



A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING PROGRESSIVE MUSCLE RELAXATION TECHNIQUE ON JOB RELATED STRESS AMONG SCHOOL TEACHERS AGED BETWEEN 25-45 YEARS WORKING IN SELECTED SCHOOLS OF SHAHEED BHAGAT SINGH NAGAR, PUNJAB

SURINDERJEET KAUR*1

PROFESSOR SRI GURU HARKRISHAN COLLEGE OF NURSING SOHANA

DALJEET KAUR *2

VICE PRINCIPAL SARSWATI COLLEGE OF NURSING GHARUAN PUNJAB

ABSTRACT

Abstract- Modern life is full of stress. Everyone face stress in their daily life. Stress is simply a fact of nature forces from the inside or outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment.1 Stress is a big issue know a days in teaching profession because of overburden at their work environment. Therefore the present study was conducted on school teacher's age between 25-45 years to assess the level of stress and educate them about management of stress by using progressive muscle relaxation technique.

Aim: The aim of the study is to reduce the level of stress by using progressive muscle relaxation technique among school teacher's age between 25-45 years.

Method and Material: Random sampling technique was used to select the 60 samples for the study. A Self Structured Job Stress Scale was used to collect data.

Statistical Analysis: Collected data was analyzed by using descriptive and inferential statistics.

Result: A quasi experimental study was conducted among school teacher's age between 25-45 years in selected schools of Shaheed Bhagat Singh Nagar, Punjab to assess the effectiveness of Progressive Muscle Relaxation Technique to assess the level of stress.

Conclusion: from the finding of the study the final conclusions were drawn, there was significant relationship between the job related stresses among school teachers aged between 25-45 years with the some demographic variables. Structured teaching program helps to decrease the job related stress among school teachers. The difference between the mean pre-test and post test stress score was statistically significant at $P < 0.05$ level of significance. Thus it was concluded that the structured teaching program was effective to minimize the job related stress among school teachers age between 25-45 years.

1-INTRODUCTION

Teaching is a difficult but complex task. It requires a teacher to manage students, handle school work efficiently inspire interest in learning, and build good relationships with colleagues. The entire process of teaching and learning hinges on the teacher's ability to turn a child's potential into reality. This process can't happen in isolation; it's a purposeful action that needs teachers to have strong teaching skills. Teachers are central to education's success, and the entire system relies on their quality and capabilities. The University Education Commission (1948-49) emphasized that the success of education depends on the character and skills of teachers. They argued that reforms should focus on recruiting well-qualified staff. The Mudaliar Commission (1952-54) also stressed that a teacher's qualities, education, and training are crucial for the future educational system. The National Education Commission (1964-66) stated that education is about rebuilding society, which depends entirely on teachers. Teachers shape a nation's future through education. Human resources are vital for a country and education's goal is to develop this resource. A strong education system helps a country grow. India's society is diverse, with many cultural, regional, and religious groups. Such diversity puts pressure on teachers. Stress is inevitable for teachers and has both positive and negative effects. It impacts health and teaching effectiveness. To perform well teachers need to understand how stress affects their health. Stress is a major issue today because it can harm workers' health and work quality. Psychologists see stress as pressures and tensions people feel in life. Since humans constantly face demands, they naturally experience stress. It is normal and unavoidable but can become harmful if too intense. Too much stress can cause mental and physical health problems that hurt work performance. Managing stress is a big challenge for organizations. Stress creates a physical and mental imbalance. It is a body's response to internal or external changes. For example, changes in temperature, pollution, humidity, or work conditions can cause stress. In today's competitive world trying to outperform others increases pressure and leads to psychosocial stress. Stress is part of daily life. We understand stress better if we see it as either unpleasant or pleasant. Sometimes, stress can be exciting and energizing. Karlsson, Levi, and Lidberge (1971) along with Bernard (1968), called unpleasant stress 'distress' and pleasant stress 'eustress'. Stress-free situations can push us to adapt and grow which is good in the long run. Much of human behavior is shaped by how we handle stress and challenges.

