Chapter-III

METHODOLOGY

The present research titled *A Study on Stress Management of Secondary School Teachers of Jowai Town* was conducted during the year 2014 in Jowai Town. This chapter deals with the methodology adopted for the present investigation. The methodology used for the research has been presented under the following sub-headings:

3.1 Introduction

3.2 Population

3.3 Sample for the Present Study

3.4 Design of the Study

3.5 Tools for Data Collection

3.6 Procedure of Data Collection

3.1 Introduction

Research may be defined as the application of the scientific in the study of problems. Research is a systematic attempt to obtain answers to meaningful questions about phenomena or events through the application of scientific procedures. It is an objective, impartial, empirical and logical analysis and recording of controlled observations that may lead to the development of generalizations, principles or theories, resulting, to some
extent, in prediction and control of events that may be the consequences or the causes of specific phenomena. Research is scientific, and as such, is not satisfied with isolated facts, but seeks to integrate and systematize its findings. It is concerned with the objective verification of generalizations. Such verification requires logical analyses of problems and devising of appropriate methodologies for obtaining evidence.

Methodology is the most significant part in construction towards the quality enrichment and drawing of scientific and conclusion of any study. In order to conduct some research there are numerous methods and procedures to be adapted. However, it is the nature of the problem under investigation which determines the adaptation of a particular method that is the most appropriate.

The present chapter primarily deals with the methodology and procedure which will be followed. The research mainly emphasizes in finding out the stress management of secondary school teachers of Jowai town. The research is done with the support of descriptive research methods and it is expected to be able to bring out significant findings. The methodology adopted is appropriate to the descriptive design. It has established suitable sampling technique method of data collection, analysis and interpretation to make the outcome of the scientifically valid and credible.
Methodology with effective procedure is one of the most significant for conducting the investigation for any research work leading the research to the goal. This chapter gives the detail of the sources of the data such as stress management scale was used based on the objective of the research.

In the present study descriptive method has been followed. A brief description of the methodology and procedure followed in the present study is given in this chapter.

3.2 Population

By population we mean the aggregate or totality of objects or individual. A population is any group of individual that have one or more characteristics in common which interests the researcher. In the present study, secondary school teachers of Jowai town of West Jaintia Hills District, Meghalaya comprise the population of all the government, deficit and private secondary school teachers of Jowai town. There are 288 secondary school teachers of which, 191 are females and 97 are males.

**Population of the Study**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Government</th>
<th>Deficit</th>
<th>Private</th>
<th>Total</th>
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<tr>
<td>Total</td>
<td>92</td>
<td>83</td>
<td>113</td>
<td>288</td>
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</tbody>
</table>

*Source:* District School Education Officer, Jowai.
### 3.3 Sample of the Present Study

Random sampling method is followed to select the sample. A purposive sample of 80 teachers (40 males and 40 females) was selected by the researcher.

#### Sample of the Study

<table>
<thead>
<tr>
<th>Gender</th>
<th>Government</th>
<th>Deficit</th>
<th>Private</th>
<th>Total</th>
</tr>
</thead>
<tbody>
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<td>20</td>
<td>10</td>
<td>40</td>
</tr>
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<td>40</td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td>40</td>
<td>20</td>
<td>80</td>
</tr>
</tbody>
</table>

*Source: District School Education Officer, Jowai.*

### 3.4 Design of the Study

This study is carried out using the descriptive survey method.

### 3.5 Tools for Data Collection

In the present study stress management scale by Dr. Vandana Kaushik and Dr. Namrata Arora Charpe will be used by the study. This scale was developed on the lines of Likert summated rating scale in order to recognize the common strategies used to overcome stress.

The stress management scale had 36 items in all. The pattern was so developed as to be comprehensible. Items were kept short, limited to one idea and consisted of terms that are simple and understandable within a wide rate of understanding ability. Statements used personal and individual pronouns. The items were created primarily from an in-depth study of subject matter and later on through brainstorming with number of experts.
and sample population. The tools of items were given to a group of 100 experts in the field of psychology and management to rate the items at 6 levels of zero (strongly disagree) to 5 (strongly agree). Based on the ratings of the experts, the item correlation and item differences were computed for item analysis. With the suggestions of the experts, a set of 36 items was finally selected. The statements had item correlation value higher than 0.9 and also high item discrimination (with ‘t’ values ranging between 2.10 to 10.39).

Reliability of Scale: After item-analysis the scale was subjected to test of reliability to find out the consistency in providing results after repeated use. The reliability was found by calculating the correlation coefficient of scores by Test-Retest and Split-Half methods.

Validity of the Scale: The tool was validated to ensure its dependability in recognizing the stress management techniques. A number of measures were adopted to establish the content and construct validity viz., creation of items after thorough literature, scanning and brainstorming with panel of 100 experts. The Panel was requested to comment on favourability and unfavourability of the items to the concept that help in suitably modifying the scale without affecting the meaning of desired aspects to be enquired in the item. The stress management scale may be useful in assessing the proficiency of an individual in managing stress.
The reliability estimates and validity indicate that the scale was highly reliable and valid for the purpose it was developed.

The scale is designed for assessing the proficiency of an individual in managing stress. The level of stress management proficiency can be assessed by cumulative scores of any single dimension on 0-30 or of the total scale on a 0-180 scale. Weighted score is assigned for each response opted and the scores obtained by individual respondent on 36 items are added.

3.6 Procedure for Data Collection

The data has been collected from the primary and secondary sources. Primary data has been collected with the help of the stress management scale developed by Dr. V. Kaushik and Dr. N. Arora Charpe and the secondary data has been collected with the help of books, journals and magazines and internet sources.

For the collection of data collection, the investigator visited different schools and sought the Principals’ permission to contact the teachers in order to obtain their responses on the stress management scale. The stress management scale was distributed to the teachers of the respective schools with explanations about the objectives of the study, need and importance of their co-operation and their sincere responses. The teachers were instructed
very clearly about the pattern of answering and were also requested to answer all the items and to complete the process within two months.