

A STUDY ON STRESS LEVEL OF WOMEN PROFESSORS IN ARTS AND SCIENCE COLLEGES WITH SPECIAL REFERNCE TO COIMBATORE CITY

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Abstract- This study looks into the stress levels that female professors in Coimbatore's colleges suffer. In academia, stress is a common problem, especially for faculty members, and it is important to recognize how it affects women professors in order to support their health and productivity. Work-life balance, institutional support, workload, gender-specific problems, and work-life balance are just a few of the issues that are explored in this research using both quantitative and qualitative techniques. Data will be collected by means of surveys and interviews with female faculty members in colleges located in Coimbatore. By shedding light on the particular pressures that female professors in this setting encounter, the results will help develop solutions to reduce stress and improve their work experiences.

INTRODUCTION:

Stress is an inevitable part of life. People who ask for assistance frequently do so because they are dealing with stresses, conditions, and other aspects of their lives that are overwhelming them both mentally and physically. No one is stress-free in today's world of rapid change, and no job is stress-free either. Whether it be in the context of a family, business, organization, job, study, or any other social or economic activity, stress is faced by all.

The most challenging and stressful career is teaching. Teachers have a very high stress level since they have to play a multiple role. Stress among teachers is acknowledged as a real happening. To put it simply, stress is an uncomfortable feeling that people experience when they fear they won't be able to handle demands or other forms of extreme pressure. We study the stress that female college professors face in our study, with particular focus on the city of Coimbatore.

STATEMENT OF PROBLEM

A study of female professors' stress management is present issue. The majority of female professors nowadays report higher levels of stress at work. For all female professors in any field, balancing work and family obligations has become increasingly challenging. Stress is a typical experience. It is challenging for women teachers in any field to maintain a balance between their personal and professional lives. As a result, female academics often experience extreme stress, which leads to serious issues. Effective stress management is crucial for female academics to enhance their personal and familial relationships. The goal of the study is to examine the degree and impact of stress experienced by female instructors in Coimbatore.

OBJECTIVES

1. To analyze the socioeconomic profile of the respondents.
2. To identify different measures and techniques to reduce job stress.
3. To analyze the impact of stress of women professors.
4. To study the stress level of satisfaction among women college professors.

SCOPE OF THE STUDY

The female college professors are essential to this study on stress management. due to the stress arising from work, family, choices, your future, and other factors. Stress affects the body and the mind. Major life events like illness, changes in duties or expectations at work, getting promoted to a better position, avoiding losing your job, or organizational changes are the main cause of it.

RESEARCH METHODOLOGY

Research methodology is a systematic approach or framework used by researchers to conduct their investigations, gather data, analyse findings and conclusions. Methodology is a way to systematically solve a research problem. It explains the various steps that are generally adopted by a researcher to solve a research problem.

SAMPLING METHOD:

Convenience sampling method was used for selecting the respondents.

AREA OF THE STUDY

The area of the study is about Coimbatore City.

SAMPLE SIZE:

The sample size taken for the present study is 120 respondents.

METHOD OF DATA COLLECTION

Sources of data:

- Primary data

Primary data:

The present study is based on primary data. It is collected through questionnaire.

LIMITATIONS OF THE STUDY

- Due to limited time, the study was unable to choose a large enough sample.
- Moreover, participants might have understated their stress levels out of fear of punishment or social desirability bias.
- The study might only include a small number of participants, which could limit how broadly the results can be applied;
- The study might only measure stress levels for a limited amount of time.

REVIEW OF LITERATURE

- **(Wang, Y., & Liu, Q. 2024)¹** investigate the role of organizational support in mitigating stress among women professors across various higher education institutions, emphasizing the significance of supportive work environments in fostering faculty well-being.
- **(Garcia, R., & Martinez, E. 2023)²** delve into the coping mechanisms and stress management strategies adopted by women professors in STEM fields, offering practical recommendations for promoting well-being and resilience among female STEM faculty members.
- **(Chen, S., & Lee, T. 2022)³** Role Strain and Stress Among Female Faculty it research examines the role strain experienced by female faculty members across different academic disciplines, providing valuable insights into the disciplinary variations in stress levels among women professors.

ANALYSIS AND INTERPRETATION

4.1 SIMPLE PERCENTAGE ANALYSIS

It is a method of analysing data or information by expressing it in terms of percentages. It helps in expressing parts of a whole or segments of data in terms of percentages, making it easier to understand and compare.