BACKGROUND OF THE STUDY

Human resources are the most important resources of a country and the aim of the education is to develop the human resource. The sound education system of a country plays a major role in developing a nation. Indian society is complex with various social group with diversified the backgrounds. It includes region, language,

culture, social status, religion etc. These factors have put stress on school teachers. Stress is inevitable to the life of a teacher. It has positive functional and negative dysfunctional effects on the behavior of a teacher. It has significant implication on the health and effectiveness of a teacher in his teaching job. Hence it is necessary to examine some of the dimensions of stress on health for effective teaching performance. Stress has become a major concern of the modern times as it can cause harm to employee's health and performance. Different psychologists and physiologists have defined stress differently. In simple words, stress refers to pressures or tensions people feel in life. As living human makes constant demands, so it produce pressures, i.e., stress. Stress is, therefore, a natural and unavoidable feature of human life. However, stress beyond a particular level can cause psychological and physiological problems which in turn would affect the individual's performance in the organization. Thus, management of stress has become a challenging job for the modern organizations. Stress is an experience that creates physiological and psychological imbalance within a person. It is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in external environment such as temperature, pollution, humidity and working conditions, it leads to stress. In these days of competition, when one wishes to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psycho-social stress. Thus stress is a part and parcel of everyday life. The effects of stress can be better understood only if we distinguish it as unpleasant and pleasant. Physiologically stresses may be enjoyable state of elevated activation.

Carlson, Levi and Lindbergh, (1971), differentiated it calling unpleasant stresses distress and pleasant stress Esters'. Stress free situations are often the impetuses for adaptations and changes which are beneficial in the long run. Much of the human behavior can be constructed as actively seeking stressful situations or challenges.

Corneille (1966) suggests we triumph without glory when we conquer without danger.¶

Greenwood and Greenwood (1979) use the term distress and esters to refer to the effects of stress, and not to different kind of stress. Stress distinguishes between bad stress (distress) and good stress (esters). Distress is reputed to have detrimental, even pernicious effects; esters, beneficial, even exhilarating effects. The beneficial and adverse effects of stress are thus quite obvious. They also suggest that executives should strive to manage their stress level and stress responses so as to minimize the distressing effects and maximize the esters effects. Teacher's health refers to the physical and conditions of the teacher's workplace. If a school environment is good for the teachers' prespective than fewer teachers will suffer from harmful effects. The mental health assumes greater importance since most of the illness associate itself with the effects of stress on a teacher. Stress has been defined in various ways by the theorists and researchers. Some have defined stress in terms of stimuli or events that place strong demand on us. These situations are frequently termed stressors.

Sale, (1974) has defined stress as the non-specific response of the body to any demand made upon it.

R.S. Schuler, (1980) has defined that stress is a dynamic condition in which an individual is confronted with an opportunity constraint or demand related to what he desires and for which the outcome is perceived to be both uncertain and important. Stress is anything that change physical, emotional or mental state of an individual's while encountering various stimuli in our environment.

Slyer, Hans, (1974) have used two separate terms to distinguish between the positive and negative effects of stress on the individual, even though do dilly reactions to the two forms of stress are similar. Easters is positive 'stress that accompanies achievement and exhilaration. Easters is the stress of meeting challenges such as those found in managerial job, distress occurs when we feel insecure inadequate, helpless or desperate as a result of too much, or too little, pressure or tension. There has been a significant amount of research investigating the relationship between stress and performance. The most widely studied pattern is the inverted U- relationship.

