

## BURNOUT AMONG SECONDARY SCHOOL TEACHERS IN RELATION TO OCCUPATIONAL STRESS: AN EMPIRICAL STUDY

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### **ABSTRACT**

*The present study was undertaken to study the burnout among secondary school teachers in relation to occupational stress. Burnout was treated as dependent variable, whereas occupational stress was treated as independent variable. Descriptive survey method was used for the present study. Random sampling technique was used to select the sample of 200 secondary school teachers teaching in private schools of Rohtak District. Teachers' Burnout Scale by Gupta and Rani (2017) and Occupational Stress Scale by Singh and Srivastav (1981) were used to collect the data. Mean, SD and 't' test were used to analyse the data. The findings of the study revealed that significant difference was found in burnout among secondary school teachers having high and low occupational stress. It was found that burnout among male secondary school teachers having high and low-occupational stress differ significantly. Further, it was revealed that burnout among female secondary school teachers having high- and low-occupational stress differ significantly.*

**KEYWORDS:** *Burnout; Occupational Stress; SecoNdary School Teachers*