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## Identification of stressors among female university teachers in Pakistan

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### Keywords

Teachers, professional stressors, domestic stressors, psychometric standards

### Abstract

*Teaching is considered to be one of the stressful professions. It is of crucial importance to identify the type of stressors teachers may face indigenously. This research specifically focuses on the identification of stressors in female university teachers in Lahore, Pakistan. The present research was conducted in two phases. In phase I, two dimensional Teachers' Stress Scale (TSS) was developed and its psychometric properties were established. In phase II, this indigenously developed scale was used to assess factors leading to stress among female university teachers. For the development of TSS, the items were empirically generated. Factorial validity of the final scale was determined on a sample of 170 participants. Factor analysis resulted in two factors i.e. professional stressors:  $\alpha = .90$ , domestic stressors:  $\alpha = .87$  yielding an overall significant Cronbach's alpha ( $\alpha = 0.93$ ). In phase II, Paired Sample *t*-test was administered to find out group differences on type of stressors. Results showed that university teachers experience more domestic stressors ( $M = 29.88$ ,  $SD = 17.39$ ) as compared to professional stressors ( $M = 41.36$ ,  $SD = 18.98$ ). The differences were significant,  $t(170) = 5.329$ ,  $p < .01$ . The TSS appeared to be a highly reliable tool for measuring teachers' stress. The present scale retains major aspects of teacher stress along with its indigenous dimensions and meets the psychometric standards.*

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