

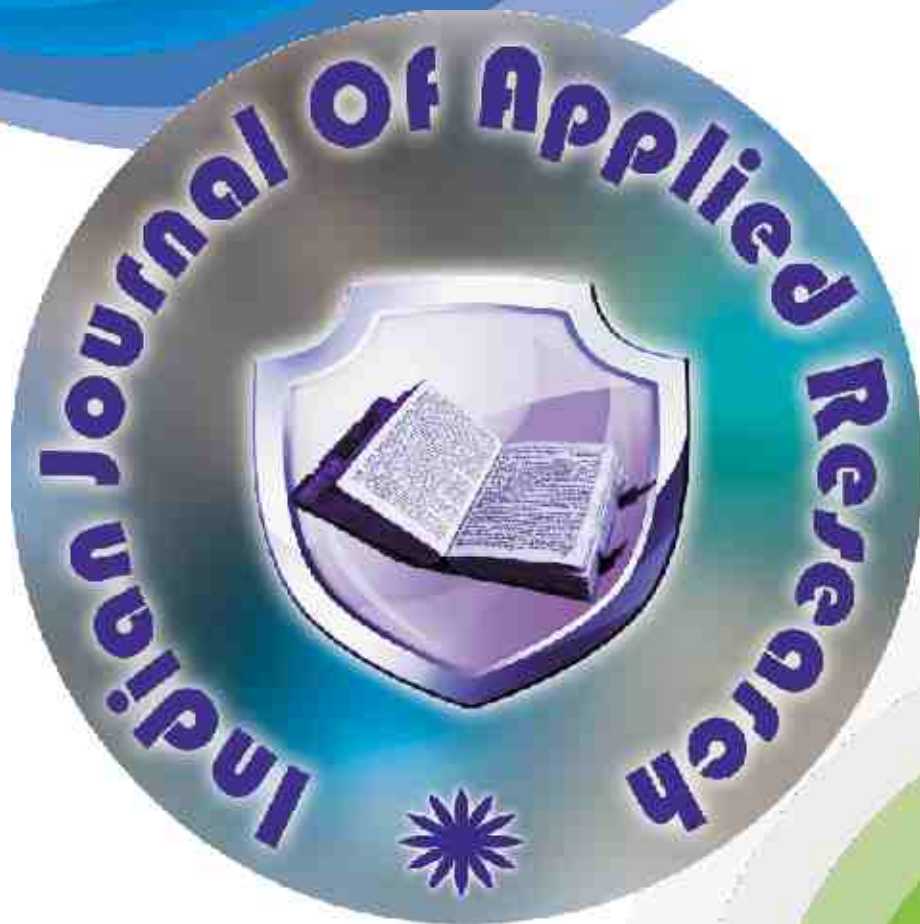
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Index

