

Impact of Occupational Stress on Job Satisfaction and Psychological Wellbeing

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Abstract: *The teachers of self-finance colleges have the same responsibility while comparing with the aided and government college teachers but the environment is entirely different. They are not getting proper salary and denying PF, ESI and many other benefits also. These teachers community has been ignored by the management. So the occupational stress of self-finance college teachers is more while comparing with the other teachers. This study attempts to investigate the impact of occupational stress on psychological wellbeing and job satisfaction. The study also identifies the various factors influencing the occupational stress among teachers of self-finance colleges. Descriptive research design used for this study and data are collected through structured questionnaire. Simple random sampling method is used to select sample of 103 teachers from different self-financing colleges in Kozhikode district, Kerala. To measure the psychological well-being of teachers 18 items were used utilizing six components (Self-Acceptance, Positive Relations with Others, Autonomy, Environmental Mastery, Purpose in Life, and Personal Growth) developed by carol Ryff. This study reveals that the occupational stress (work context, job content and organisational climate) has significant negative impact on job satisfaction and psychological wellbeing among teachers of self-finance colleges.*

Keywords: Occupational Stress, Job Satisfaction, Psychological Wellbeing, Work Context, Job Content, Organisational Climate.

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