

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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## Occupational role stress of the public and private sector school teachers

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Presented study aims to explore the occupational role stress among the public sector and private sector corporate people. To study the phenomenon, school teachers stress Inventory (UTSI) was used. The inventory UTSI questionnaire was used to measure dimensions of school teachers' occupational role stress. The sample size was 500 among them 250 were from public sector and 250 were from private sector. Statistical methods mean, standard deviation, percentages and correlation methods were used for analysis. The findings indicated that teachers from public and private sector experience moderate to high level of occupational role stress; however, teachers from public sector school experienced higher stress as compared to the private sector school teachers. Factors like relationships with their colleague's increases occupational role stress of public sector school teachers, whereas, for the private sector school teachers, workload caused occupational role stress. The study also explored the effects of demographic details like age, gender, marital status, qualification, income, experience and nature of job contract on occupational role stress.

### Biography

Vishnu Patel holds Bachelor's and Master's Degrees in Psychology from Gujarat University. He has been bestowed with Gold Medal for his excellent performance by the university. He is currently the District Head of Association of Networking Companies in Gujarat, India. In the business world, stress affects large number of people. Stress causes negative effects on their mental and physical well-being, which reduces their productivity capability. With his exceptional communication & leadership skills including his knowledge of Psychology, he wants to bring about positive change in the lives of corporate sector, which in turn would increase the productivity of corporate sector as a whole.

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