

Stress Management: A Study of College Teachers with Reference to Navi Mumbai

¹Mohammed Khalil Ahmed

²Sunita Charanjit Saini

¹Department of Commerce, PhD Guide, K.P.B. Hinduja College of Commerce

²Department of Commerce, Research Scholar, K.P.B. Hinduja College of Commerce

E mail: sunitasaini987@yahoo.com

Abstract

Stress has become a common term in every organization and can occur due to several factors prevailing in the industry. Employees working in different organizations need certain kinds of stress mitigating strategies to overcome the stress. Job stress is prevailing in every employee's day-to-day life and it impacts their job performance. Employees working in Educational institutions are among the group of employees under a great deal of stress due to many antecedents of stress. This study will describe common causes of stress for College teachers and strategies to deal with the stress. The focus of the paper includes Stress management, Job stress and various factors that cause teacher stress, and the coping strategies of stress for the teacher.

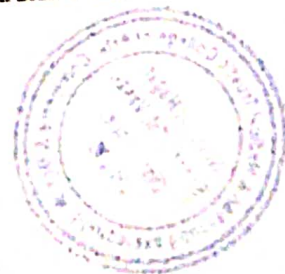
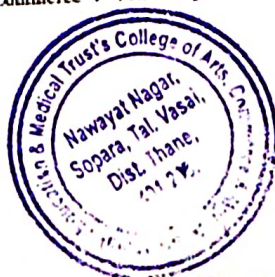
Keywords: Stress, Job Stress, Stress Management

Introduction

Research on college teachers has become a matter of concern especially during the Covid 19 pandemic. In recent years, there is a steady increase in teacher stress. Teacher stress can be defined as experience by a teacher of unpleasant emotions, such as burnout, tension, frustration, anger etc resulting from aspects of work as a teacher. Stress of people influenced by various personal, environmental, structural factors etc. Management has to find out the causes and prevention strategies to mitigate the stress among their employees. Pandemic has created stress among the world economy. The more demand for techno savvy skills and to cater the needs of stakeholders to meet their

expectations created stress among teachers. It cannot be denied that teaching is one of the stressful and noble professions in Today's economy. Teachers who are the backbone of the Education system and considered as Nation Builders are the most stressed human resource in educational Institutions. They need to be innovators, professional and perfect to meet the demands arising due to paradigm shifts in Education. Teachers have to give better outcomes in the form of increasing employability, creating opportunities for stakeholders for their career planning. It is a known fact that the stressfree employees perform better in their job and stressed employees provide poor services. The word stress was derived from the Latin word "Stringer"

IMPACT FACTOR SJIF 2022 (8.694)



- Multidisciplinary Perspective, pp 345-356
2. Dr. R. Rangarajan (2018), An Analysis of Causes of Stress and Its Management Techniques Adopted By College Teachers (With Special Reference to Select Self Financing Colleges In Chennai City), IJSART, Volume 4 Issue 4 ISSN [ONLINE]: 2395-1052, pp 77-81
 3. Dr. A. Varadaraj And B. Farhana Jabeen (2021), Stress Management Of College Teachers With Reference To Chennai District, Ciencia and Engenharia/ Science and Engineering Journal ISSN: 0103-944X | EISSN:1983-4071 , DOI:1983-4071-c&c-v68-i05-877729,pp 66-80.
 4. Dr. Deepti Bhargava & Hemant Trivedi (June 2018), A Study of Causes of Stress and Stress Management among Youth, IRA-International Journal of Management & Social Sciences ISSN 2455-2267; Vol.11, Issue 03, pp 108-117.
 5. Dr. Naresh Gandhi (2018), Comparative Study of Job Stress of Teachers Working In Govt. Aided Colleges of Punjab and Rajasthan State, IAETSD Journal for advanced research in applied Sciences volume 5, Issue 2, Feb/2018, ISSN NO: 2394-8442, pp. 482-487.
 6. Ekiabor E. E., (2016), Impact of job stress on employees productivity and commitment, International Journal for Research in Business, Management and Accounting, I SSN : 2455-6114, Vol. 2 Issue 5 May 2016, pp 124-130
 7. Clipa, O. (2017). Teacher Stress and Coping Strategies. In O. Clipa (ed.), Studies and Current Trends in Science of Education, Suceava, Romania: LUMEN Proceedings, pp 120-128
 8. Bhargava, D., Trivedi, H. (2018). A Study of Causes of Stress and Stress Management among Youth. IRA International Journal of Management & Social Sciences (ISSN 2455-2267), 11(3), 108-117.
 9. T.L.Narasimha Reddy, S.Ammani (2013). Stress Management: A Case Study of Professional Students on Impact of Meditation & Yoga on Stress Levels. i-manager's Journal on Educational Psychology, 6(4), 42-47.



Principal

Shurparaka Educational & Medical Trust's
M. B. Harris College of Arts &
A. E. Kalsekar College of Commerce & Medical Education
Nallasopara (W); Tal. Vasai, Dist. Thane - 401209.