

# Comparative study of occupational stress among physical education teachers of Jammu and Kashmir

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### ■ ABSTRACT

The paper endeavors to examine the occupational stress among Physical Education Teachers of Jammu and Kashmir. The data was obtained from 333 physical education teachers who are working in various schools of Jammu and Kashmir state. Occupational stress questionnaire was administered among the physical education teachers. Data has been classified on the basis of gender (Male and Female), areas (Rural and Urban) and sectors (Govt and Private). Independent sample t-test has been used to find out the significant difference; if any between male and female, government and private, rural and urban physical education teachers. Analysis of data highlights that there is no significant difference ( $P \leq 0.05$ ) among physical education teachers of Jammu and Kashmir in relation to their gender (Male and Female), areas (Rural and Urban) and sectors (Govt, and Private). The obtained Independent sample t-test values for gender (1.59), sector (0.11) and area (1.18) were not significant at 0.05 level.

■ **KEY WORDS** : Physical education teacher, Occupational stress, Job satisfaction

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