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STUDY OF STRESS AMONG SCHOOL TEACHERS

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Seema Rani
Sharma

ABSTRACT

The main objective of the study was to Study of Stress among School Teachers. For this purpose 100 school teachers were considered as a sample of the study. Singh Personal Stress Source Inventory was used to collect the relevant data. Descriptive survey method was used in this study. After the analysis of results only 13% teachers were found low stressed and 10% students were found high stressed.

Article Indexed in



Correspondence to **Seema Rani Sharma and Atm Prakash Sharma**
Designation:- **Dr. Bhimrao Ambedkar University, Agra.**

Introduction

Present advance world is called the 'Age of Anxiety and stress'. Today stress is a subject, which is hard to avoid. One can find stress everywhere. It could be with in the family, institution and any other social or economic activity. The concept of stress was first introduced in the life sciences by Hans Selye in 1936.

A Good Introduction :-

Importance of the expected results to the general inqu Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

In the present study, the researcher has employed the "Descriptive survey method." Descriptive method explains what exists at present by determining the nature and degree of existing conditions.

A Good Materials :-

Materials may be accounted for in a different passage or else they may be distinguished alongside your systems. Inc or supplies that are not generally found in research centers.

Result

Maturity stages of bottle gourd (*Lagenaria siceraria*) fruit had significant influence on physical parameters.

A Good Result :-

Results are as per aims and objective and useful to further research .

Conclusion

Psychological variables are affecting teaching learning activity. After the analysis results we can say that teaching learning process will affected by the stress.Stress is a cause of many problems like school climate, management related problems, personal problem, familial problems, financial problems etc. So it is necessary to manage stress of teachers because children education is affected by the teacher's behaviour.

A Good Conclusion :-

Thus, the research have wider scope for new academician and research scholars.

References

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- Kashyap, S. &Sidhu, R. (2004).A study of the difference in stress and coping mechanism used by adolescent of science and commerce stream. Souvenir, National seminar on enhancing human potential: psychological perspectives October 1-2, 2004, Dayalbagh Educational Institute, Agra.

A Good References :-

There are Places where the Author Seema Rani Sharma and Atm Prakash Sharma Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers		✓			
2.	Originally & Novelty of the ideas	✓				
3.	Importance of the proposed ideas		✓			
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)	✓				
7.	References & Citation (Up-to-date, Appropriate Sufficient)					

FUTURE RESEARCH PLANNING:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion
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REVIEWER COMMENTS

- The presentation is pertinent and hypothesis based.
- Sufficient data about the past study discoveries is displayed for perusers to take after the present study method of reasoning and strategies.

Authorized Signature

Dr. Ashok Yakkaldevi
Review Editor

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Ph.: 0217-2372010 /
+91-9595-359-435

Email.: ayisrj2011@gmail.com
Website.: www.isrj.org