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### A STUDY OF OCCUPATIONAL STRESS OF SENIOR SECONDARY SCHOOL PRINCIPALS

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#### ABSTRACT

The study examined the difference between the occupational stress of principals belonging to different type of school, sex, and year of experience. A sample of 140 principals was randomly selected from Senior Secondary Schools of Haryana. Significant difference was found in occupational stress of male and female principals as well as principals having less than 5 years of experience and more than 5 years of experience. It was found that male principals are more stressed in comparison to their female counterpart. Further it was also found that more experienced principals have low level of stress in comparison to less experienced principals. However, no significant difference was found in the occupational stress of principals working in government and private schools. Difference was also calculated dimension wise and significant difference was found on the domains of role insufficiency, role ambiguity, responsibility, and physical environment between male and female principals but on the domains of role overload and role boundary male and female principals do not differ significantly. Significant difference was found on the domains of role insufficiency, role ambiguity, role boundary, responsibility, and physical environment between the principals having less than 5 years and more than 5 years of experience but no significant difference was found on the domain of role over load between high and less experienced principals. No significant difference was found on the domains of role insufficiency, role ambiguity, role boundary and physical environment between government and private school principals but on the domains of role overload and responsibility government and private school principals differ significantly.