Sr. No	Title	Author	Subject	Page. No.
1.	Assay Of Triphenylmethane Reductase Enzyme And PCR-Based Identification Of TMR Gene In Enterobacter Asbriae Strain XJUHX-4TM	Tina Mukherjee, Moumita Bhandari, Manas Das	Biotechnology	1-2
2.	An Analysis Of Growth Of Credit Card Industry	Dr. A. Vinayagamoorthy, K. Senthilkumar	Commerce	3-5
3.	Impact Of Pre-Merger And Post Merger On Financial Performance (With Reference To Private Sector Banks)	Dr. Shital Vekariya	Commerce	6-8
4.	Relativity On Climate And Competencies In Human Resource Development With Reference To Neyveli Lignite Corporation Ltd,	S. Jayakumar. Dr. R. Ramachandran	Commerce	9-11
5.	Human Resource Outsourcing: A Strategy For Gaining Competitive Advantage	Dr. Santosh M. Singh	Commerce	12-13
6.	Relationship Between EVA And ROI And MVA (A Case Study Of Ten Manufacturing Industries In India)	Dr. Shivani Gupta	Commerce	14-15
7.	Modeling The Traits Of An Effective Teacher At Higher Education	Dr. Haridayal Sharma	Commerce	16-17
8.	Mahatma Gandhi National Rural Employment Guarantee Act (Mgnrega): Issues And Challenges	Dr. Mohd. Ashraf Ali, Mushtaq Ahmad	Commerce	18-20
9.	Standardisation And Grading	Viram. J. Vala, Dr. Vijay Kumar Soni	Commerce	21-22
10.	Profitability Of Selected Information Technology Companies In India	Dr. M. Jegadeeshwaran, C. Udaya	Commerce	23-25
11.	Emerging Trends In The Indian Media And Entertainment Industry	Dr Mahalaxmi Krishnan	Commerce	26-27
12.	Inventory Management Strategies And Control Techniques: An Empirical Investigation Of Small Scale Industries	Vipul Chalotra, Neetu Andotra	Commerce	28-30
13.	A Study On Performance Indicators Of Commercial Banks	Dr. G. Ganesan, P. Parthasarathy	Commerce	31-33
14.	Improved Approaches To Coreference Resolution In Machine Learning	Kuldeep Singh Raghuwanshi, Ashwini Kumar Verma	Computer Science	34-37
15.	Security Issues & Controls In Cloud Computing	V. Naga Lakshmi	Computer Science	38-40
16.	Human Development Index Of De-Notified Nomadic Castes In Maharashtra Division: A Study Of Jalna And Aurangabad Districts	Dr. Ashok Pawar	Economics	41-43
17.	Public Private Partnership In Rural & Urban Projects In India	Dr. Ashok S. Pawar, Dr. Shankar B. Ambhore	Economics	44-45
18.	Populace Insight On Development In Public Health Sector Of India Subsequent To Functioning Of National Rural Health Mission	Krishnakant Sharma	Economics	46-49
19.	Problems Of Rural Women Entrepreneurs In India: A Conceptual Overview	C. Jeyasri Usha N Devi, Dr. A. Sankaran	Economics	50-52
20.	Poverty Of Banjara And Vanjari Communities In India	Tidke Atish S., Dr. Pawar Ashok S.	Economics	53-54
21.	India And China: Economic Reforms And WTO	Dr. Surinder Kumar Singla, Dr. Kulwinder Singh	Economics	55- 56
22.	Implementing Life Skill Education Strategies In Teaching – Learning Process	R. Kalaiselvi, Dr. A. Palanisamy, Dr. A R. Saravanakumar	Education	57-59

23.	Utilisation Of Modern Technology By The Teachers In Pupil Processing Organisation	Dr. P.Paul Devanesan, Dr A. Selvan	Education	60-61
24.	Impact Of Vocational Training On Students	K.Sudha Rani, G.Umapathi, Dr. T. Ananda,	Education	62-63
25.	A Study On Emotional Intelligence Of Secondary School Teachers	Dr. Umme Kulsum, Prathima H.P.	Education	64-66
26.	The Efficiency Of Feedback Strategy Of Homework On The Development Of 10th Grade EFL Writing Skill In Al-Karak Educational Directorate	Majid Al- Khataybeh, Areej Al-Shourafa`	noitacudE	67-74
27.	Perspectives Of Stress Management In Education System	M. Meenakshisundaram, G. P. Raja, Dr. A R. Saravanakumar	Education	75-76
28.	Attention Regulation Of Meditators And Non-Meditators Of Class IX	G. Madhavi Kanakadurga, Dr. D. Vasanta Kumari,	Education	77-78
29.	Role Of Psychoeducation In Teaching – Learning Process	Dr. A R. Saravanakumar, Dr. A. Balu, Dr. S. Subbiah	Education	79-80
30.	Microcontroller Driven RGB Led System For Tristimulus Surface Colorimetry	T. N. Ghorude, A. D. Shaligram	Electronics	81-83
31.	Pmgsy And Rural Roads Development In India: Economic, Financial And Maintenance Issues	K.C. Manjunath	Engineering	84-86
32.	Routing Packets On A Chip.	Naren V Tikare	Engineering	87-89
33.	Finding The Nearest Neighbors In Biological Databases	Er. Pankaj Bhambri, Dr. O.P. Gupta, Er. Franky Goyal	Engineering	90-92
34.	Factors Affecting The Sustainability Of The Asphalt Roads: A Case Study Of Irbid Inner Ring Road, Jordan	Eng. Nasr Ahmad Dr. Mihai Iliescu	Engineering	93-94
35.	Physical And Chemical Testing Of Compounded PVC	Sapna Dabade, Dr. Dheeraj Mandloi, Deepak Khare	Engineering	95-96
36.	Impact Of Organic Farming On Yield Of Some Common Crops- A Case Study.	Namrata D. Awandekar	Environmental Science	97
37.	Hydrogeologic Settings Of The North And South Brahmaputra Plains In Upper Assam: A Comparative Study	Dr. Uttam Goswami	Geology	98-100
38.	To Study Staffing Pattern In Rajasthan Public Healthcare Delivery System.	Dr. Ashwin G. Modi, Sushman Sharma	Healthcare	101-105
39.	Work And Health: A Situational Analysis Of Factory Workers	Dr. S. S. Vijayanchali, Dr. E. Arumuga Gandhi	Home Science	106-108
40.	Performance Of Camel Kid Hair: Acrylic Blended Yarn And Knitted Fabric	Suman Pant, Anjali Sharma	Home Science	109-110
41.	Impact Of Holistic Nutrition Education Package On Diabetes Mellitus Control In Middle Aged Women	Dr. Anjali Rajwade	Home Science	111-112
42.	Assessment Of Relationship Between Ida And Personal Hygiene, Nutritional Knowledge And Dietary Practices In Adolescent Girls	Dr. Anjali Rajwade	Home Science	113-114
43.	Employee Attrition And Retention In Private Insurance Sector– A HRM Challenge	Dr. J. Senthil Vel Murugan, S.Bala Murugan	Human Resource Management	115-117
44.	A Study On Impact Of Unionism On Industrial Relations In Manufacturing Sector	Jaya Ahuja	Industrial Relations	118-120

