

Effectiveness of stress management training program among university teachers: A pre-test and post-test study.

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Abstract: The study aims to see the effectiveness of stress management training program among University teachers. Purposive sampling method was used to collect the data. In the pre-test phase there were 46 teachers who filled the Perceived Stress Scale by Sheldon Cohen (1983). Eight teachers agreed to participate in the post-test phase. Dance Movement Therapy was used as a stress reduction technique for the intervention. Moderate level of stress was found among all the teachers in pre-test phase who later agreed to participate in intervention as well as in post test evaluation. It has been found after applying appropriate statistical analysis that there exists a difference between pre-test and post-test as the t-value was 4.007 and it is significant at .005. Dance Movement Therapy proved to be effective as there was 50% decline in the level of stress after the intervention.

Keywords: Stress, Occupational Stress, Stress Management, Dance Movement Therapy

I INTRODUCTION

The world we are living in is so complicated; there is hustle and bustle in everybody's life. One of the major problems we are suffering from is Stress. Wherever we go whoever we meet we see that there is so much going on in everyone's life. When we are faced with any challenge or we encounter any threat we show a biological and psychological response because we feel that we don't have resources to tackle it, that phenomena is called Stress. At some point of our lives we all encounter stressful events, and those events and stimulus are known as Stressors. There are two types of stress. Eustress, this helps in performing better in tasks and helps a person to feel motivated, energetic and helps him to take action which benefits him. The other is Distress, causes our body's wear and tear which decreases the person's ability to cope. It leads to anxiety, unpleasant feelings and decreased performance and interferes with the person's ability to think clearly and make decisions. Stress disturbs an individual in number of ways. It has its impact on cognitive, behavioral, physiological and emotional state of an individual.

One of the most common issues faced by the workers globally is occupational stress. Occupational stress can affect employees belonging to any level of the organizational hierarchy. The nature of work is affected by excessive work load. Some level of stress is good for better job performance but high levels can have devastating impact on the ability of the worker. It is a result of unexpected responsibilities about which the worker has no knowledge or proper skills and faces problems in decision making.

Stress management is defined as a person's physiological response to an external stimulus that triggers the 'fight-or-flight reaction. Our entire well being is at risk if we are living with high levels of stress. Stress negatively affects our emotional equilibrium, physical well being and also our performance at workplace. It is always better to take some action as soon as possible when we find out that stress is leading to burnout.

It is very important to reduce stress from our lives so that we can maintain our health and can be more productive. Stress has a very powerful impact on our well being as it leads to the development of various diseases ranging from common cold to heart stroke. There are many ways to reduce the harmful effects like relaxation techniques, yoga, exercise, deep breathing, meditation, mindfulness, dance movement therapy. If followed properly with full dedication and will power, these techniques will definitely help.

In this study the major focus is on helping teachers if they are facing stress in their lives. Teachers have to go through a lot so they can give best to their students. They have to be patient and deal with the various requirements of the institution. As education is the base of an entire nation, it is important that the teachers, who ensure the future of the country by educating its youth, live a stress free life to give their best to their students and indirectly contribute to the bright future of the nation.

According to some researches it is found that there has been decrease in the levels of stress. A study found that

cognitive behavioral stress management training program brought significant change in level of stress among teachers who attended the workshop (Susan G. Forman, 1982). Another study examined the interaction between two stress management strategies in reducing stress, Self-directed versus directed lecture discussion (Friedman, Lehrer and Steven, 1983). The study proved that stress management program was effective in reducing stress by teaching coping skills. Some techniques not only help in reducing the level of stress but also improve other dimensions. A study showed improvement in sleep, great levels of self-kindness, mindfulness and overall self-compassion in high school educators using mindfulness-based stress reduction program (Frank, Reibel, Broderik, Caantrell and Metz, 2013).

