

ACCEPTANCE AND COMMITMENT THERAPY (ACT) TO CONDENSE PERCEIVED STRESS OF SCHOOL TEACHING PROFESSIONALS DURING LOCKDOWN PERIODS

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ABSTRACT

The study aims to find the outcome of acceptance and commitment therapy on perceived stress of school teaching professionals during lockdown periods. The present research was carried out among 120 teachers in Kottayam district in Kerala. The study employed a true experiment research design. There were 60 samples in the experimental group and 60 in the control group. Stratified sampling method was used for selecting samples. The Perceived Stress Scale (PSS) by Sheldon Cohen (1988) was used to measure teacher's stress in both experimental and control groups through a survey method. The results of the present study found that female teachers, teachers with below 5 years of teaching experience and teachers between 50-60 years showed a higher level of perceived stress than other teachers. And regarding the effectiveness of intervention, the researcher concluded that ACT was a very effective psychotherapeutic approach for decreasing the perceived stress level for school teaching professionals.

KEYWORDS: *Perceived Stress, School Teaching Professionals, Acceptance and Commitment Therapy*

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