



Development of self rating scale to measure occupational stress of High School teachers

■ **D.T. Khogare and B.T. Kolgane**

Department of Home Science, Krishi Vigyan Kendra, Kanchanpur, Miraj, SANGLI (M.S.) INDIA

¹Department of Extension Education, College of Agriculture, KOLHAPUR (M.S.) INDIA

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ABSTRACT

Stress is experienced in mind as anxiety and in body is psychosomatic symptoms as one adjusts to continually changing environment. The physical and mentioned effects on any one can coincide with positive and negative feelings. The meaning of stress commonly known by people is termed as tension. Hence, present study was undertaken with an objective to develop scale for measuring occupation at stress of High School teachers. As the scale was found to be reliable and valid, the developed scale will serve as a scientific tool for measurement of occupational stress of High School teachers.