S.NO	VARIABLES	CATEGORIES	NO. OF RESPONDENTS	PERCENTAGE
01.	Age	Below 30	10	8.33%
		30 – 40	57	47.5%
		41 – 50	39	32.5%
		51 and above	14	11.67%
02.	Monthly Income	Up to 10,000	7	5.83%
		10,000 – 25,000	44	36.67%
		25,001 – 40,000	53	44.17%
		Above 40,000	16	13.33%
03.	Years of teaching experience	0 – 5yrs	3	2.55%
		6 – 10yrs	58	48.33%

		11 – 15yrs	40	33.33%
		16 and above	19	15.83%
04.	Marital status	Married	71	59.17%
		Unmarried	49	40.83%
05.	Status of the Institution	Autonomous	106	88.33%
		Non-autonomous	14	11.67%
06.	Main source of stress	Checking emails constantly	11	9.17%
		Faculty meeting of stress	28	23.33%
		Working time	36	30%
		Ignoring personal needs to work deadlines	45	37.5%
07.	Stress reduction techniques	Regular breaks during hours	31	25.83%
		Mindfulness or meditation	28	23.33%
		Physical exercise	32	26.67%
		Time management strategies	29	24.17%
08.	Effective measure to reduce job stress	Time management strategies	23	19.17%
		Practicing mindfulness techniques	22	18.33%
		Regular exercise routine	21	17.5%
		Setting clear boundaries between work and personal life	54	45%
09.	Beneficial in reducing job stress	Effective communication	25	20.83
		Stress management workshops	19	15.83
		Mindfulness meditation practice	33	27.5
		Practicing relation techniques	43	35.83
10.	Overwhelmed by overload	Rarely	34	28.33
		Occasionally	51	42.5
		Frequently	29	24.17
		Always	6	5
11.	Stress affected your overall well-being	Physically	40	33.33%
		Emotionally	29	24.17
		Professionally	32	26.67
		Socially	19	15.83
12.	Stress impact your interactions with students and colleagues	Decreases communication and collaboration	39	32.5
		No impact	14	11.67
		Increases tension conflict	41	34.17
		Affects productivity and confidence	26	21.67
13.	Faced gender – related challenges in professional life	Yes	29	24.17
		No	91	75.83

14.	Stress impact your ability to engage in research or scholarly activities	Decreases focus and productivity	24	20
		Impairs critical thinking	20	16.67
		Reduces motivation and creativity	48	40
		Hinders problem- solving skills	28	23.33
15.	Aspects of your job you the most satisfaction	Teaching	70	58.33
		Research opportunities	20	16.67
		Colleagues relationships	20	16.67
		Administrative support	10	8.33
16.	Satisfied with the opportunities for career development provided by the institution	Yes	107	89.17
		No	13	10.83

(SOURCE: PRIMARY DATA)

INTERPRETATION

The above shows that Mostly (47.5%) of the respondents under the age group between 30 – 40 years. Mostly (44.17%) of the respondents earns income per month of Rs. 25,001 – Rs. 40,000. Mostly (48.3%) of the respondents are 6 – 10 years. Majority (59.17%) of the respondents are Married. Majority (88.33%) of the respondents are Autonomous. Mostly (37.5%) of the respondents are Ignoring personal needs to work deadlines. Mostly (26.67%) of the respondents are Physical exercise. Mostly (45%) of the respondents are Setting clear boundaries between work and personal life. Mostly (35.83%) of the respondents are Practicing relation techniques. Mostly (42.5%) of the respondents are Occasionally. Mostly (33.33%) of the respondents are Physically. Mostly (34.17%) of the respondents are Increases tension conflict. Majority (75.83%) of the respondents are No. Mostly (40%) of the respondents are Reduces motivation and creativity. Majority (58.33%) of the respondents are Teaching. Majority (89.17%) of the respondents are Yes.

RANK ANALYSIS METHOD

Rank analysis involves the process of assigning a numerical ranking to a set of data points based on specific criteria or attributes. It is used to determine the relative position or standing of each data point within the dataset.

Ranking Analysis Method

Average Rank = $\frac{\sum (\text{Rank of item})}{\text{Number of Respondents}}$

RANKING IS BASED ON STRESS LEVEL OF WOMEN PROFESSORS

S.NO	FACTORS	TOTAL	RANK
1	Flexible work arrangements	445	III
2	Work - life balance	439	IV
3	Social support network	450	II
4	Training and skill development	453	I
5	Stress management workshops	383	V

(Source: Primary Data)

INTERPRETATION

The above table show that the Training and Skill Development of which was given 1st rank, towards the stress of the Social Support Network was given the 2nd rank, Flexible Work Arrangements which was given as 3rd rank, Stress about the Work-life Balance and Stress Management Workshops were 4th and 5th rank of stress level.

WEIGHTED AVERAGE METHOD

Weighted average method is a technique used to calculate the average of a set of values, where each value is assigned, a weight based on its relative importance or significance.

Weighted Average Mean

$$XW = \frac{\sum WX}{\sum W}$$

XW = Represents the weighted arithmetic mean

X = Represents the Variables

W = Represents the weight attracted to the variable x

THE IMPACT OF STRESS LEVEL OF WOMEN PROFESSORS

S.NO	FACTORS	TOTAL	MEAN SCORE	RANK
1	Time Management	393	39.3	I
2	Carrer advancement	361	36.1	II
3	Work-life balance	350	35	III
4	Harmful on health	338	33.8	V
5	Facing unique challenges compared to other professors	344	34.4	IV

(Source: Primary Data)

INTERPRETATION

The above table show that the Time management which was the 1st rank, towards the Carrer advancement was given the 2nd rank, Work-life balance was given the 3rd rank, Facing unique challenges compared to other professors was given the 4th rank and last the Harmful on health was given the 5th rank.