45.	Augmentation Of India's Foreign Exchange Reserve: An Analysis	Dr.S P.Mathiraj, Ar.Annadurai	International Business	121-123
46.	Films – A Techno Literary Art Form	Dr. Dipti Mehta	Literature	124-125
47.	Indirect Models Of Reading To Develop Descriptive Writing	Dr. K. Madhavi	Literature	126-128
48.	Ramkrishna Mishra Ke Upanaso Me Rajnetaik Chetavni	Dr. Sanjay Rathod, Dilip Jhadav	Literature	129
49.	Hindi Kavita Me Nari Jivan Ka Badla Swarup	Dr. Sanjay Rathod	Literature	130
50.	Impact Of IPL Sponsorship On Consumer Buying Behavior With Reference To Nagpur City	Chandrima Das	Management	131-135
51.	Crowd Sourcing –A New Management Mantra	Devi Premnath, Dr. C. Nateson	Management	136-137
52.	Small Scale Industries In India: An Evaluation Of Productivity In The Post-Liberalized Scenario	Dr. Gaurav Lodha,	Management	138-139
53.	Comparative Analysis Of Milk Products With Respect To Its Competitors With Special Reference To Karnataka Milk Federation (KMF) – At Dharwada City, Karnataka, India	Dr. N. Ramanjaneyalu	Management	140-143
54.	A Study On Work Stress In Women Employees In Coimbatore District	R. Maheswari, N. Brindha	Management	144-145
55.	Accounting For Carbon Credits	Dr. Gaurav Lodha	Management	146-148
56.	A Literature Review On The Relationship Between Training (As A Core Responsibility Of HRM) And Firm Performance.	Priya Sharma, Dr. S. L. Gupta	Management	149-152
57.	A Study On Agricultural Marketing Practices And Constraints With Special Reference To Paddy / Rice.	CM Maran, Dr Raja Pranmalai	Management	153-156
58.	Performance Of Share Price Of Indian Public Sector Banks And Private Sector Banks - Comparative Study	V. Prabakaran, D. Lakshmi Prabha	Management	157-158
59.	Intuitionistic Fuzzy Primary And Semiprimary Ideal	Dr. M.Palanivelrajan, S.Nandakumar	Mathematics	159-160
60.	Significance Of Umbilical Artery Velocimetry In Perinatal Outcome Of Fetuses With Intrauterine Growth Retardation.	Dr G S Shekhawat	Medical Science	161-163
61.	Large Adult Sacrococcygeal Teratoma: A Case Report And Review Of Literature.	Dr.Yavalkar Pa, Dr. Naik Am.	Medical Science	164-165
62.	Epidural Steroid In Low Back Ache	Dr. B. L. Khajotia, Dr. Neelam Meena	Medical Science	166-167
63.	A Comparative Study Of Second Trimester MTP With Use Of Vaginal Misoprostol And Extra Amniotic Instillation Of Ethacridine Lactate.	Dr. Ketaki Junnare, Dr. Sameer Darawade, Dr. Priyamvada Shah, Dr. Swati Mali.	Medical Science	168-169
64.	A Novel Surgical Approach For Treatment Of Sui –TVT Obturator Tape	Dr. Ketaki Junnare, Dr. Durga Karne, Dr Neelesh Risbud.	Medical Science	170-171
65.	Advantage Of Fallopian Tube Sperm Perfusion Over Intra-Uterine Insemination When Used In Combination With Ovarian Stimulation For The Treatment Of Unexplained Infertility.	Dr G S Shekhawat, Dr Pushpalata Naphade	Medical Science	172-175