NEED FOR THE STUDY

According **National Education Commission, (1964-66)** "Education is for re-construction, which wholly depends upon the worth of a teacher. Teacher is the one who shapes the destiny of the nation through the process of education." Human resources are the most important resources of a country and the aim of the education is to develop the human resource. The sound education system of a country plays a major role in developing a nation. Indian society is complex with various social group with diversified the backgrounds. It includes region, language, culture, social status, religion etc. These factors have put stress on school teachers. Stress is inevitable to the life of a teacher. It has positive functional and negative dysfunctional effects on the behavior of a teacher. It has significant implication on the health and effectiveness of a teacher in his teaching job. Hence it is necessary to examine some of the dimensions of stress on health for effective teaching performance. Stress has become a major concern of the modern times as it can cause harm to employee's health and performance. Different psychologists and physiologists have defined stress differently. In simple words, stress refers to pressures or tensions people feel in life. As living human makes constant demands so it produce pressures i.e. stress. Stress is therefore a natural and unavoidable feature of human life. However, stress beyond a particular level can cause psychological and physiological problems which in turn would affect the individual's performance in the organization. Thus management of stress has become a challenging job for the modern organizations. Stress is an experience that creates physiological and psychological imbalance within a person. It is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in external environment, such as temperature, pollution, humidity and working conditions, it leads to stress. In these days of competition, when one wishes to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psycho-social stress. Thus stress is a part and parcel of everyday life. The effects of stress can be better understood only if we distinguish it as unpleasant and pleasant. Physiologically stresses may be enjoyable, state of elevated activation.

A man's job and the contacts made by him determine in large measure his standard of living, his leisure activities, his associations and his way of life, unless he is reasonably well satisfied with his work. He cannot possibly achieve a healthy personal adjustment. Some people however, dislike their jobs so they are in continuous emotional tension, which they tend to show through aggressive behavior, sexual promiscuity, heavy drinking or the excessive uses of defense mechanisms. Both the dissatisfaction and tension reducing symptoms may lead an individual in sense of inadequacy and ego deflection. Many people feel that they have made the wrong vocational choice. They believe they would be happier and more successful in some other

type of profession. This belief caused many individuals to feel insecure and emotionally tense. Many of these persons may actually be competent in their field. Nevertheless, they still feel anxious and insecure. Three factors particularly are conducive to stress in the work situations fatigue, monotony and low morale. The sources of internal stress are unseen and specific, than the external stress. In many cases the individual is unaware of what is bothering him, why he feels anxious and insecure. Repression and other defense mechanisms, as well as neurotic and psychotic symptoms are utilized in part to obscure psychological weaknesses and conflicts, which contribute to internal stress. Every individual is subjected to situations which he is predestined to fail because of lack of strength, intelligence, ability, or talent. These situations generally become less frequent in adulthood than childhood, not only because he learns to avoid situations where he knows he is likely to fail. The extent, to which these failures become stressful situations, however is determined largely by the value of the person and accomplishment in a particular endeavor. Stress is either case is likely to result partly from the failure to achieve a goal and partly from the loss of status and self-esteem as a result of having failed.

2-AIM

The aim of the study is to reduce the level of stress by using progressive muscle relaxation technique among school teacher's age between 25-45 years.

3-OBJECTIVE

To assess the effectiveness of progressive muscular relaxation technique on reduction of stress among teachers working in selected schools of shaheed bhagat singh nagar, punjab

4. ASSUMPTIONS

1. The patients undergoing open abdominal surgical operation revel in strain and anxiety
2. The sufferers present process open belly surgical operation require thorough pre and post- operative education and counseling
3. Video assisted coaching improves the sensory revel in via supplementation of audio content with practical visible pix and additionally allows in better retention
4. Information e-book and Video- Assisted practice are beneficial contraptions for enhancing know-how and surgical outcomes amongst patients
5. The improvement of Nursing Care Protocol may serve as a guide to decorate preoperative affected person care and brings high-quality to nursing care

5. HYPOTHESIS

1. It is hypothesized that school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab would have stress.
2. It is hypothesized that school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab would have job satisfaction.

3. It is hypothesized that there would not be any significant difference among school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab on stress.

4. It is hypothesized that there would not be any significant difference among school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab on job satisfaction.

6- DEFINITION AND EXPLANATION OF TERM

STRESS

Lazarus (1967) defined that stress is a universal human and animal phenomenon, which results in intense and distressing experience and appears to be tremendous influence on behavior.

JOB SATISFACTION

Blum and Naylor (1968) defined that job satisfaction is the results of various attitudes the employee holds toward his job, toward related factors, and toward life in general.

