

A Study of Stress and Coping Strategies of School Teachers

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Abstract : In this research paper the discussion have been made on teachers work mental stress and coping strategies. Stress Measurement scale was developed for school teachers. All the scientific steps of test construction was followed. For this test construction, different factors like teachers workplace, teachers' residential area, teachers' family life, teachers' ability and skills, economic factors and other factors to construct teachers stress measurement scale. In this research tool, situational statements have been made and teachers have to give a response in each statement on five-point rating scale what they experienced in their daily life. Special features of the test also established like validity and reliability of this test and also computed norms for its interpretation. A sample of 320 teachers of school teachers of Gujarat state was selected by Cluster sampling technique. t-test was computed for testing null hypothesis. The main findings of the present study are Urban area teachers feel more stressful situation compare to rural area teachers. Those teachers who live in the joint family feel less stress compare to teachers who live in a nuclear family. This research work is very useful to prepare list of activities to reduce teachers mental stress.

Keywords : stress measurement scale, level of stress, validity, reliability, norms

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