OCCUPATIONAL STRESS IN REFERENCE TO DEMOGRAPHIC PROFILE

NIDHI CHOUDHARY

ASST. PROF. IN COMMERCE,
D.A.V COLLEGE, CHANDIGARH.

ABSTRACT

There is now overwhelming evidence attesting to what many academics has known for years: academia is a highly stressful occupation. The present study examined the relationships of a set of independent variables (gender, level of education and level of employment) with occupational stress among academic faculty of colleges in Punjab. The independent variables were further classified. The population in this study consists of 500 teachers from various colleges of Punjab and Chandigarh. The Occupational Stress Index was used for data collection. The frequency responses obtained on demographic variables were analyzed through either independent t – test (in case of dichotomous variable i.e. gender) or ANOVA analysis (in case of multiple categories i.e. level of education and level of employment). It was inferred that the occupational stress was there among all type of the faculty members but it is more only due to the education level difference otherwise there was no impact of other demographic profile.

KEYWORDS: Stress, occupation.

References:


