



A COMPARATIVE STUDY ON ANXIETY AMONG GOVERNMENT TEACHERS AND PRIVATE TEACHERS

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Abstract: Anxiety is an unpleasant feeling of fear that something bad might happen in future. Teaching job is full of anxiety. Teachers face anxiety on a regular basis due to the different and challenging works they have to do. The present study was done to measure and compare the anxiety level among government high school female teachers and private high school female teachers. It was hypothesized that private high school female teachers would have significantly more anxiety than government high school female teachers. A total sample of 40 private high school female teachers and 40 government high school female teachers from different high schools of Hazaribag district was selected. Purposive sampling was used to select the sample. Data regarding socio-demographic characteristics were collected by a self-constructed Personal Data Sheet. Sinha's Comprehensive Anxiety Test was used to study the variable of anxiety. Data was analyzed using Mean, SD and t-test. Results indicated that no significant difference was found among private high school female teachers and government high school female teachers in terms of anxiety. However, mean value was found higher among private teachers.

Keywords: anxiety, teacher, government school, private school

INTRODUCTION

Anxiety is actually an unpleasant and uncomfortable feeling of worry, fear or apprehension which is accompanied by one or more bodily sensations over an anticipated issue. A moderate amount of anxiety actually helps in improving academic performance by creating morale and motivation. But sometimes anxiety becomes an exaggerated, unhealthy response and interferes with concentration and memory (Yerkes & Dodson, 1908).

A teacher is a person who provides education for his students. He guides them and teaches them how to apply concepts in different subjects through classroom instruction and presentations. They also prepare lesson, evaluate papers, manage the classroom, meet with parents, and work closely with school staff and management.

A teacher needs to invest a lot of energy in his classroom duty coupled with his personal and family commitments. This routine for a teacher causes a lot of stress to them. Anxiety in teachers can be caused by too much work, troublesome students, time pressure and deadlines, uncomfortable work environment, long hours, having to cope with changes in work and adjustment issue with other teachers.

Private teachers like other employees of private sector face high levels of stress which lead to anxiety. Their job is not secured. They can be fired anytime by the management yet they have to give more than their 100% to their job. They are forced to take at least 5-6 classes regularly. They also have to make lecture plans, check class works and home works and correct examination papers. Sometimes they fail to complete their

work in the school hours and are forced to do those remaining works at home also. Their salary is also miserable. These factors lead to anxiety among private teachers.

Anxiety is also present in government teachers. Government teacher have to do many extra duty other than teaching such as election duty and census survey. These works consume much time of the teachers. They become overly stressed. Their students complain about teachers not teaching them .But these teachers are themselves so much stressed that their personal life starts getting affected and many of them become anxious and shows physical symptoms like headache and body ache.

REVIEW OF LITERATURE

- Arun Kumar & Dr. V.N. Yadav (2012) conducted a comparative study of anxiety and job stress between private school teachers and government school teachers. The sample consisted of 120 teachers among which 60 private and 60 government school teachers were selected randomly from various private and government schools of Bhivani city, of Haryana. Means, SDs and t-ratio were computed by SPSS software to analyze the data. Results revealed that private school teachers were significantly more stressed and anxious as compared to govt. school teachers.
- Sathiyaraj and Singaravelu (2013) conducted a study on 300 teachers to assess and compare the level of anxiety between private and govt. school teachers. It was found that teachers working in private school were more anxious than teachers working in govt. school.
- Kumar (2012) selected 120 school teachers
- on job satisfaction of teachers teaching at secondary level from govt. and private schools. It was observed that private school teachers scored higher on the measure of anxiety in comparison to govt. school teachers.
- Rani & Singh (2012) conducted a study on private and govt. school teachers to measure the job stress. Result indicated that private school teachers were higher on the measure of job stress as compared to government school teachers.

AIM AND OBJECTIVES

The aim of the present field work was to measure and compare the anxiety among government and private high school female teachers.

The present field work has been done under following objectives:

- (a) To measure the anxiety level of government high school female teachers.
- (b) To measure the anxiety level of private high school female teachers.
- (c) To compare the anxiety level among government high school female teachers and private high school female teachers.

HYPOTHESIS

The following hypothesis has been formulated for the present study:

H₁ Private high school female teachers will have significantly more anxiety than government high school female teachers.

METHODOLOGY

Sample

40 government high school female teachers and 40 private high school female teachers were selected as sample.

