

# “EFFECT OF THE STUDENT DISRUPTIVE BEHAVIOUR DIMENSION OF OCCUPATIONAL STRESS ON THE TEACHERS”

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## Abstract:

In the present paper, after assessing the occupational stress of teachers of private University on the basis of student disruptive behavior dimension of occupational stress their facts have been presented. an attempt has been made to tell how harmful and beneficial this occupational stress is. what are its disadvantages to the students and teachers in the institution, all this is being done through paper for the favor of the society and the favor of the students and the institution.

The present research paper is about occupational stress related to teachers recently occupational stress is increasing due to globalization and global economic crisis which is affecting almost all countries, all professions and all categories of workers, as well as families and societies. Many organizations want to reduce and prevent the employee stress because they observe that it is a major drain on corporate productivity.

Nobody is free from stress and it is not harmful always. In small quantities stress is good, it can motivate us and help us to become more productive, but too much stress or a strong response to stress can be harmful. In this research paper what are the effects of Student Disruptive Behavior Dimension on the teachers of private University Jaipur.

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**Keywords:** - Occupational stress, increasing, globalization , families and societies

## Introduction

How disruptive or aggressive behavior adopted by students increases the teacher's occupational stress, how it helps in increasing it, this research paper has attempted to explain

Occupational stress is commonly defined as the harmful physical and emotional responses that occur when the demands of the job exceed the capabilities, needs or resources of the worker. Recently occupational stress is increasing due to globalization and global financial crisis which is affecting almost all countries, all professions and all categories of workers, as well as families and societies.

## CURRENT SITUATION OF LEVEL OF STRESS AMONG TEACHERS

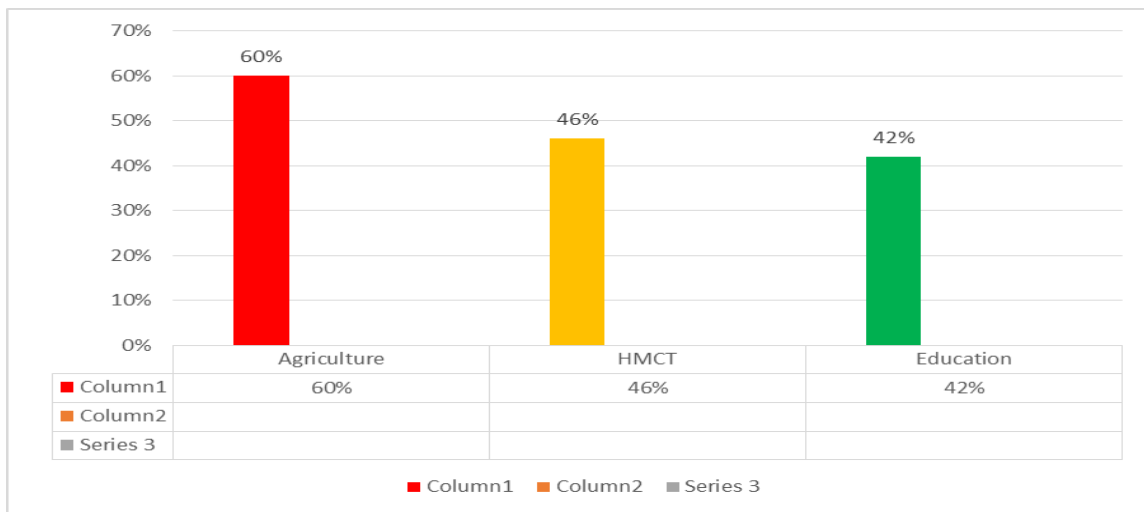
Integrated Table - 1

Dimension of Occupational stress	Education Dept.	Agriculture Dept.	HMCT Dept.
Student disruptive behavior	42%	60%	46%

The presented table shows the data collected by the researcher and at the time of tool making by the researcher, three dimensions were created through which the questionnaire was constructed. On the basis of this dimension, the data collected on the occupational stress of teachers has been shown by the researcher here in this table. In which 42% teachers of education department suffer from occupational stress, 60% teachers of agriculture department and 46% teachers of HMCT department are suffering from occupational stress.

Through the table presented by the researcher, the occupational stress of Education department, Agriculture Department and HMCT Department has been shown by the researcher and by the student disruptive behavior dimension. Which can be easily understood in the table. The occupational stress of Education Department is 42%, 60% of Agriculture Department and 46% of HMCT Department, which comes in the following category according to the percentage category displayed

**Integrated Graph - 1**



Through the table and graph presented by the researcher, the occupational stress of Education Department, Agriculture Department and HMCT Department has been shown by the researcher and by the student disruptive behavior dimension, which can be easily understood in the graph. The occupational stress of Agriculture Department is 60%, 46% of HMCT Department and 42% of Education Department, which comes in the following category according to the percentage category displayed.

This percentage of occupational stress comes in the following category according to the category described. Thus, the data obtained through this dimension can be well understood by the graph. It is clear in the graph that 60% of all the teachers of Agriculture Department are suffering from occupational stress. Which is counted in the high category? All the teachers of the education department are 46% stressed whoever comes in the lower class. And also 42% of all the teachers of HMCT department are stressed which comes below grade.

In the presented research, this table and graph diagram by **Student Disruptive behavior** of occupational stress show that this dimension increases occupational stress among teachers somewhat as compared to the above dimension. In which occupational stress of Agriculture Department has increased more. It is proved in this graph that due to this dimension, occupational stress can also occur in teachers, hence the need for control measures is being felt.

Therefore, after analysing all the departments here, it is found that there is a difference in the occupational stress of all the teachers of Agriculture Department, Education Department and HMCT Department. Which is clearly being targeted, mainly because of the student disruptive behaviour dimension here.

According to the percentage category, the level of occupational stress generated by student disruptive behavior Dimension falls in the high-level category and it can be said that the occupational stress of teachers of private University is due to student disruptive behavior dimension. And it is shown by this table and graph that the occupational stress of Agriculture Department is of high grade. whose percentage is 60% and HMCT department and Education department stress level is low. whose percentage is 46% and 42%.

### **Individual level Stress management techniques:**

Most stress management approaches focus Individual on the individual attempt to teach coping skills for management or reduction of stress

(A) Biofeedback (B) Deep breathing exercises (C) Exercise/physical activity (D) Meditation (E) Progressive relaxation exercise (F) Stress- inoculation training and Yoga

### **Conclusion**

Stress is an integral part of human life. Stress can occur due to workplace environments, and organizational climate. Long term stress may lead to physical, psychological disorders, and negative health effects that include cardiovascular disease, gastrointestinal disease and health service utilization. Stress prevention should be at organizational and individual level. In conclusion, it can be said that the effect of Student Disruptive behavior dimension is completely on teachers. due to teachers are not able to do their teaching work in true sense due to stress.

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