

Institutional Approaches to Managing Teacher Stress in Private and Government Universities: A Systematic Review and Comparative Analysis

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Abstract: *Stress is a worldwide phenomenon that impacts workplaces on a global scale. The aim of this study is to conduct a critical analysis of approaches used by the institution in management of the stress level in government and private universities. This study presents a systematic review on the basis of data collected from different university teachers of Punjab. Study makes the use of questionnaire for collection of data from both the government as well as private universities in equal promotion. Use of both closed-ended as well as open-ended questions have been made in the questionnaire to assist in collection of qualitative and quantitative data for assessment of stress levels and coping mechanisms used by government and private university teachers. Data analysis has been done on the basis of review of literature. The study reports that there are different strategies or methods employed by government and private teachers in order to cope up with job stress, which include adoption of recreational activities, counseling sessions, meeting and conferences, yoga and meditation, and various other activities.*

Keywords: *Stress*