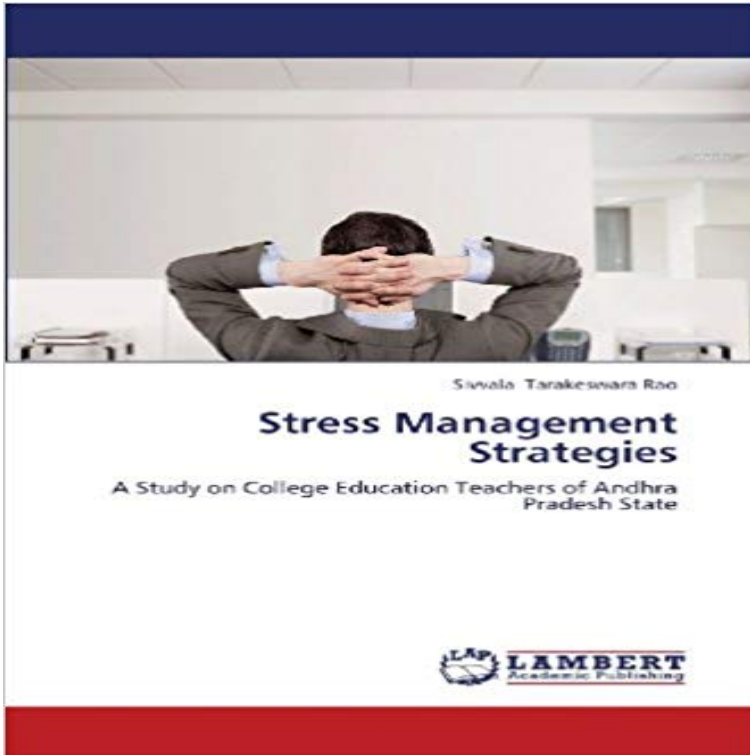


# Stress Management Strategies: A Study on College Education Teachers of Andhra Pradesh State



Stress has different meanings to different people. From a lay persons perspective, stress can variously be described as feeling tense, anxious, worried, or having the blues. Scientifically these feelings are manifestations of the stress experienced in intriguingly complex programmed response to the perceived threat that can have both positive and negative results. There is general consensus however, that stress is a physical, mental or emotional reaction resulting from an individuals response to environmental tensions, conflicts, pressures and similar stimuli. As commonly understood, stress is a pattern of disruptive, physiological and psychological reactions to events that threaten a persons ability to cope. For this purpose a study was undertaken entitled Stress Management Strategies -A Study on College Education Teachers of Andhra Pradesh State

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College, India. 2GITAM Institute

institutions of management to design suitable strategies to de-stress faculty teaching and research thereby enhancing the quality of student output. management education in Andhra Pradesh State, which has the highest