GOVERNMENT SCHOOL

A School wholly owned by the state government will be considered under this category.

GOVERNMENT AIDED SCHOOL

A school wholly owned and managed by private individuals or private trust but recognized, financially aided and controlled by the state government.

SIGNIFICANCE OF THE STUDY

The findings of the study would help the school teachers in their professional work in following ways--

1. The findings of the study may be used to highlight the psychological characteristics of school teachers of aged between 25-45 years working in selected schools.
2. The findings of the study may help to know the stress on school teachers of aged between 25-45 years working in selected schools.
3. The study may be utmost value for administrators and professionals who are concerned with the prospective teachers so that suitable training programmed may be developed in their respective training institutions and to incorporate measures to train and develop the unique and desired characteristics of the teachers.
4. The study may provide information about psychological characteristics of various subjects' teachers.
5. The result of the study would also help to understand the behavior of school teachers working in government and government aided school of Punjab.
6. The finding of the study would provide the guideline for the future research investigation in sports psychology and sports sciences to conduct further research in this field.

7. REVIEW OF LITERATURE

Reddy and Amerada (2010) explored the work-related stress faced by teachers at the higher secondary level. They randomly selected 327 teachers from schools in Vellore district, Tamilnadu. Using an occupational stress rating scale, they discovered notable differences in stress levels. To help teachers manage stress, the study suggested several strategies. These included boosting self-esteem and confidence, developing emotional

intelligence skills, cultivating a good sense of humor, practicing yoga and meditation, exercising regularly, building a supportive circle of friends, pursuing hobbies, improving communication skills, and seeking professional assistance.

Gumby and Iowan (2010) examined how vocational high school teachers in Turkey perceive job stress factors. They investigated how often teachers felt stressed due to work-related stressors. The study covered teachers at vocational schools, comparing those teaching vocational courses with those instructing subjects like math, physics, biology, literature, and foreign languages. They collected data from 384 teachers across 12 schools in Afyon, Usak, and Balikesir. The findings showed all teachers experienced high levels of stress. Those teaching vocational courses reported even more stress than their counterparts teaching cultural subjects.

Dutra and Pyle (2009) reviewed research on stress among health professional students. Their goal was to understand how much stress these students face and identify gaps in current studies. They searched multiple databases, including among others. They identified key articles that discussed stress causes, stressors, and mental health symptoms in students of medicine, dentistry, nursing, and allied health fields. The review revealed medical students face the highest stress, followed by dental and nursing students. Few studies focused solely on pharmacy students, despite the intensive nature of their education. Some research suggests pharmacy students may not face as much stress, but a 1998 study by Henning and Shaw found high distress levels among pharmacy students. This review shows health students often experience high stress during training, with many specific stressors listed. Still, there is a clear need for more research on stress in pharmacy students specifically.

Singh (2008) studied how organizational climate, work stress, and motivation affect physical education teachers in Uttar Pradesh. He chose 630 teachers aged 25 to 40, with at least one year of experience. These teachers worked in different types of schools, including government, aided, and private institutions. The study focused on teachers in various management schools to understand how their work environment influenced their stress and motivation levels.

Hush yams (2008) examined the negative health effects caused by overwork in Japan. Positive results were expected from this research. In this study, a systematic review of articles was conducted to find recent evidence linking long working hours (LWH) with cardiovascular disease (CVD). The search was performed using Pub Med for English articles published up until December 2004. Twelve articles met the inclusion criteria, but none clearly confirmed a connection between LWH and CVD. Some studies focused on preventing CVD by exploring psychological factors, such as vital exhaustion. Others used statistical models that combined occupational factors, biological indicators, and psychological interactions. More research is necessary to understand the possible link between LWH and CVD.

