PREFACE

Occupational stress is stress involving work. Stress is defined in terms of its physical and physiological effects on a person, and can be a mental, physical or emotional strain. It can also be a tension or a situation or factor that can cause stress. Occupational stress can occur when there is a discrepancy between the demands of the environment/workplace and an individual’s ability to carry out and complete these demands. Often a stressor can lead the body to have a physiological reaction which can strain a person physically as well as mentally.

Stress is a prevalent and costly problem in today's workplace and it is an inescapable aspect of every occupation including teaching. Consequently, there is a growing body of literature indicating that occupational stress in teaching is widespread and is a cross-cultural phenomenon. Occupational stress is pervasive to teachers and may affect not only the teachers but also have a negative impact on their pupils as well. Teacher stress is therefore a problem for the individual teacher, the student, the colleagues, the teaching profession and the education system as a whole.

Thus this work is an effort to analyse the prevalence of stress and impact of stress on teachers' lives, in the organisations in which they work and on the pupils they teach and to contribute to the understanding of occupational stress and development of self efficacy as a moderator in occupational stress.

The whole work is divided into five chapters where chapter one deals with the concept, definitions, models, factors affecting, consequences, and moderators of occupational stress. Chapter two introduces our next variable that is self efficacy. This chapter not only puts an insight into the concept, theory and sources of self efficacy but also teacher self efficacy which is major focus of the study, its measurement, and role in stress coping. Chapter three reviews the existing literature relevant to the thesis and deals with various aspects of research, Scope, Significance, Formulation Of Framework, Objectives, Hypothesis Formulation, Sampling Design, size, Questionnaire Design And Development. Chapter four deals with the data analyses & interpretation of results and in the last chapter five summary, conclusion and Suggestions are given.