66.	"Bilateral Sertoli-Leydig Cell Tumor In Postmenopausal Female" A Case Report	Dr. Priyamvada Shah, Dr. Ketakijunnare, Dr. DurgaKarne	Medical Science	176-178
67.	Pretreatment With Ephedrine For Prevention Of Pain Associated With Propofol Injection.	Dr. Kavita U Adate, Dr. Jyoti A. Solanki	Medical Science	179-181
68.	Does The Structured Teaching Programme Influence The Knowledge About Physical Wellbeing Of School Children? A Quasi Experimental Study.	Dr. S. Valliammal, Dr. Ramachandra, Raja Sudhakar	Nursing	182-184
69.	An Approach For Information Retrieval For Bookstores Using Formal Ontology	Sumit Jain, C.S.Bhatia	Ontology	185-187
70.	Analgesic Activity Of Anacardium Occidentale	A. Devadoss, C. Aparna, K. Parimala, D. Sukumar	Organic Chemistry	188-190
71.	Behaviourism : Science Or Metaphysics	Dr. Jatinder Kumar Sharma	Philosophy	191-193
72.	Multi-Dimensional Perspectives Of Obesity And Its Management	S. Dhanaraj, Dr. A. Palanisamy	Physical Education	194-196
73.	Refractive Index, Density, Excess Molar Volume, Excess Molar Refraction For Liquid Mixtures (Ethyl Ethanoate + Benzene Derivatives) At Different Temperatures	Sheeraz Akbar, Mahendra Kumar	Physics	197-199
74.	Refractive Indices, Densities And Excess Properties For Liquid Mixtures (Cetane + Alkanols) At Different Temperatures	Sheeraz Akbar, Mahendra Kumar	Physics	200-202
75.	Capacity Building For Effective Local Governance: Indian Perspectives	Dr. Pralhad Chengte	Political Science	203-205
76.	Psychological Well-Being: A Study Of Non-Institutionalized Aged	Dr. Pankaj S. Suvera	Psychology	206-208
77.	Women Empowerment Through N R E G S (With Reference To State Of West Bengal)	Dilip Kumar Karak	Social Sciences	209-211
78.	Effect Of Selected Yogic, Aerobic And Laughter Exercises On Blood Pressure Of High School Boys	Dr.Manjappa.P, Dr.Shivarama Reddy. M	Sports	212-216
79.	Association Study Between Lead And Copper Accumulation At Different Physiological Systems Of Goat By Application Of Canonical Correlation And Canonical Correspondence Analyses	Partha Karmakar, Debasis Mazumdar, Seema Sarkar (Mondal), Sougata Karmakar	Statistics	217-219
80.	Development Of Silver -Silica Nanocomposite For Novel Humidity Sensing Application	Surender Duhan	Technology	220-221



Perspectives of Stress Management In Education System

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ABSTRACT

Today's children face several problems. The value given for 'time' itself is a problem for most students. The over importance given to time management makes the students highly mechanical. Mental health of the learner is also very important for efficient and effective learning and proper development of learner's personality. Present day education system needs modification to solve some problems relating to stress for the teachers, parents and all the who work for a stressless education. So, some bold decision are to be taken by adopting right attitude for converting a negative stress into positive one.

Keywords : Stress Management, Frequency, Intensity, Duration, Education System

Introduction

The main goal of any type of education is development of sound mental health. In fact, mental health is an indispensable part of education. Mental health of the learner is very important for efficient and effective learning and proper development of learner's personality. Present day work schedules in schools need rapid modification to solve some acute problems relating to stress for the teachers, taught, parents and all those who work for a stressless education in the school. Moreover, human life has to face the reality of stress is a part of our everyday life. The modern world, which is said to be a world of competition and achievement, is also a world of stress. Stress may come from self, home or school for a child. The child may carry it from home to school or from school to home. And in both cases the self is affected: stress generated from any of the three sources will affect the child's performance at school and his / her attitude to work, teachers and other children.

Stress

Stress is an important issue and is growing rapidly in every facet of life. Stress is the process that occurs in response to events that disrupt our physical and psychological functioning. Stress exists when the demands on a person are perceived as exceeding that person's adjustive capacity.

Stress is an unavoidable consequence of life. Without stress there is no life. Most people regard stress as something negative. But in learning to manage stress effectively. One may come to believe that the experiences of stressful periods in one's life can actually be beneficial. If stress channelized in the right way, it can provide the energy for increased performance and self development (Heggerty, 2004).