Dole (2007) highlighted a serious shortage of healthcare workers in Sub-Saharan Africa. Over the last 20 years, the region's population grew quickly, and so did diseases like HIV/AIDS and other infectious illnesses. The rise in non-communicable diseases added to health care needs. However, the number of health workers

remains low, and the region also wastes a lot of its health workforce. This paper reviews how health workers are trained and used in Africa. It argues this process does not boost productivity, and countries miss out on their staff's full potential. The study suggests ways to measure different types of wastage. It finds that direct wastage such as emigration and death, is increasing, possibly due to HIV/AIDS. Indirect wastage like reduced output, poor skill use, absenteeism, and lack of support is common too. HIV/AIDS worsens this problem by causing health worker deaths and spreading fear. Heavy workloads, stress, and burnout lower their ability to work well. The paper discusses some solutions that have been tried or suggested. It emphasizes the need for better ways to track wastage, motivate workers, improve safety, and create strong leadership. This is keys to stopping the brain drain and managing HIV/AIDS more effectively.

Clegg (2006) found that managing and reducing occupational stress is essential for promoting employee health. Nursing contributes greatly to research on what causes work stress and its effects. This review looks at different disciplines' contributions to understanding stress better. It explores how organizational culture and leadership style affect staff satisfaction. Terry (2000) described management as a process involving planning, organizing, leading, and controlling. These actions aim to meet set goals using people and resources. Sullivan (2005) examined how serious health issues like depression harm productivity. Combining healthcare efforts can help cut costs for employers. Most expenses linked to depression come from lost work, which mostly falls on the employer. Efforts to boost employee health face challenges because healthcare costs, pharmacy bills, behavioral health, and productivity are often handled separately. Breaking down these barriers and linking costs can help fix this. Health assessments can show employers who needs help and where to target programs. For depression, companies can identify at-risk employees early and reduce stress before it worsens. For those already depressed, recent studies show medication can vastly improve productivity, reduce absences, and lessen presenters. Better choice of drugs and follow-up care can maximize these benefits. Knowing how disease management ties into work productivity can lead to less absenteeism, lower presenters, and cost savings.

Gold (2005) pointed out that exposure to addictive drugs at work is a serious health issue that is often overlooked. Stress and access might not play as big a role in addiction as once thought. The chance of addiction could increase if workers are unknowingly exposed to powerful substances that affect the brain. Everyone knows that inhaling crack vapors from others is dangerous. But few warn about anesthesiologists exposed to second-hand fontanel. More studies are needed to understand how workplace exposure relates to addiction. These should include tests of blood levels and detailed measurements of exposure levels among workers.

Kawakami (2005) created a checklist to evaluate mental health at work. The guide is called the "Checklist for Evaluation of Mental Health Activities at the Workplace." It was made for staff to assess mental health efforts in their own workplaces. Researchers checked if the checklist was valid and reliable. They also set standards for organizations with 50 or more employees in Japan. The original list had 33 items covering seven main areas of workplace mental health. Respondents used a four-point scale to answer. The items were based on

Japanese guidelines for worker mental health and a review of related studies. A survey was sent to 60 members of the Occupational Mental Health Committee (OMHC) of the Japan Society for Occupational Health. Half of them responded with opinions on the checklist and what was needed for each item. From a list of 1,335 workplaces with worker insurance, 412 answered the questionnaire. Data from 335 companies with 50 or more employees were analyzed. Some OMHC members wanted to remove one item related to total health promotion programs. The checklist was then changed to 32 items, still covering the same seven areas. Workplace survey data showed most scales had good internal consistency. Factor analysis revealed four main factors that matched the original seven areas. Three different levels of activity were set for each domain: red for inadequate, yellow for minimal, and green for adequate. About one-third of professionals from 49 workplaces rated the checklist as matching their views. Most of them said it would help promote mental health activities. The checklist proved to be reliable and valid, based on internal consistency and expert opinions. It also aligned with data from the workplace. Overall, it looks like a useful tool for supporting mental health efforts at work.

