CHAPTER V

CONCLUSIONS AND RECOMMENDATIONS
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Conclusions

In conclusion, the results from the data analysis supported the first hypothesis of the study, indicating that occupational stress, job burnout, coping strategies and psychological health are significantly correlated. This is consistent with most of the past research.

The results from the current study confirmed that, in government and private schools, male and female teachers of high schools had difference in occupational stress, personal accomplishment. But there were no significant difference between male and female teachers’ scores on emotional exhaustion, depersonalization and coping strategies among high school teachers.

The findings of the current study showed that males scored significantly higher on both physical and psychological health than female, indicating better psychological health among men. The results of current study also revealed that significant difference between male and female occupational stress among government and private primary schools. The results also, indicated that male primary school teachers had higher mean scores than female teachers in depersonalization and lack of personal accomplishment. Emotion-focused and problem-focused were significantly different among male and female teachers.

In comparing government and private high schools, occupational stress and psychological health had significant difference. Two of job burnout components had significant difference between government and private teachers that were emotional exhaustion and depersonalization. In emotional exhaustion and depersonalization private teachers had higher mean scores than government teachers. Personal accomplishment had
no significant difference between government and private teachers. But in coping strategies, type of school was not a significant factor. In primary schools, government and private school teachers had significant difference in occupational stress, job burnout, coping strategies and psychological health. And at last, exploring difference of occupational stress, job burnout, coping strategies and psychological health between teaching experience groups revealed a significant difference.

**Recommendations**

On the basis of conclusions and delimitations, following recommendations are made:

1. It is recommended to do the same study in different region of India, in both urban and rural areas to generalize the suitable findings.

2. In the special children schools, teachers experience different conditions. It is recommended to explore occupational stress, job burnout, coping strategies and psychological health of teachers in these schools.

3. It is recommended to study other variables in relation to variables of this study.