

## **ANXIETY, DEPRESSION AND STRESS: A COMPARATIVE STUDY OF SCHOOL TEACHERS WORKING IN RESIDENTIAL AND NON-RESIDENTIAL SCHOOLS**

**INDU RATHEE**

Associate Professor in Education, Tika Ram College of Education, Sonipat, Haryana, India

### **ABSTRACT**

The purpose of the paper is to understand and compare the experiences of anxiety, depression and stress among the teachers working in residential and non-residential schools. The sample comprised of 60 teachers, out of them 30 teachers (15 male and 15 female) were from residential schools and 30 teachers (15 male and 15 female) were from non-residential schools selected randomly from four schools (two residential and two non-residential schools) of district Sonipat, Haryana. Anxiety, depression and stress scale (adss) by Bhatnagar, Singh and Pandey (2011) was used to assess anxiety, depression and stress. The data so collected was analyzed statistically by employing mean, S.D and t-test. The results revealed that there is no significant difference between teachers working in residential and non-residential schools with regard to their anxiety, depression and stress. However, anxiety and stress level of female teachers of non-residential schools are significantly higher than male teachers.

**KEYWORDS:** Normal Emotion, Psychological, Absenteeism, Secondary School Teachers