Dance movement therapy is beneficial for mind and body. It is a correlation between emotion and movement. When we dance, endorphins are released in our body which are also known as good hormones and make us feel happy. This therapy helps to reduce stress and manages mood. One study proved that 10 group-therapy sessions of Dance Movement Therapy resulted to be more effective in reducing psychological distress and was found to be very helpful in stress management. The effect of stress management program which included cognitive behavioral therapy and yoga proved to be very promising (Granath, Ingvarsson, Thiele and Lundberg, 2000). Deep breathing has positive effect on one's well being by reducing the amount of stress, it has been proved by a study (Perciavalle et al., 2016)

II Method

- *Objectives:*
- To measure the stress among teachers of Lovely Professional University.
- To test the effectiveness of stress management technique on stress by using Dance Movement Therapy
- Hypothesis
- There exists stress among university teachers.
- Stress management technique is effective in managing stress.

- *Sample*

Purposive sampling method was used to collect the data. Initially it was intended to collect data from 50 teachers of Lovely Professional University (School of arts and languages), for pre-test data collection. The teachers were approached to participate in the study. Those who agreed were asked to fill Perceived Stress Scale. Forty six teachers filled the form in pre-intervention phase but only eight showed up in intervention and post-test evaluation.

- *Tools*

Perceived Stress Scale (PSS) was used to measure the level of stress. It was developed by Sheldon Cohen in 1983. It is one of the most widely used scales for measuring the perception of stress. The scale measures the degree to which situations in one's life are evaluated as stressful. There are 10 items which are general in nature and are easy to understand.

- *Procedure*

There were 46 teachers who agreed filled the PSS in pre-intervention phase. They were told that there will be a program in which an intervention will be introduced to help them cope up with stress. There were only 8 teachers who showed up in the post-test phase where they were introduced to Dance Movement Therapy. Later on they were given PSS to complete post-test phase. Paired sample t-test was used to see the difference between the mean of stress level among teachers in the pre-test and post-test and to see if the difference was significant.

Statistical Analysis:

Paired sample t-test was used to see the difference between the mean of stress level among teachers in the pre-test and post-test and to see if the difference was significant.

III RESULT AND DISCUSSION

Table I: Mean stress values of the sample before and after intervention

| | Mean | N | T | p-value |
|----------------------------|-------|---|-------|---------|
| Before Intervention | 19.13 | 8 | 4.007 | .005 |
| After Intervention | 13.00 | 8 | | |

This table reveals that the t value is 4.007 and p value is .005 which indicates that there is a significant difference between pre test and post test, so the hypothesis which states that there exists a significant impact of stress management technique in controlling the level of stress among the sample group is accepted. The result supports the hypothesis.

Table II: Frequency and percentage of sample group with respect to level of stress before the intervention

| Level | Range | f | % |
|----------|-------|---|-------|
| Low | 0-13 | 0 | 0 % |
| Moderate | 14-26 | 8 | 100 % |
| High | 27-40 | 0 | 0 % |
| Total | | 8 | 100 |

This table states that among sample size of 8 teachers, all shows moderate level of stress before the intervention. The hypothesis which states that there exists stress among university teachers is hence proved, because there exists a moderate level of stress in sample size among university teachers.

Table III: Frequency and percentage of sample group with respect of stress after the intervention.

| Level | Range | f | % |
|----------|-------|---|-----|
| Low | 0-13 | 4 | 50% |
| Moderate | 14-26 | 4 | 50% |
| High | 27-40 | 0 | 0% |
| Total | | 8 | 100 |

The states that among sample size of 8 teachers, 4 teachers show low level of stress and other 4 teachers show moderate level of stress, which indicates that there is a decline of 50% level of stress among the teachers after intervention.

IV CONCLUSION

- There exists stress among university teachers. The table-2 shows that the sample group of 8 teachers is experiencing moderate level of stress
- It can be concluded that there exists a significant difference between mean stress values of before the intervention and after the intervention as shown in table-1.
- Dance movement therapy proved to be effective in managing stress. As shown in table-3, there was 50% of decline in level of stress after the intervention.

V RECOMMENDATIONS

Dance movement therapy is beneficial in reducing the level of stress. It could be introduced as a program in educational institutions to help teachers cope with stress.

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