



**THE IMPACT OF OCCUPATIONAL STRESS AND JOB
SATISFACTION ON PHYSICAL EDUCATION
TEACHERS**

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ABSTRACT

Stress is a very difficult and annoying words in a person's life everybody is a busy in daily life but when this work becomes excessive the great over will be traced and depression comes in their life so she is completely exhausted educational source are those that related to our experience in the world of work career when the immediate solution of many problems is not found and the result of it mental problem arises it is said to be trace this concept arises in a person live when his physical is in danger

Keywords: - education, teachers, impact, depression, Stress, personal Life

1. INTRODUCTION

The word stress is derived from the Latin word strange trace is the wear and Tear our body experience as well adjust to our continually changing in environment it has physical and emotional effect on as and can create positive and negative fitness going to school or into a new job for the first time are some of the stressful situation teaching has become more demanding and intense job it has been identified as one of the profession associated with every high level of occupational stress the relationship of job satisfaction of occupational trays and other negative factors such as intention to leave teaching has been studied in the various circumstances (**Shinde and Anjum, 2007**) has been defined as the experience of negative emotional such as frustration worry and anxiety and depression.

2 CONCEPT OF OCCUPATIONAL STRESS

Stress in human life is related to various factors and it is related to various factors and it is related to Physical mental financial, social etc. Stress is a natural words, stress is not bad in itself. But when stress is created by undeniable outcomes, it becomes distress. The concept arises is the person life when his physical and mental danger. There are many sources for circumstance of stress. when a problem arises suddenly is one life, that strays is created is we take an example of a Teacher's their job is to teach student however it can be very stressful and something can be challenging physical education teaching is considered as one of the most stressful job in their days become the modern was in the fall of stress (**Champlain, 1995**). Stress is a feeling of physical and emotional tension.

Job shun is a particular is the inability to cope with the pressure is a job. Teacher stress is a specific something can be challenging. Teaching is considered as are of the most stressful job is there day because the modern words is full of stress.

3 INDIVIDUAL ATTRIBUTED FACTORS

These are so many factors influencing stress and there are individual factors, which as follow.

3.1. Family Problems

Family issue in the personal life of individual sound material relationship, mortal discipline and healthy children lead to happy personal life of individuals who are made marital discipline and healthy children's lead to happy personal life of individuals for mental relationship, problematic children's finally separation, early death of sports or other family members are some of the reasons for greater stress as an individual(**Agarwal, 2004**).

3.2 Economical problem

Economic difference equation is the main causes of stress. Poor management of personal finance heavy family explained constant demand for money, poor income early capacity and slow fitness growth is once job are some of the economic reasons responsible for greater stress (**Anitha, 2006**).

4. ORGANIZATIONAL FACTORS

4.1 Working condition

Working condition and stress are inversely related employers is poor working environment are subjected to greater stress. Some of the working condition the lead to more strays are crowded work stress, noise, heat, polluted air etc. (**Ausekar, 1996**).

4.2 Organizational Task

Organizational task are designed to meet objective and goal poorly design task lead to greater stress. Task autonomy task interdisciplinary task demand and task overload are some of the

factors of organizational task become potential reasons for stress if not properly designed (Armstrong, 2006).

5. ENVIRONMENTAL FACTORS

5.1 Social, cultural and environmental

Social factor influence the lifestyle of employees certain social measures such as health protection, civil facilities and social groups reduce stress in the employees. Certain sociological variable such as Race 6 social class Gender and cultural factors such as benefits customs and traditional are potential test actors (Bahari, 2003).

5.2 Economic and Political

This encompasses income level, demand and supply ect. Change is these factors make new demands on the both organization and employees. This creates stress if the employees are unable to adjust to the new situation. For instance it increase influence level create pressure on employees income level leading to stress. Every political party that forms the Government. Wishes to either enact new laws and regulations are bring change in the existing ones (Chandreshwari, 2013).

5.3 Impact of Job Satisfaction

Job Satisfaction is the combination of two words “Job and Satisfaction” Job satisfaction is an occupational activity perform by an individual is turns for a rewards, satisfaction refers to the way one felts about events people things job satisfaction concept has come from industrial psychology and it is now one of the most explored concept. Several job elements contribute to job satisfaction. The most essential amongst them are wage structure, nature of works, promotion changes and quality of separation group and working condition (Dixit, 1986).

5.4 Auxiliary components of job satisfaction

Physical education teacher from many factors while doing their job as follows. **5.4.1 6.**

PROMOTION

Promotional opportunities influence job considerably. The desire for promotion is greatly strong among employees as it involves change in the job content, pays, responsibility, independence status and the likes. An average employees and a typical government organizational can hope to get two or three promotion in his entire service, thongs chance of promotion are better in the private sector (George and Jones, 2005).

6.1 Wedges

Wages play a very important role in influencing job satisfaction; as a result of reasons.. First money is an important instrument is fulfilling one’s need and two employees often see pay as a replication of management concern for them. Teachers want a pay stress, which is simple, fair and is line with their expectation. When play is seen as based on job demand, and individual skill level and commonly play standards, satisfaction is likely result (Gupta and Gehlawat, 2013).

6.2 Nature of works

Most of teachers need intellectual challenges on Jobs. They tend to desire being give opportunity to use their skills and ability to bring offered a variety of task freedom and feedback on how will they are doing. These characteristics makes job mentally challenging (Gupta and Joshi, 2014).

7. WORK GROUP

The work group provides as a source of Satisfaction to individual teachers. It does so, chiefly by providing group members, with opportunities for arias. Education provided on opportunity to develop one's personality. It enhances individual wisdom, visualization, judgment,

understanding and common sense. Highly educated teachers' posers' persistence, rotationally and thinking power. They can understand a situation and a prices it positively (**Ahmed, Abdal and Sajid, 2003**). They are likely to express satisfaction with the jobs.

All of the above supporting factors help to teachers in the physical education to the find job satisfaction.

8. CONCLUSION

This conclusion ultimately leads to the conclusion that job stress and satisfaction depends on the effectiveness of their work. More work and less time increase the likelihood job stress. Job satisfaction of teachers is to improvement because their attitude towards. Job affect the learning process of the student only satisfied teachers can perform well in the classrooms and ground and their quality of teaching improve they become more industries and show greater amount of commitment to the teaching- learning process.

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