8. METHODOLOGY

Studies technique defined that, what the pastime of studies is, how to continue, a way to degree development and what constitutes success. The methodological decision paves crucial implications for validity and credibility of the take a look at findings. Method of research suggests the general pattern for organizing the procedure for the empirical observe collectively with the method of obtaining valid and dependable records for a research. This chapter deals with the method followed for assessing the effectiveness of planned put up operative nursing care. It includes the description of the research method, research system, research layout, identity of the target and reachable population putting of the have a look at, pattern, sample size, sampling technique, development of records series equipment, reliability and validity of the device and questionnaire, technique for statistics collection and the plan for facts analysis.

RESEARCH APPROACH: - In the present study evaluative approach used by examiner

RESEARCH DESIGN

Research design is a common plan of acquiring answer to the query being studied and a way to cope with a number of the difficulties encountered at some stage in studies system and also complements for the specification of the study to be used within the research technique. The research layout enables the researcher within the selection of the difficulty manipulation of the experimental variables system of information series and the kind of statistical analysis to be used to interpret the facts. In the present study pretest and submit check manipulate institution studies design become used. A baseline test became administered to gathered proof through based questionnaire and observing the chosen method the examiner layout became depicted as:

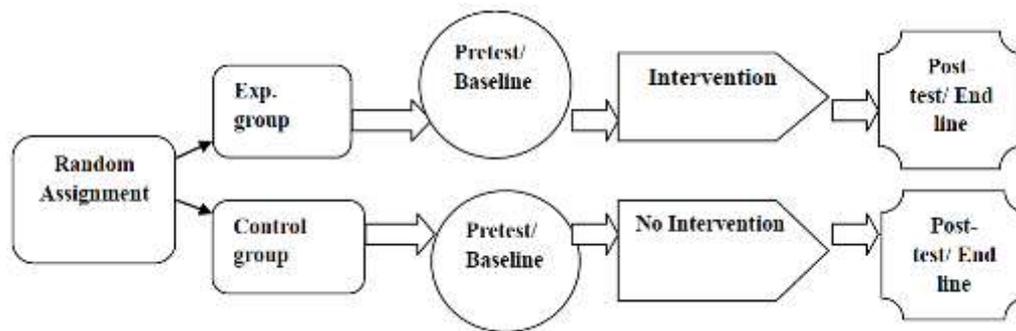


Fig Pretest and Post test control group design

SETTING OF THE STUDY

Putting is the physical location and condition wherein records collection takes area. This study is carried out in randomly decided at selected schools of shaheed bhagat singh nagar, punjab..

POPULATION

A population is the whole aggregation of cases wherein a researcher is involved. On this examine the population become all the school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab.

TARGET POPULATION

The target population is mixture of cases approximately which the researcher would love to generalize. On this study the target population became the all the school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab.

ACCESSIBLE POPULATION

The combination of instances that, conform to designed criteria and which are reachable as situation for the take a look at. The available populace for this examine changed into the all the school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab

SAMPLE

Sample is a sub set of populace factors. A detail is the most primary unit, approximately which statistics is amassed; in nursing studies elements are commonly human. On this look at samples have been all the school teachers of aged between 25-45 years working in selected schools of shaheed bhagat singh nagar, punjab.

SAMPLE SIZE & SAMPLING TECHNIQUE

Random sampling technique was used to select the 60 samples for the study. A Self Structured Job Stress Scale was used to collect data.

DESCRIPTION OF TOOL

A device is a tool or equipment used for collection of records. In this study prior to the data collection the researcher introduced his/her and explained the purpose of the study to the participants. They were assured for the confidentiality of their identity and response. Research tool was consisted of selected socio demographic variables and Self Structured Job Stress Scale to assess the level of stress among school teachers. First part of the tool consisted of 10 items and second part of research tool was consisted of 30 items. Criterion measure for Self Structured Job Stress Scale was Mild stress (20-60 scores), Moderate stress (60-100 scores) and severe stress (100-140 scores).

SCORING PROCEDURE

It was decided to use teacher's occupational stress (TOS). The test reliability was 0.75 the researcher explained the purpose of the study to the subjects. The occupational stress scale consists of some statements that employees say or feel about various components and conditions of their job. The subjects were required to select any one of the three responses to indicate the extent to which they agree with each statement to describe the nature and condition of their job and also their own experiences and feeling about their job. The occupational stress scale had 85 items. For each item there were three possible responses i.e. mostly sometime and never.

