

Teacher effectiveness in relation to stress, coping strategies and personality factors

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ABSTRACT

In any system of education teacher holds pivotal position. In India the teacher (Guru) in ancient days was considered a form of God (Guru Brahma) Long back the National Education Commission Report (1964-66) emphasized the role of teacher as 'nation builder'. The recent National Curriculum Frame work (2005) also emphasized the importance of teachers' role as facilitator of learning. In view of this the teacher effectiveness plays an important role in the process of education.

This paper is based on the research intended to study the teacher effectiveness in relation to stress, coping strategies and personality factors. Unfortunately, traditional studies on teacher effectiveness focus largely on the teaching performance of individual teachers in classrooms.

Chris Kyriacou and Newson (1982) investigated the main problems associated with research on teacher effectiveness in schools. Indira (1999) investigated teachers' effectiveness in relation to work orientation and stress. Chaw, D. W.(2008) studied on "Stress, Coping Strategies and Psychological Distress Among Secondary School Teachers".

Normative survey method was used to conduct the study on 260 secondary

school teachers selected as sample by using stratified random sampling method. Teacher Effectiveness Scale, Teacher Stress Scale, 16 P.F. Questionnaire and Coping Strategies Scale were used to collect the data. All the tools used are standardized and adopted for the present study through pilot study.

Major findings:

1. No significant relationship was found between stress and teacher effectiveness.
2. Teachers of high effectiveness has better score on Personality Factor B than their counter parts.
3. There is a significant relationship between the coping strategies and teacher effectiveness.
4. Teachers of 31-40 years of age were found to have better teacher effectiveness than other age groups of teachers.
5. There is no significant difference in teachers' effectiveness with reference to certain variables.

Suggestions for teacher effectiveness were given based on findings.

Key words: Teacher effectiveness, stress, coping strategies and personality factors