



A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJSH
ASIAN ACADEMIC RESEARCH
JOURNAL OF SOCIAL
SCIENCE & HUMANITIES



A STUDY OF JOB ANXIETY AMONG THE TEACHERS TEACHING IN JAMMU DISTRICT

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Abstract

The present study was conducted on the problem which is briefly stated as “A study of Job Anxiety among the teachers teaching in Jammu district. Anxiety (also called angst or worry) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. The root meaning of the word anxiety is ‘to vex or trouble’; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a reaction to a stressor. It may help individual to deal with a demanding situation by prompting them to cope with it. The objectives of the study is to study the significance of difference of comprehensive anxiety level among the studying in govt. on and private colleges of education pupil teachers on sex wise. To study the significance of difference of comprehensive anxiety level among the studying in government on and private colleges of education pupil teachers on locality wise and to study the significance of difference of comprehensive anxiety level among the studying in govt. on and private colleges of education pupil teachers on qualification-wise. The investigator have use the standardized tool prepared by Dr. A K Srivastva. The investigator has visited the every selected school and has collected the data by applying the random sampling technique according to the sample design. The present study has its implication for educational admonitory, teaches, teacher educator and school personnel’s. “Education for life” and “Education in the preparation for life” become meaningful only when we have teachers who were satisfied in their ob and also who do not have job anxiety. They should also be well adjusted. Since a teacher is an indispensable element in the process of teaching and learning hence it is necessary to have these types of teachers for educational development.

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