

**EVALUATION AND COMPARISON OF STRESS, BURNOUT AND COPING
STRATEGIES BETWEEN SPECIAL SCHOOL TEACHERS AND REGULAR SCHOOL
TEACHERS**

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APPROVAL SHEET

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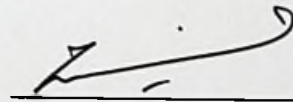
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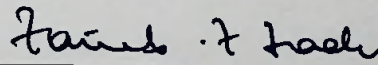
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Signature: Anna K

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DEDICATION

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ABSTRACT

The present research investigated the level of stress, coping, burnout between Regular School teachers and Special school teachers. It was hypothesized that special needs teacher will significantly suffer from higher level of stress compared to regular school teachers. There will be a significant difference in the level of stress between trained and untrained teachers. There will be a significant difference in the level of stress between experienced and inexperienced teachers. Teachers who tend to suffer from higher level of stress will significantly suffer from burnout compared to teachers who suffer from lower level of stress. Teachers who have good coping strategies will suffer from significantly less stress compared to teachers with poor coping strategies. The sample of this study consists of 78 teachers out of which 50 teachers belong to the regular schools and 28 belong to special schools. To measure the variables the Teacher Stress Inventory was used to identify stress, Maslach Burnout Inventory (MBI) was used to measure burnout and Brief Cope manual was used to measure coping strategies. For statistical analysis, SPSS version 21 was used. The results of the research study indicated that there are no significant differences in the stress level between the special education school teachers and regular school teachers with a t -0.89. On the other hand, the results identified the trained teachers had significant level of more stress as compare to novice teachers with (t = -0.224, p < 0.026). The results of the hypothesis indicated that there is a weak negative relationship between the experiences, burnout and stress with (t = -0.288, p < 0.013). As the teacher's experience increases in the field of education, it reduces the stress level of teachers. However trained teacher's stress level is higher as compared to novice school teachers. It can be concluded that teaching is a stressful job therefore good coping strategies needs to