

DIMENSIONS INFLUENCING STRESS IN SELF-FINANCING ARTS AND SCIENCE COLLEGE USING FACTOR ANALYSIS

Shanthi Rangasamy^{1*} and G. Selvaraj²

¹Research Supervisor, Department of Management, Kaamadhenu Arts & Science College, Sathyamangalam, Erode-638 503, Tamil Nadu, India

² Research Scholar, Department of Management, Kaamadhenu Arts & Science College, Sathyamangalam, Erode-638 503, Tamil Nadu, India

***Corresponding Author Email.ID : rangasamyshanthi@gmail.com**

ABSTRACT

Stress plays vital role in human life. Without stress it is highly impossible to live. This is same across all industries. The Research Design is descriptive in nature. The sample design is convenience sampling. The sample size is 150. The sampling area is Sathyamangalam and the college selected for the study are Kaamadhenu Arts and Science College, Ayyan Thiruvalluvar Arts and Science College and Gandhi Arts and Science College located in and around Sathyamangalam. Factor analysis is the statistical tool used for analysing the data. From factor analysis 7 factors were extracted and the Seven factors were found to influence stress among the employees of 3 colleges selected for the study.

Key Words: Stress, College, Work life balance, Salary and Misunderstanding

INTRODUCTION

Stress is a part of life. Like all the basic necessities, stress is also unavoidable. Whether it is workplace or family, without stress no one is there. Stress is experienced by all teaching communities whether it is government or private. Mostly the factors which influenced stress are salary, over workload, conflict between superior and subordinate.

REVIEW OF LITERATURE

Many studies carried out in the past insights that faculties of self financing Arts and Science College experience more stress because of many reason like poor salary, over workload, no

growth, inadequate infrastructure, inadequate faculties, lack of recognition etc.,(Kaur 2011; Poornima 2012; Sindu 2014; Bhuvaneshwari 2013; Reddy 2007)

OBJECTIVES

The main objectives of the study is to find out the factors which influence stress among the teaching faculties in self-financing Arts and Science College

RESEARCH METHODOLOGY

The Research Design is descriptive in nature. Convenience sampling is a method used for sampling. 150 faculty members are used to carry out research.

RESULTS AND DISCUSSION

The value of Cronbach's Alpha is .860 which means the items used for the study are reliable and can be further proceeded for analysis.

Reliability Scale Statistics

Cronbach's Alpha	Mean	Std. Deviation	N of Items
.860	472.62	31.974	72

FACTOR ANALYSIS

The value of KMO statistics is found to be 0.794 and Bartlett's test of sphericity is highly significant at 0.01 level. Hence with this data, we can perform factor analysis. Few Items **do not contribute to any factor. Hence they were removed and the final Matrix is as follows**

	Component						
	1	2	3	4	5	6	7
Items measuring stress							
ITEM 1	.731						
ITEM 2	.724						
ITEM 3	.717						

ITEM 4	.708						
ITEM 5	.692						
ITEM 6	.691						
ITEM 7	.682						
ITEM 8	.680						
ITEM 9	.669						
ITEM 10	.639						
ITEM 11	.635						
ITEM 12	.634						
ITEM 13	.624						
ITEM 14	.619						
ITEM 15	.616						
ITEM 16	.613						
ITEM 17	.591						
ITEM 18	.585						
ITEM 19	.584						
ITEM 20	.580						
ITEM 21	.568						
ITEM 22	.561						
ITEM 23	.550						
ITEM 24	.538						
ITEM 25	.537						
ITEM 26	.506						
ITEM 27	.505						
ITEM 28	.504						
ITEM 29	.502						
ITEM 30		.754					
ITEM 31		.742					
ITEM 32		.664					
ITEM 33		.627					
ITEM 34		.620					
ITEM 35		.552					
ITEM 36		.543					
ITEM 37		.529					
ITEM 38			.835				
ITEM 39			.751				
ITEM 40			.742				

ITEM 41			.742				
ITEM 42			.732				
ITEM 43			.633				
ITEM 44			.626				
ITEM 45				.613			
ITEM 46				.612			
ITEM 47				.588			
ITEM 48				.570			
ITEM 49				.557			
ITEM 50				.541			
ITEM 51				.506			
ITEM 52				.501			
ITEM 53					.807		
ITEM 54					.699		
ITEM 55					.688		
ITEM 56					.683		
ITEM 57					.612		
ITEM 58						.846	
ITEM 59						.764	
ITEM 60						.762	
ITEM 61						.556	
ITEM 62						.527	
ITEM 63						.503	
ITEM 64							.757
ITEM 65							.732
ITEM 66							.731
ITEM 67							.695

The seven Factors are named as F1 - Work related **factor**, F2 – Personal related **factor**, F3 – Psychological related **factor**, F4 – Social related **factor**, F5 – Institution related **factor**, F6 – Monetary related **factor** and F7 – Role related **factor**.

CONCLUSION

Stress is common in all spears of world. In our study, more stress is experienced by faculties of Arts and Science College located in and around Sathyamangalam. The management of the college needs to take care of stress among the faculties who are main resource of an institution.

hence the management should adopt policies which are supportive to the institution, their faculties and other stakeholders. It should also take care of monetary and non-monetary benefits of the employees. Not only that to relief from stress it should organise various programmes by which the stress can be reduced or completely removed. User-friendly environment is much needed for the need of hour.

BIBLIOGRAPHY

1. Reddy, G. L., Poornima, R. International Journal of Educational Planning & Administration, ISSN 2249-3093 Volume 2, Number 2 (2012), pp. 109-124.
2. Kaur, S. Comparative Study of Occupational Stress among Teachers of Private and Govt. Schools in Relation to their Age, Gender and Teaching Experience, International Journal of Educational Planning & Administration. ISSN 2249-3093 Volume 1, Number 2 (2011), pp. 151-160.
3. Reddy, G. L. Occupational stress, professional burnout and job satisfaction of special education teachers. Major Research Project (Report Submitted to Ministry of Social Justice and Empowerment, Govt., of India, New Delhi), Dept., of Education, Periyar University, Salem (2007).
4. Sindhu, K.P. (2014). A Study on Stressors among College Teachers. Journal of Business and Management, 16(7), 37-4.
5. Bhuvaneshwari, M. (2013). A Case Study on Psychological and Physical Stress Undergone by Married Working Women. Journal of Business and Management, 14(06), 38-44.