

Relationship between Quality of Life and Perceived Stress among Teachers of Physical Education

Authors : Minu Lakra

Abstract : The present study was done on 100 (male=50 and female=50) teachers of physical education at tertiary level from Varanasi city. They were chosen according to the stratified sampling method. Data collection tool was Perceived Stress Scale: 14 items (Cohen, Kamarck and mermelstain 1983) and Quality of Life was developed by THE WHOQOL GROUP in 1991. Data was analyzed with the help of correlation. Findings explore that perceived stress and quality of life has been positively correlated in female teachers of higher education from physical education whereas in male teachers the relationship was found insignificant.

Keywords : higher education, male and female teachers , percieved stress, quality of life

Conference Title : ICPESS 2017 : International Conference on Physical Education and Sport Science

Conference Location : Mumbai, India

Conference Dates : February 07-08, 2017