

STRESS OF TEACHER EDUCATORS WORKING AT TEACHER EDUCATION INSTITUTIONS (TEIS) IN ODISHA: A STUDY

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ABSTRACT

Stress is a feeling of tension, which is both physical and mental and is caused by physiological, psychological and environmental demands. Stress is a hurdle to effectiveness. The effectiveness of teaching and the performance of a teacher, mainly depend upon his/ her psychological state of mind. It is a most important area to identify how teacher educators can avoid and cope with stress to be a success in their life. The researcher conducted a study to know the level of stress among the teacher educators working at different teacher education institutions in Odisha. The objectives of the study were (i) to know the level of stress among the teacher educators working in different TEIs. (ii) To compare the stress of contractual and regular teacher educators working in TEIs. (iii) To compare the stress of male and female teacher educators working in different TEIs. Hundred (100) nos. of teacher educators were randomly selected to conduct the study. The study is an empirical study and use of teachers' stress scale developed by constructed and standardized was administered Michael J. Fimian. The teacher test inventory is composed of 49 stress-related and 9 optional demographic items and takes about 15 minutes to complete. Hypotheses were tested using mean, standard deviation and 't' test. Findings revealed that in general, there is a significant difference in relation to sex and service condition.

KEYWORDS: *Teacher Educators, Teacher Education Institutions, Stress, Contractual and Regular Employee*