

WILL NERVOUS TENSION EFFECT ACADEMICIANS IN TODAY'S INDIAN SCENARIO?

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Abstract

Academicians role has been one of the nurturing and developing student's potential. As technology is emerging teacher has to develop new knowledge and skills to perform new task effectively. These demanding roles increase the level of nervousness in teachers. The study aims to find the effect of nervous tension in academicians in today's Indian scenario. A comparative study has been conducted on a total of 50 female teachers working in private and government sector. Burnout questionnaire has been used to analyse nervous tension. The T- test was applied on the collected data and the mean difference was found to be 2.2 and the P-value calculated was 0.47. The result shows that government teachers experience more nervous tension/burnout than private teachers.

Introduction

Nervous tension is "A state of physical, emotional or mental exhaustion caused by long term involvement in situations that are emotionally demanding⁶. It causes tiredness, demoralization, decline in performance, decrease in occupational motivation and joy of living which is experienced personally. It also causes aggressiveness, quality and competence in work does not just affect the person who is exhausted but also other people who interacted with them⁴. The manifestation of burnout/ nervous tension is a function of stressors instigated at both the environmental-organizational and personal levels⁵. Especially the performance of the teachers who are responsible with the education of people in the society is affected negatively⁴. An academician helps the student in shaping up the whole life of an individual by providing knowledge and improves the skills of students². Teacher nervous tension may reduce student's intrinsic motivation which may deteriorate learning and engagement in task³. Nervousness can lead to body's autonomic fight and flight response that can trigger when threatened or under some pressure or facing a challenging situation.

Methodology

Research design: comparative study

Sample design: Convenience sampling

Sample size: N-50 (25 Government and private each)

Sample source: Community

Inclusion criteria

1. Age group between 25-50 years.
2. School Teachers.
3. Working Hours: More than 5 hours

Exclusion criteria

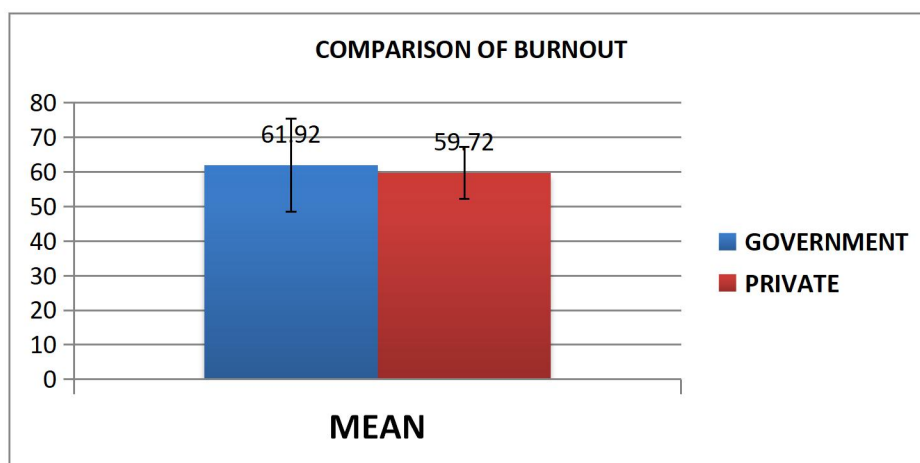
1. Mental Disorder
2. Pregnant teachers
3. Teachers who have less than one year of working experience.

Result and discussion

The purpose of the study was to investigate level of nervous tension or burnout experienced by government and private teachers. The analysis shows that government teachers had more burnout than private female teachers. The maximum level of nervousness found in government teachers was 92 indicated dangerous amount of burnout while in private teachers it was 76 indicated high amount of stress on the job.

Table 1 comparison of burnout questionnaire between government and private female teacher's

GROUP	NO OF SAMPLE	MEAN	STANDARD DEVIATION	p-VALUE
GOVERNMENT	25	61.92	13.460	0.478
PRIVATE	25	59.72	7.458	0.479



Graph 1 comparison of mean of burnout in government and private teachers

The mean calculated in government and private teachers was 61.92 and 59.72 respectively as shown in Table 1. The mean difference calculated was 2.2 (Graph 1). The above result was supported by Jasim- Al- Asadi in 2008 and Gulen Baran et al in 2010 that government teachers experience more nervous tension than private one.

Conclusion

The obtained result supports the experimental hypothesis that is Government teacher experiences more nervous tension than Private teachers. Being an occupational therapist nervous tension/burnout should be addressed for the treatment in both government and private sectors. Management of nervousness includes balance between work and daily activities ie in performance areas through relaxation techniques like Progressive muscle relaxation (Jacobson relaxation technique), deep breathing exercises, and visual imaginary technique. Other occupational therapy intervention techniques include Activity-scheduling, work simplification, incorporating leisure activities and lifestyle modification. As the above techniques helps in reducing burnout that ultimately results in better wellbeing.

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