

ANTECEDENTS OF STRESS AMONG PRIVATE SCHOOL TEACHERS

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ABSTRACT

Today's life is full of challenges. Stress is an unavoidable consequence of modern living. Stress is a condition of strain that has a direct bearing of emotions, thought process and physical condition of a person. Occupational stress can be defined as the physical and emotional response that occur when worker perceive an imbalance between their work demands and their capability. In general, occupational stress arises from the working conditions/environment of a system. Based on this survey it is concluded management is significant factors creating stress among private school teachers. It may be due to proper filtering is not done at the time of admissions. The teachers have to explore innovative methods of teaching which creates interest in the classroom. Another important factor how to make to done learn the classroom teaching, this requires orientation programme to the teacher for imparting effective teaching in the classroom. Private school teachers are also worried about their competitive environment among colleagues teachers which are showing high results may be compensated more as compare to those teachers who are not able to produce desired results.

KEY WORDS: Occupational stress, teachers, environment.
