

JOB STRESS AND PERFORMANCE: AN EMPIRICAL STUDY WITH SPECIAL REFERENCE TO TEACHERS WORKING IN HIGHER EDUCATIONAL INSTITUTIONS IN CHAMARAJANAGAR DISTRICT

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ABSTRACT

Teaching is perceived as the oldest and noblest of all professions. In the process of education, teachers occupy an important position, A teacher is the medium through which educational objectives and plans can be actualised. For this, the teacher must have sound, mental and physical health. Stress is common in every aspects of human walk. It is a universal phenomenon and now- a-days no organisation can claim to be stress free. Every job is challenging and more demanding. Each job requires high standard of performance, high quality and getting aspirations and expectation fulfilled. Every employee is forced to have a stressful and hectic lifestyle. The topic “Job Stress and Performance: An empirical study with special reference to teachers of higher educational institutions in Chamarajanagar District” was selected with the overall purpose of finding out the causes of job stress and their impact on performance of teachers. Further, the study also aimed to find out how they struggle with stress in higher educational institutions. Work environment involves the factors like working hour, work culture, Benefits, people, Recognition and Motivation and many more. By choosing working environment as a factor, the objective of the study is to identify the impact of working environment on occupational stress among teachers working in higher educational institutions. The data were collected from primary and secondary sources. A questionnaire was used to collect primary data from faculty members of different higher educational institutions in Chamarajanagar district. A sample of 100 faculty members working in higher educational institutions in Chamarajnagar district was considered for the study. The sample included assistant professors and associate professors. Percentage analysis and ANOVA were used as tools for the study. Bar diagram and Pie Figures were also used to represent statistical data. The result of the analysis indicates that, the teachers working in higher educational institutions work under pressure and suffers with occupational stress because of poor working environment.

KEYWORDS: *Higher Educational Institutions, Teachers, Stress, Job Stress, Performance*

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