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**COPING STRATEGIES FOR STRESS MANAGEMENT: A STUDY ON COLLEGE
TEACHERS WITH SPECIAL REFERENCE TO SALEM**

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ABSTRACT

Every organization working hard to reduce stress among its employees and most of the organization believed they can increase their outcome if they cut down the stress level of their employees. This study is carried out to found the coping strategies for the stress management by the teachers of Salem. The outcome of this study revealed that teachers coping strategies was differed and influenced by the demographic variables as well. Implementation of information technology (IT) in the teaching field reduces the stress level compare to era before implementing information technology.

KEYWORDS: Stress Management, Coping strategies, College Teachers, Salem.
