

Psychological Study Of Occupational Stress Among School Teachers

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Occupational stress is a term used to define ongoing stress that is related to the workplace. Occupational stress is an increasingly important occupational health problem and a significant cause of economic loss. An employee spends roughly one third of its life working in an organizational goal setting, employee mental health is of particular importance. Occupational stress may produce both overt psychological and physiological disabilities. However, it may also cause subtle morbidity that can affect personal well-being and productivity. A job stressed individual is likely to have greater job dissatisfaction, increased absenteeism, and higher consumption of alcohol and smoking, increase in negative psychological symptoms reduced aspirations and self esteem Job stress is generally defined in terms of a relationship between the person and environment.