

Occupational Stress in Relation to Teacher's Effectiveness Among Secondary School Teachers

S.S. Rana*

Abstract

There are changes and advancements in every sphere of life. Life is changing very fast, each day new problem or a new thing happens in our life. Life today is becoming compare and complex. Each and every person struggle for his best adjustment and success. The success of education to a great extent depends on the quality of human resource, which in turn influence the standard of education. The place and importance of teacher in the society and the nation can hardly be over emphasized. It does not take much to realize that the quality of a nation depends upon the quality of its citizen. The quality of its citizens depends, not exclusively, but in critical measure, upon the quality of education. The role of the teacher is very important in imparting the knowledge and implementing the plans and programme to the nation. The effectiveness of education is dependent on the effectiveness of its teachers. Who is an effective teacher and what makes him efficient and adequate and how to assess such attributes are the proposition which for several decades have presented a problem beset with contradictions and difficulties. Teachers' effectiveness is influenced by various factors including teaching aptitude, teaching experience, value pattern, job satisfaction etc. This study is significant in finding relationship between occupational stress and teacher's effectiveness of secondary school teachers. Through this study, it has been find out whether occupational stress has any relation with teacher's effectiveness. Hence, the investigator undertook the study to find out the impact of factor like occupational stress on teacher's effectiveness. A sample of 120 secondary school teachers is selected on non-random sampling basis for District Jhajjar (Haryana) and was administered teacher effectiveness scale and occupational stress index. Data were analyzed using 't' test and coefficient of correlation. Results revealed that les effective teachers were having high occupational stress and female teachers were under more occupational stress.

Key words: Teacher's Effectiveness, Occupational Stress