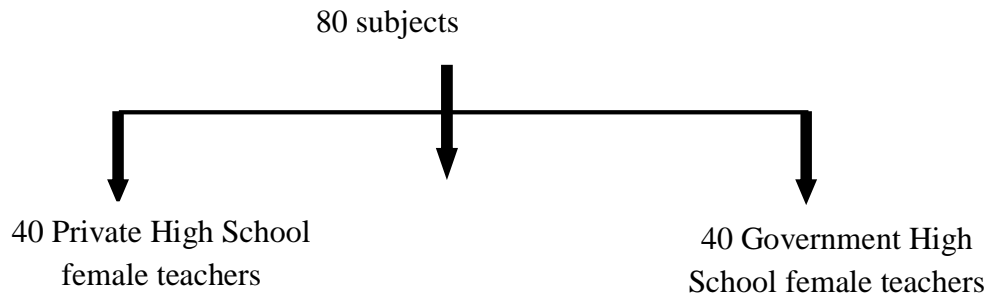
Sample area

Saraswati Shishu Vidya Mandir, Kumhartoli, Fahima Academy, Pugmil, Owasis High School, Pugmil, St. Augustin High School, Pugmil, Zila school, Hazaribag ,Government Girls School, Hazaribag , K.B. High School, Annada School, Hazaribag , Bihari Girls High School, Hazaribag , Indira Gandhi Balika High School, Hazaribag and National Public School, New area of Hazaribag District were sample area.

Sample Technique/Method

Purposive Sampling

Sample distribution



Inclusion criteria

- (i) The sample must be teachers of high school.
- (ii) The sample must be female.
- (iii) The health must be normal.
- (iv) The sample must be Hindu and Muslim.

Exclusion criteria

- (i) Handicapped sample was excluded.
- (ii) Christian and Sarna samples were excluded.
- (iii) Samples suffering from chronic diseases like Cancer, AIDS and Hepatitis B were excluded.

Tools used

- (i) Personal data sheet (PDS):

A semi structured Performa was prepared by researcher to collect information about the socio-demographic variables of the participants such as name, age, religion, residence, socio-economic status and family type etc.

- ii) Sinha'S Comprehensive Anxiety Test:

This scale was developed by A.K.P. Sinha and L.N.K. Sinha and published by National Psychological Corporation, Agra in 1971.

Procedure

The data collection procedure in present study was planned in three phase. In first phase, researcher selected the schools randomly and then got consent from the principals of the schools to conduct the study there.

In phase two, researcher administered the proposed tests PDS and DASS on the participants of Group 'A'. In phase three, the proposed tests were administered on the participants of Group 'B'. After data collection, data of both groups was gathered and tabulated.

Statistical analysis

Mean ,SD and t- test were used for analyzing data.

RESULT

Since this research work was done to measure and compare anxiety among government female teachers and private female teachers. For this Personal data sheet and Sinha Comprehensive Anxiety Test was used. Data was collected and tabulated in Table I and II

table I : sample description table

S. No.	Anxiety	Categories	Sample size		Total
			Government teacher	Private teacher	
1	Gender	Female	40	40	80
2	Age	Below30 years	5	27	80
		31 to 40 years	18	11	
		Above 55	17	2	
3	Religion	Hindu	28	19	80
		Muslim	12	21	
6	Monthly Income	Below 10000	-	24	80
		10000-20000	-	16	
		20000-40000	30	-	
		40000 or above	10	-	

table II: result table

Variable	Government teacher Mean±SD	Private teacher Mean±SD	t-value	df	Level of significance
Anxiety	17.73±12.77	22.03±14.02	1.20	78	NS

In this table, we can see that the mean value±SD of government teachers and private teachers on anxiety are 17.73±12.77 and 22.03±14.02 respectively. t-ratio is 1.20 which indicates that no significant difference was found between government teachers and private teachers in terms of anxiety. So the hypothesis that private teachers will have significantly higher anxiety level than government teachers is rejected, however the mean value of private teachers on anxiety was found higher than government teachers.

DISCUSSION

The main objective of the present study was to compare the anxiety among government teachers and private teachers. However, result of the present study indicates that there is no significant difference in terms of

anxiety among government female teachers and private female teachers. Mean value of government teachers on anxiety scale is 17.73 which means most of the government teacher have mild level of anxiety. The mean value of private teachers on anxiety scale is 22.03 which means private teachers have also mild level of anxiety. The t-value of both groups is 1.58 which is not significant on any level.

So the hypothesis of this research that private teachers will have significantly higher anxiety level than government teachers is rejected. Result of this study is contradictory with previous studies Sathiyaraj & Singaravelu (2013) and Kumar & Yadav (2013) found that private teachers have more anxiety than government teachers.

CONCLUSION

There was no significant difference between both groups in terms of anxiety. However, the mean value of anxiety was found higher among private teachers.

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