ABSTRACT

The present investigation was a descriptive ex-post facto design to occupational stress, job burnout, coping mechanisms, and psychological health among school teachers. The purpose of this investigation was to examine how occupational stress, job burnout, coping mechanisms, and psychological health are different in certain demographic variables (gender and type of school). In addition, the study aimed to find out the relationship between occupational stress, job burnout, coping mechanisms, and psychological health among school teachers in Mysore city, Karnataka, India. The study was carried on teachers who were working in private/government primary and high schools in Mysore (India). The sample for the present study was drawn using stratified random sampling technique and considered of 434 primary and 388 high school teachers in government and private sectors. The data collected was analyzed using Pearson product moment correlation, independent samples ‘t’ tests, one way ANOVA and Post Hoc tests. Data were collected using four standardized questionnaires: 1) Occupational Stress Index, 2) Maslach Burnout Inventory (MBI), 3) Ways of Coping Questionnaire and 4) General Health Questionnaire (GHQ). The study revealed that there is significant correlation between occupational stress, job burnout, coping mechanisms (emotion focused) and psychological health. Also there is significant relationship between coping mechanisms (emotion focused) and job burnout among school teachers. There is no significant different between male and female high school teachers in occupational stress, job burnout, coping mechanisms and psychological health. Male and female primary school teachers differ in coping mechanisms only. Primary schools have higher occupational stress, emotional exhaustion, depersonalization, emotion focus coping strategies and psychological health than high school teachers. Private and government high school teachers had significant difference in emotional exhaustion, depersonalization and emotion focus coping strategies but private and government primary school teachers had significant difference in emotional exhaustion and problem focus coping strategies. And at last, length of experience had significant effect on occupational stress, emotional exhaustion, depersonalization, emotion focus coping strategies and psychological health. Based on these findings, implications were recommended.