

A Comparative Study of Occupational Stress, Self- Rating Depression and Healthy Life  
Style of Teachers a Working in Grant-In-Aid and Non Granted Colleges

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Abstract

**Introduction:** Educational professionals today face a variety of challenges that test them mentally, emotionally and physically. Education is an area of rapid development. Educational institutions are the place where would be teachers are molded and shaped. Responsibility of growth and development of future generation is rest on the shoulders of the teachers. The present study was stated as Comparison of Occupational Stress, Self-Rating Depression and Healthy Life Style between The Grant-In-Aid Teachers.

**Aim & Objectives of the study:** The main purpose of the study is to investigate, the level of occupational stress, self-rating depression and healthy life style of the teachers, To compare self-rating depression between the Grant-In-Aid teachers employing under, To determine the difference in Healthy life style between the teacher of Grant-In-Aid

**Method:** The data pertaining to the study was collected on male teachers working in Grant-In-Aid Post and Non Grant in Aid in the institutions under S. G. B. Amravati University. Total 400 Grant-In-Aid teachers (i.e. 200 Grant-in-aid and 200 Non-Granted teachers) will be the selected subject for the present study. Purposive sampling method was used.

**Results:** To compare the occupational stress, self-rating depression and healthy lifestyle of Grant-In-Aid teachers, the obtained data will be subjected to statistical process to determine the desired results. On the basis of obtained outcomes of the statistical procedure further interpretation of the results will be made. To test the hypothesis the level of significance will be set at 0.05.

**Conclusions:** Comparison of occupational stress components of role overload between grant-in-aid and non-granted teachers shows insignificant difference.

**Keywords:** Occupational Stress, Self-rating Depression, Healthy life Style