

**EFFECTS OF STRESS ON PERFORMANCE OF WOMEN
SCHOOL TEACHERS IN PUNJABI AN EMPIRICAL
INVESTIGATION**

**A
THESIS
SUBMITTED TO**



**MAHARAJA RANJIT SINGH
PUNJAB TECHNICAL UNIVERSITY
BATHINDA (PUNJAB)**

**IN FULFILLMENT OF THE REQUIREMENT
FOR THE DEGREE OF**

**DOCTOR OF PHILOSOPHY
IN
MANAGEMENT**

**BY
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2021**

CERTIFICATE

I, **Manpreet Kaur Dhaliwal** hereby certify that the work contained in this thesis entitled “**Effects of stress on performance of women school teachers in Punjab: An Empirical Investigation**” in fulfillment of requirements for the award of the degree of the **DOCTOR OF PHILOSOPHY** in the Department of Commerce and Management, Maharaja Ranjit Singh Punjab Technical University, Bathinda, is an authentic record of my own work carried under the guidance and supervision of **Dr. Veerpaul Kaur Mann** (Assistant Professor, University Business School, Maharaja Ranjit Singh Punjab Technical University, Bathinda).

The matter presented in this thesis has not been submitted either in part or full of any other University or Institute for the award of any degree.

(Manpreet Kaur Dhaliwal)

Dated:

Signature of the Candidate

CANDIDATE'S DECLARATION

I hereby certify that the work presented in the thesis entitled “**Effects of stress on performance of women school teachers in Punjab: An Empirical Investigation**” in fulfillment of the requirements of the award of the degree of Doctor of Philosophy in the Faculty of Commerce and Management submitted in Maharaja Ranjit Singh Punjab Technical University, Bathinda is an authentic record of my own work carried out during the period from **July 2016** to **October 2021** under the supervision of **Dr. Veerpaul Kaur Mann** (Assistant Professor, University Business School, Maharaja Ranjit Singh Punjab Technical University, Bathinda).

The matter embodied in this thesis has been not submitted by me for the award of any other degree of this or any other University/Institute.

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This is to certify that the above statement made by the candidate is correct to the best of my knowledge.

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Sign. of Supervisor

Sign. of External Examiner

DEDICATION

In honour of the loving memory of my beloved parents

***S.NAROTAM SINGH DHALIWAL AND CHARANJEET KAUR
DHALIWAL***

You both are a sparkling light in my life

Miss you terribly

ACKNOWLEDGEMENT

Firstly, I pay my obeisance to **Almighty Waheguru ji**, who best owed his blessing to complete my thesis. I am also thankful to the people in my life who inspired, guided and accompanied me all the way through.

Foremost, I wish to express my profound gratitude and indebtedness to **Sh. Anurag Verma Ji, IAS**, Principal Secretary, Department of Home Affairs and Justice, Govt. of Punjab for providing the right guidance, valuable suggestions and continuous motivation throughout my thesis.

I convey my sagacious sense of gratitude and admiration to **Prof. Dr. Buta Singh Sidhu**, Vice Chancellor, Maharaja Ranjit Singh Punjab Technical University, Bathinda for providing the necessary facilities, infrastructure and approval for completion of my research work.

I express my deep and sincere regards to **Prof. Gurinder Pal Singh**, Registrar, Maharaja Ranjit Singh Punjab Technical University, Bathinda for their constant encouragement and support throughout my research work.

I wish to express my deepest sense of gratitude to my mentor and supervisor **Dr. Veerpaul Kaur**, Assistant professor, University Business School, Maharaja Ranjit Singh Punjab Technical University, Bathinda for her incredible supervision and support, affectionate encouragement, assistance, constructive suggestions, optimistic counseling, keen interest and time to time motivation throughout the tenure of my research work

A special note of thanks to **Dr. Kawaljit Singh Sandhu**, Head, Department of Food Science and Technology, Maharaja Ranjit Singh Punjab Technical University, Bathinda for giving me an expert guidance at every step of my work. His guidance not only sharpened my perception but also broadened my vision.

I also would like to extend my thanks to **Prof. (Dr.) Ashish Baldi**, Dean (R&D), Maharaja Ranjit Singh Punjab Technical University, Bathinda for his help, friendly behavior and earnest cooperation, which enabled me to work in a congenial and comfortable atmosphere. I would also like to express my thanks to Dr. Kirandeep Sandhu for her continuous support as well as assisting and guiding me.

Last but not least, my joy knows no bounds in expressing the heartfelt thanks to my beloved family who are the source of inspiration for me. I am grateful to my daughter **Mannat** and son **Kunwar** for their unconditional love which has been my greatest strength. They are the constant guiding spirit of my life throughout. I thank both of them for their love, blessings, belief, care showered on me.

(Manpreet Kaur Dhaliwal)

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LIST OF PUBLICATIONS BY THE AUTHOR

Publications in SCI Indexed Journals:

1. Dhaliwal, M., and Mann, V. K., (2020), “Effects of Stress on Performance of Women School Teachers in Punjab: A Review”, *Journal of Critical Reviews*, **7(15)**, pp. 2762-2765.
2. Dhaliwal, M., and Mann, V. K., (2020), “performance of Women School Teachers Effectuated by Stress in Punjab ”, *Journal of Critical Reviews*, **13(4)**, pp. 2244-2252.

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Publications in International and national conferences proceedings:

1. Dhaliwal, M.,(2016), Woman Empowerment, 8th International Conference, He for She: A Solidarity Movement for Gender Equality. Women Study Centre, Punjabi University, Patiala.
2. Dhaliwal, M.,(2018), Stress and its Effect and Work Place. National Conference on New Paradigms in Commerce, Management, Education and Technology-2018,Guru Kashi University, Talwandi Sabo (Bathinda), University College of Commerce and Management and Punjab Commerce and Management Association.

ABBREVIATIONS

AMOS	Analysis of Moment Structure
ANOVA	Analysis of Variance
BDI	Beck Depression Inventory
CWB	Counterproductive Work Behaviour
ERG	Existence, Relatedness, and Growth
ERI Model	Effort-Reward Imbalance Model
ETUCE	European Trade Union Committee for Education
GAS	General Adaption Syndrome
GETs	General Education Teachers
GHQ-12	General Health Questionnaire-12
ICT Tools	Information and Communications Technology Tools
IWPQ	Individual Work Performance Questionnaire
JCD	Job Demand-Control
JD-R Model	Job Demands-Resource Model
MSPSS	Multidimensional Scale of Perceived Social Support
OS	Occupational Stress
OSI	Occupational Stress Index
P-E Fit Theory	Person- Environment Fit Theory
QES	Quarterly Employment Survey
RPWB	Ryff's Psychological Wellbeing Scale
SD	Standard Deviation
SEM	Structural Equation Modeling

SETs	Special Education Teachers
SPSS	Statistical Package for the Social Sciences
SRRS	Social Readjustment Rating Scale
TSI	Teacher Stress Inventory
WM	Work Motivation
WMQ	Work Motivation Questionnaire
WP	Work Performance