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## **Gender Differences in the Prevalence of Occupational Stress among Gomal University Teaching Staff**

### **Abstract**

This paper analyzes the problem of teaching stress in the light of research studies conducted throughout the world from time to time. It also covers a sample population of 255 teachers including 230 male and 25 female teachers. The objective of the study is to explore empirically the prevalence of occupational stress in varying degrees among the Gomal University teaching staff. It also seeks to determine the gender differences in the respondent's self reporting of stress level. The study ends with a brief discussion on the results and a conclusion.

**Key word:** *teaching stress,*

### **Introduction**

Stress is a term that almost everybody from all walks of life knows and uses. It is common human experience. Due to development in research over years and decades now we find a great variety and specialization. On the Internet we can find a wide range of websites which deal with the problems of stress. Today we study stress for individuals, stress for managers, stress for chief executives, stress for teenagers, stress for working women, stress for professionals in all fields, stress for single parents, stress for physically handicapped, stress for students and of course stress for teachers. One can easily explore the latest studies about teachers' stress. Studies which partially or totally cover each and every aspect of teachers' stress. What is teacher stress like, what are its various sources, how to cope with it, what are the gender differences in teachers' stress. What is the impact of environment,