

A Study on Camouflaged Stress Among Teaching Staff - An International Review

Saba Inamdar

Assistant Professor, MBA Department,
Global Institute of Engineering and Technology, Hyderabad, India.

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ABSTRACT

Teaching is considered as the parent of all professions. Teaching demands an abundance of patience, passion, care, understanding, vision, courage, power, stamina and responsibility bearing. This study aims to determine such reasons that cause stress among the teaching staff but remain unidentified. This camouflaged stress have factors like tailored lectures, student behaviour, improper lunch breaks, the sacrifice of evenings and weekends, media created attitudes among students, the Government created policies, untimely faculty development program, etc., thus these seem to be part and parcel of the job but when ignored for a longer time period can have negative shades on the health and well-being of the teacher. The study reveals that those teachers who recognise these factors deal very well and succeed in their career and could balance both work life and professional life, but those who fail to identify the same, suffer from stress eventually depression, forcing the individual to either quit the job or spoil the health.

KEYWORDS: Camouflaged stress, Education, Teaching staff, Healthy work life, Unpaid workloads.

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