

## DOES MENTAL HEALTH AFFECT OCCUPATIONAL STRESS OF SECONDARY SCHOOLS FEMALE TEACHERS?

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### **ABSTRACT**

*Today's life is full of challenges. In everyday life, we come across different situations. The work pressure on women is physically and mentally challenging days. Indian women have been gradually coming out traditional roles and entering into the male-dominated areas. In recent years the role and status of the women have been changed tremendously. Their participation in education and workplace has also led to their increased socio-familial roles women who work outside the home are required to make many socio-familial adjustments that may contribute more stress. So keeping in this point of view the present study was conducted on 100 female teachers. The study investigates the mental health and occupational stress of female teachers. Findings of the study suggest that there was a significant difference in mental stress between married and unmarried women but these groups does not have any significant difference on occupational stress. All women teachers showed a lower correlation between mental health and occupational stress.*

**KEYWORDS:** *Mental Health, Occupational Health, Female Teachers, Secondary Schools*