In order to ensure, that the subjects were responding to every item and there was no question left unanswered clear instructions were given. The scoring was done according to the following keys:

Score	Response
2	Mostly
1	Sometime
0	Never

There were three options i.e mostly, sometime and never, each were given 2,1 and 0 marks respectively. The highest score possible was 188 and the lowest score possible was 0. The Score obtained by each subject on each statement, were added up, which represented one's total score on Occupational Stress Scale (OSS).

9-DATA ANALYSIS

To determine the level of stress and job satisfaction Descriptive study was applied To determine the significance of difference among the science, language, Social science and Physical education teachers on stress and Job satisfaction Analysis of Variance (ANOVA) was applied. The level of significance was fixed at .05 level.

10-MAJOR FINDINGS OF THE STUDY

The finding pertaining to stress level of school teachers of aged between 25-45 years working in selected schools working in secondary and higher secondary schools in shaheed bhagat singh nagar, Punjab, mean and standard deviation were computed and presented in table that the mean and standard deviation on stress variable for Science Teachers was 75.60 ± 32.54 ; for Language Teachers was 68.95 ± 32.29 ; for Social Science Teacher was 71.80 ± 32.12 ; and for Physical Education teacher was 88.22 ± 32.65 .The finding shows that the

stress level of Physical education teacher is much higher than the other subject's teachers. Reveals that there was significant difference in stress of school teachers of different faculties of shaheed bhagat singh nagar, Punjab, as they obtained F ratio 13.913 was higher than tabulated value of 2.65 required for the F'ratio to be significant at .05 level with (3,796) degree of freedom. As the F ratio of stress was found significant, the post hoc test (Least significance difference test) was applied to test the significance of difference between the paired means of school teachers i.e. science, language, social science, and physical education.

11-CONCLUSION:

After the specified evaluation this takes a look at ends in the following end: The findings of the study may be used to highlight the psychological characteristics of school teachers of aged between 25-45 years working in selected schools. The findings of the study may help to know the stress on school teachers of aged between 25-45 years working in selected schools. The study may be utmost value for administrators and professionals who are concerned with the prospective teachers so that suitable training programmed may be developed in their respective training institutions and to incorporate measures to train and develop the unique and desired characteristics of the teachers. The study may provide information about psychological characteristics of various subjects' teachers. The result of the study would also help to understand the behavior of school teachers working in government and government aided school of Punjab. The finding of the study would provide the guideline for the future research investigation in sports psychology and sports sciences to conduct further research in this field.

12-STRENGTHS OF THE STUDY:

This have a look at had a great sample in variety and nature. Samples actively participated inside the examiner. The proof changed into generated that nurses want to update their understanding and exercise time to time with contemporary era and wishes in their sufferers to improve the quality of nursing care that is finished in this study.

13-LIMITATIONS OF THE STUDY:

1. There was no control over the other internal & external factors and circumstances acting on the subject while respondents to questionnaire.
2. There was no control over the moods, temperament and emotional status of the subjects while they response to various items of questionnaire.
3. Indifferent approach of the respondents if any towards the study also a limitation of the study.

14-SUGGESTIONS FOR IMPROVEMENT OF THE STUDY

1. For the higher generalization the examiner have to be executed in exclusive school settings.
2. Reinforcement of coaching programmed may be finished exclusive settings for better retention of know-how and exercise with modern evidence.
3. Take a look at can be completed with nursing care.

15-RECOMMENDATIONS

1. Same study may be conducted on school teachers considering the different states of our country.
2. Similar studies may be repeated among school teachers by dividing the subjects into different areas that is cities, districts, and states.
3. This study may be valuable for education administrator to know the psychological characteristics of school teachers.
4. This study may be helpful for government to make policies to reduce stress of school teachers.
5. Similar study may be carried out by dividing the subjects between urban and rural areas.

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