THE LEVEL OF SATISFACTION AMONG WOMEN PROFESSORS

S.NO	FACTORS	TOTAL	MEAN SCORE	RANK
1	Current position as a college professor	438	29.2	III
2	Professional development opportunities	454	30.27	II
3	Facilities provided by colleges	424	28.27	IV
4	Satisfied with your job as professor	477	31.8	I
5	Work-life balance	418	27.87	V
6	Resources satisfied	398	26.53	VI

(Source: Primary data)

INTERPRETATION

The above table shows that the Satisfied with your job as professor which was the 1st rank, towards the Professional development Opportunities was given the 2nd rank, Current position as a college professor was given the 3rd rank, Facilities provided by was given the 4th rank, Work-life balance was given the 5th rank and last the Resources satisfied was given the 5th rank.

FINDINGS

- Mostly (47.5%) of the respondents under the age group between 30 – 40 years.
- Mostly (44.17%) of the respondents earns income per month of Rs. 25,001 – Rs. 40,000.
- Mostly (48.3%) of the respondents are 6 – 10 years.
- Majority (59.17%) of the respondents are Married.
- Majority (88.33%) of the respondents are Autonomous.
- Mostly (37.5%) of the respondents are Ignoring personal needs to work deadlines.
- Mostly (26.67%) of the respondents are Physical exercise.
- Mostly (45%) of the respondents are Setting clear boundaries between work and personal life.
- Mostly (35.83%) of the respondents are Practicing relation techniques.
- Mostly (42.5%) of the respondents are Occasionally.
- Mostly (33.33%) of the respondents are Physically.
- Mostly (34.17%) of the respondents are Increases tension conflict.
- Majority (75.83%) of the respondents are No.
- Mostly (40%) of the respondents are Reduces motivation and creativity.
- Majority (58.33%) of the respondents are Teaching.
- Majority (89.17%) of the respondents are Yes.
- Majority of the Training and Skill Development ranked first.
- Majority of the Time management ranked first.
- Majority of the Satisfied with your job as professor ranked first.

SUGGESTIONS

1. Perform an extensive assessment of the literature on the stressors that affect women academic teachers, paying special attention to research that discuss the particular difficulties that women in higher education experience.
2. Create a systematic survey instrument or interview guide to collect information on the pressures that are unique to women instructors at Coimbatore institutions. Ask about work-life balance, institutional support, gender-related problems, and workload.

3. Examine how organizational support systems that offer childcare, flexible work schedules, and mentorship programs can help reduce stress among female professors.
4. Examine the stress levels of female instructors at Coimbatore institutions' various academic fields to find any stresses or coping techniques unique to your field.
5. To obtain further in-depth understanding, think about using qualitative research techniques like focus groups or in-depth interviews.

CONCLUSION

The research on the stress levels of female college instructors, especially in Coimbatore City, illuminates a frequently disregarded facet of academia. The results highlight the heavy strain these professionals bear, which originates from a number of factors including workload, role expectations, and institutional support. The distinct environment of Coimbatore City offers insightful information about the particular difficulties faced by female instructors in a local university setting.

The study also emphasizes how critical it is to provide focused interventions and supportive systems in order to lessen the stress that female teachers endure. Introducing programs like flexible work schedules, mental health resources, and mentorship can help create a more encouraging atmosphere in educational institutions. Furthermore, de-stigmatizing and increasing awareness of stress and mental health issues might support female professors.

BIBLIOGRAPHY

BOOKS

1. John A. Romas & Manoj Sharma "Practical stress management: A Comprehensive Work book.
2. Brain L. Seaward "Managing Stress.
3. Karen Kelsky - While not specifically focused on stress levels, this book offers insights into the challenges of academia and navigating the academic job market, which can contribute to stress among professors.
4. Maggie Berg and Barbara K. Seeber - This book discusses the pressures and expectations placed on academics, including professors, and offers strategies for reclaiming a healthier work-life balance.
5. Kelly Ward and Lisa Wolf-Wendel - Although this book primarily focuses on the experiences of academic mothers, it addresses the intersection of work and personal life in academia, which can be a significant source of stress for women professors.

WEBSITE LINKS

6. <https://www.womensnetwork.com.au/what-are-the-causes-of-stress-among-working-women>
7. <https://www.researchgate.net/publication/314802039FactorsCausingStressamongWorkingWomenandStrategiestoCopeUp>
8. <https://my.clevelandclinic.org/health/articles/5545-women-and-stress>
9. <https://www.verywellmind.com/stress-and-health-3145086>
10. <https://www.educba.com/stress-management-strategies/?msclkid=ed7b4611cd4311ecbae7c92cb933f842>
11. <https://www.webmd.com/balance/causes-of-stress?msclkid=831cacdfcd4311ec8c498ae749d32d7d>