

## **Occupational Role Stress and Health Related Quality of Life among Secondary School Teachers**

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Growing industrialization and technical advancement have caused an obvious change in the field of teaching, rendering teaching today a challenging task. The research examined occupational role stress among Government secondary school teachers (S.S.T.s). The purpose of the study was to find out the Role Stressors among secondary school teachers and the relationship of Occupational Role Stress to the Health Related Quality of Life of the teachers. The sample comprised of 200 S.S.T.s (100 men and 100 women). Purposive sampling technique was applied to draw the sample. Cross-sectional Survey was used as research design in the study. Data collection was done by using Questionnaires namely ORSS (Pareek, 1983), Q-LES-Q- Short Form (Endicott, Neej, Harrison, & Blumenthal, 1993), and WHOQOL-BREF (World Health Organization, 2004) in Urdu version. Both descriptive and inferential statistics were used for data analysis. Results were calculated on SPSS- 17 version. The results showed that men S.S.T.s experienced more ORS than women S.S.T.s and that men S.S.T.s had poor Physical Health as compared to women S.S.T.s. It was also found that there had been no significant relationship between ORS and demographic variables.

*Keywords:* Occupational Role Stress, Role Stressors, Health Related Quality of Life, Secondary School Teachers

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