

TEACHING COMPETENCY AND STRESS AMONG PG TEACHERS IN DINDIGUL DISTRICT

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ABSTRACT

Teacher stress is the experience by a teacher of unpleasant emotions such as tension, frustration, anger and depression. Teaching competencies are critical skills which determine the success of a teacher in carrying out his duties. Now a day's teaching is regarded as a very stressful duty. It is an established fact that the performance of teachers mainly depends upon his psychological state of mind. Stress affects the physical and psychological well being of the teacher; it is definitely influences his efficiency and performance. This study aims to trace the level of teaching competency and stress among PG teachers. The Investigator chosen 207 post graduate teachers in Dindigul district as sample of this study. The investigator used her teaching competency scale and Latha's stress scale for data collection. The major findings of the study were, i) all the sub groups have partial control over stress and very high level of teaching competency. ii) Stress is low positive relationship with teaching competency in each of the sub-groups classified for the study.

KEYWORDS: Teaching Competency, Tension, Frustration, Anger and Depression