

STRESS AND BURN OUT OF SECONDARY SCHOOL TEACHERS OF KERALA

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Year of study : 2003

OBJECTIVES

To find out the extent of relationship between stress and burn out of secondary school teachers.
To find out the main and interaction effect of sex , faculty and type of management on stress and burn out of secondary school teachers.

METHODOLOGY

Method Used : Survey
Sample : 600 Secondary school teachers
Tool : Burn out assessment scale, Stress questionnaire
Statistical Technique : Pearson's Product Moment Coefficient of Correlation(r), Test of significance of difference between means for different categories, ANOVA

RESULT

Study revealed that substantial relationship between stress and burnout of secondary school teachers. Female science teachers in Govt. school experience more stress than male science teachers also. They suffered more burn out than male science teachers. Interaction effect of stress and management on stress and sex and faculty on burn out is significant.

KEY TERMS: Stress, burn out, secondary school teachers.