Research Paper

STRESS OF STUDENT TEACHERS

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ABSTRACT

The investigator of the study concludes that level of stress was reduced by finding out causes of stress & managing stress. Similarly, there was consistency between state & trait anxiety.

Introduction: - All round personality development of student is the main aim of education. To fulfill such aim ; physical & mental health of student –teachers should be taken into consideration. Student-teachers are future teachers. If teacher is physically & mentally sound ; he will automatically look after the physical & mental health of his students.

Especially teachers suffered a lot of stress & anxiety .If it is possible to find out causes of stress & anxiety & suggest remedies; it would be beneficial for future teachers . That's why level of stress &anxiety of student-teachers is going to be studied.

Field: -- Educational Psychology.

Title: -- To study the causes & remedies 0f stress among **student** –teachers.

Statement of the problem: -- To study the various causes of **stress of student** –teacher's of Sinhgad College of Education, Pune & to manage the stress.

Key terms: - The key-terms of the study are defined to have a comprehensive idea of the study.

1. Stress: - stress is related with high, medium & low level of stress.

2. **Anxiety: -** The term anxiety is related with state level of anxiety & trait level of anxiety.

3. Level: - The word 'level' is used for the convenience of classification.

Objectives: - The main objectives of the study were as follows--

1. To measure the anxiety of student –teachers.

2. To measure the stress of student –teachers.

3. To find out various causes of stress of student- teachers.

4. To manage the stress of student –teachers.

Assumptions: -- Following were the assumptions of the study--

1. Stress is the core factor of individual's life.

2. There are individual differences in coping stress.

Hypothesis: -- The hypothesis set for the study were as follows--

1. There is high consistency between state anxiety & trait anxiety.

2. Stress is reduced to find out the causes of stress & to manage the stress.

Scope: - Scope of the study was as above--

1. Stress of student- teacher's has been measured.

2. Causes of stress of student-teacher's have been found.

3. Management of stress of student- teacher has to be done.

Limitations: -

1. Study only measures the stress of student teachers.

2. It focuses on only one dimension of personality.

3. It studies only causes and remedies of stress.

Methodology of the study:

Methodology of the study deals with method, tools and sample of the study

1. Method:- Experimental method was used for collecting the data of the study.

2. Tool:- State Trait Anxiety Inventory of S.W.Deshpande and Aljapurkar was administered, similarly, check list of stress management was used.

3. Sample:- The present study was conducted on a sample of 30 student teachers of Sinhgad College of education Pune. The sample was selected with the help of random sampling method.

Variables: Independent Variable : Stress as the dimension of personality.

Dependent Variable   : Level of stress of Student Teachers.

Procedure : For collecting   the data Pre-test, Post Test single group design was used

 1)Pretest :- Inventory & Checklist.

2) Programme :Lectures on stress management,group discussion,counseling & studyHabit technique.

 3) Post test : Inventory & Check list.

Statistical Analysis :-

Table No.1 : % of level of anxiety

	Pre Test			Post Test		
Sr.No.	Amount of Anxiety	No of Students	%	Amount of Anxiety	No of Students	%
1	Very severe anxiety	7	23	Very severe anxiety	4	13
2	Sever anxiety	3	10	Severe anxiety	6	20
3	Severe medium anxiety	8	27	Severe medium anxiety	5	17
4	Medium anxiety	4	13	Medium anxiety	5	17
5	Mild medium anxiety	3	10	Mild medium anxiety	5	17
6	Mild anxiety	3	10	Mild anxiety	4	13
7	Very mild anxiety	2	07	Very mild anxiety	1	03

Table No.2 : % of level of stress.

S.No.	Pre Test		Post Test	
	" YES" Responses	%	" YES" Responses	%
1	25	83	25	83
2	21	70	21	70
3	12	40	12	40
4	04	13	04	13
5	10	33	10	33
6	04	13	04	13
7	06	20	06	20
8	10	33	06	20
9	04	13	03	10
10	20	67	10	33
11	10	33	05	17
12	24	80	20	67
13	26	87	18	60
14	22	73	16	53
15	13	43	10	33

Discussion:-
Level of state anxiety and trait anxiety of each student –teacher was measured. Average level of state anxiety in pre test was 55.56. Average level of trait anxiety in post test was 62.36.Difference between the average of pre test and post test was 6.80.It means there was consistency between state and trait anxiety .Through check list various causes of stress was measured. Stress management programmed was arranged between pre test and post test.

Findings:-
1. There is consistency between state and trait anxiety.
2. Level of stress is reduced due to finding out causes & managing stress.

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