISTICS OF VARIOUS STRESS FACTORS.

	N	Mean	Std. Deviation
Mood disturbance	100	2.41	.84
Psychological distress	100	2.95	1.58
Lower efficiency	100	3.31	1.30
Anxiety	100	1.89	.76
Depression	100	2.27	.76
Cardiovascular disease	100	2.73	.83
Fatigue	100	2.37	.79
Leave	100	2.14	.80
Dissatisfaction	100	1.94	.77

INTERPRETATION

Table 3 shows that the lower efficiency (Mean 3.31, std deviation1.30) is the major stress factor followed by psychological distress (Mean2.95, std deviation1.58). The lastly affected stress factor is anxiety.

Table 4 shows the impact and consequences of stress among college Professors.

**TABLE NO 4: IMPACT AND CONSEQUENCES OF STRESS AMONG SELF FINANCING COLLEGE PROFESSORS
WEIGHTED AVERAGE RANKING**

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Sum	Avg	Rank
Mood Disturbance	F	18	28	49	5	0	241	2.41	4
	%	18.0	28.0	49.0	5.0	.0			
Psychological stress	F	20	33	13	0	34	295	2.95	2
	%	20.0	33.0	13.0	.0	34.0			
Lower Efficiency	F	9	15	44	0	32	331	3.31	1
	%	9.0	15.0	44.0	.0	32.0			
Anxiety	F	35	41	24	0	0	189	1.89	9
	%	35.0	41.0	24.0	.0	.0			
Depression	F	18	38	43	1	0	227	2.27	6
	%	18.0	38.0	43.0	1.0	.0			
Cardiovascular disease	F	10	17	68	0	5	273	2.73	3
	%	10.0	17.0	68.0	.0	5.0			
Fatigue	F	20	23	57	0	0	237	2.37	5
	%	20.0	23.0	57.0	.0	.0			
Leave	F	14	66	16	0	4	214	2.14	7
	%	14.0	66.0	16.0	.0	4.0			
Job Dissatisfaction	F	33	40	27	0	0	194	1.94	8
	%	33.0	40.0	27.0	.0	.0			

INTERPRETATION

Table 4 shows the impact and consequences of stress among college Professors. Among the important factors lower efficiency (Average 3.31) which is ranked as one is the major factors affecting stress followed by psychological stress (Average 2.95) which is ranked as two and the college professors are least bothered about job dissatisfaction (Average 1.94).

FINDINGS SUGGESTIONS CONCLUSION

OBJECTIVE 1-To identify the sources and reasons for stress among self-financing college Professors

RESULTS OF WEIGHTED AVERAGE RANKING

The main reason for stress among self-financing college Professors is long and heavy work load which is ranked as one followed by unfair treatment as second. The little or no knowledge on subject is ranked as the last and the seventh.

OBJECTIVE II-To study the factors affecting stress among self-financing college Professors

- There is a strong relationship among various key variables of stress such as work stress, interpersonal relations stress and health related stress which is calculated using correlation matrix.
- **OBJECTIVE III-To analyse the impact and consequences of stress on individuals physically and mentally**

REGRESSION ANALYSIS

- Regression table shows the impact and consequences of stress among college Professors. Among the important factors lower efficiency which is ranked as one is the major factors affecting stress followed by psychological stress which is ranked as two and the job dissatisfaction is the least factor affected due to stress.
- Regression table shows that the null hypothesis is accepted for the stress factors viz mood disturbance, cardiovascular diseases and job dissatisfaction which shows that the stress factors is not influenced by these factors. But the psychological distress, lower efficiency, anxiety ,depression, fatigue ,leave are the factors which affect the stress factors as there is significant association @ 5% level of significance.

SUGGESTIONS

I. To the Management

- The self-financing college management should come forward to reduce the working hours per day ,as it is the major sources of stress
- The management should treat all faculties equally. There should not be any unfair treatment based on the face value of faculties.

II To the faculties

- One of the sources of stress among faculties are their unfair interpersonal relationships. So they should avoid ego in terms of Age, Educational Qualification, Years of Experience, Designation and Monthly Income etc.
- Faculties should make proper plan to complete the work in time and must adopt proper time management techniques.

CONCLUSION

A Study on Stress and its Effects on Self Financing College Professors” gives a detailed idea about what are stress and also the factors which causes stress to the Professors in self-financing colleges. From this study, it is noted that there are some factors such as work related, interpersonal related, health related issues which leads to increase in the stress of the Professors. This study is conducted by taking the samples of 100 Professors of Self-financing college Professors in Thrissur District. From this study it is concluded that stress occurred due to heavy work load , unfair treatment and low salary. It is recommended that the working hours should be flexible and working environment should be designed in such a way that the Professors feel comfortable about their work if the managers come forward to implement the above mentioned suggestions.