

# **STUDY OF OCCUPATIONAL STRESS OF SECONDARY SCHOOL TEACHERS IN RELATION TO THEIR MENTAL HEALTH AND JOB SATISFACTION**

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## **ABSTRACT**

The job of the teachers is complex as it has to meet the expectations of parents, teachers, policy makers and address their once needs. These twin concerns make the life of teachers demanding and stressful. This becomes an important problem in the context of diversity of school system operative in India. A teacher performs outstandingly on being satisfied with the job. However, job satisfaction is concerned with certain aspects and attitude is one of them. It is mandatory for a teacher to have satisfaction on job performance and should develop a positive attitude towards education. Only satisfied, well adjusted and mentally healthy teacher can think of the well being of the students. In the present study, random sampling technique has been employed. Against this backdrop this study was planned to investigate aspects of occupational stress of secondary school teachers in relation to their mental health and job satisfaction. A sample of about 200 teachers from different type of schools (government and private) of Gurdaspur city was selected for the purpose of the study. To analyze the data varied statistical techniques have been employed such as statistics viz; Mean, Standard Deviation have been used to

ascertain the nature of distribution of scores, descriptive Pearson product moment correlations have been calculated, the t-test was applied to find out the difference between means, ANOVA (two way) was applied to compute the data. Findings of the study showed that government schools teachers have better mental health and job satisfaction in comparison to teachers of private schools, whereas female schools teachers have better mental health in comparison to male schools teachers

**Keywords:** Occupational stress, secondary school teachers, mental health, job satisfaction.