

OCCUPATIONAL STRESS - A STUDY ON TEACHERS WORKING IN SELF FINANCING COLLEGES IN CHENNAI

J. VIJAYA SHANTHI

Assistant Professor Department of Commerce Anna Adarsh College for Women Chennai, Tamil Nadu, India

ABSTRACT

Today the environment is characterized by three Cs namely – change, challenge and competition. In this tough and challenging competitive environment, it is very essential not only to survive but also to emerge as winners – the only key to stay in competition in the long run. Educational institutions are no exceptions to this phenomenon. Every institution puts its best efforts to be a best institution in imparting knowledge. To serve this purpose the strongest assets available to organizations are its human resources, that is the teachers who are the sources of ample amount of information and knowledge.

Teaching profession is generally considered as a noble profession with lots of expectations from various sections of the society. Many assume that teaching profession is the least stressful careers. Although not highly paid in comparison to professionals in the commercial sector, academics have been envied for their tenure, light workloads, flexibility and the freedom to pursue their own research interests. However during the past two decades many of these advantages have been eroded. Like many other organizations with changes in trend and expectations the teaching career also carries a huge amount of stress. Greater part of stress is associated with the rapid pace of changes in education in the last decade.

KEYWORDS: Occupational Stress, Three Cs Namely – Change, Challenge and Competition