The term 'stress' refers to negative emotional experiences with associated behaviours, biochemical and physiological changes that are related to perceived acute challenges. Stress is a multifaceted process that occurs in relation to events or situations in our environment termed 'stressors'. Stressors are the events that stimulate these changes. However a stress arising situation for one person might be a natural event for another. Moreover, a particular person may

react quite differently to the same stress or at different point in time.

Stress Management

Our response to stress is conditioned by subjective factors as well as purely objective considerations, for it depends not only on the nature of the stress but also upon the way we respond. A particular stressful event will be regarded as a challenge by some people while others view it as a threat. When we regard an event as threatening we experience anxiety because we expect it to bring us harm. If we see it as a challenge it evokes excitement because we expect it to bring us a positive benefit. Generally speaking the process of managing stress is called coping. Coping has been described as constantly changing cognitive and behavioural effort to manage specific demands that are appraised as exceeding the resources of a person.

Giridano and others (1997) have defined, "stress management is the ability to reduce stress around or to cope in a competent manner with stressors". Stress has three components: frequency, intensity and duration. The most important of these is the duration. Since sources of stress are numerous, a single approach does not operate of cure this multidimensional phenomenon. It is alleviated by modifying many varied aspects of one's life style. It involves reduction of stressful interaction or using multiple coping strategies.

Conceptualization of Stress

A comprehensive understanding of stress from this perspective involves assessing each important facet of the stress process (Lazarus, 1999). This includes the very environmental and personal antecedents, the intervening processes, indicators of the immediate stress response and the longer term consequences of stress for individuals and the work place. Lazarus and colleagues conceptualize stress as a complex, multivariate process, resulting from a broad system of variables involving inputs, outputs and the mediating activities of appraisal and coping. According to the transactional approach, the stress process is dynamic, and constantly changing as a result of the continual interplay between person and environment.

To quote Lazarus, psychological stress, which results from the interplay of system variables and processes, depends on an appraisal by the person that the person environment relationship at any given moment is one of harm, threat and challenge. Stresses regarded as predominantly subjective in nature, rather than an objective phenomenon.

Impact of Stress

Stress within the educational sector is less well understood than its well-documented effects on the general workforce. Bowen and Schuster (1995) identified the negative impact of stress on staff morale, reporting that many of the senior academics they interviewed were angry, embittered and felt devalued and abandoned, Boyd and Wylie (2004) reported that increasing workloads and work-related stress resulted in less academic time spent on research, publishing and professional development, decreasing teaching and research standards and increasing interpersonal conflict in academic staff relationship. They further report that stress negatively impacted on the physical and emotional health, family relationships and leisure activities of both general and academic staff. Gillion (2006) concluded that an increase in psychological distress was significantly related to an increase in subsequent absence and vice versa. A comparison of two aspects of psychological distress anxiety and depression, as predictors of absence from work, found, that although both job related depression and job-related anxiety were associated with absence levels, the relationship between anxiety and absence can be accounted for by depression (Latha & Panchanathan, 2007) when the absence rate is high with one or two individuals, their work related difficulties can be identified through personal interview and counseling. Teachers, in the course of their careers, experience a great deal of stress that may have obvious implications for their physical and mental health status. Burnout represents teachers' negative responses to the mismatch between job requirements and their perceived abilities, self-efficacy and proactive attitude. Burnout is also associated with negative mental health.

Stress and Achievement

A mild amount of stress is an inevitable part of life. The intrinsic motivation is aroused with the help of needed stress. This leads to achievement in life and prosperity in society. A learning child needs certain degree of stress to learn all its materials without delay. Moderate stress creates possible motivation to acquire knowledge, awareness about the happenings and ultimately leads to problem solving and creativity. Most of the children take the examination very seriously because it is supposed to be one of the achievements in life. It is better to say many achievements are the consequences of the inspiring amount of stress obtained from the environment, society and the person himself; But if the intensity of stress exceeds beyond the optimum level individual it causes harmful drastic changes in the individual as well as the society. An optimum stress is like honey, which acts like medicine to produce energy and flavor to the endeavor of human physiological and psychic functioning and enhances creative activity. It is a boon for realization and achievement of better things in life. But the intake of too much of honey makes a man dull, lazy and thirsty. Likewise, stress at an optimum level helps an individual to be successful and adds fragrance to his / her life.

Education System

Education system of a country incorporated the needs of the

society. The present era is of scientific growth and creative and innovative pursuits that accelerate development. As a consequence, the competition has increased which causes stress; at the same time the demand for healthy minds and a tensionless generation is also increasing. Thus there is a need to incorporate strategies of coping with stressful situations and nurturing positive feeling among students. Though stress has originated from different sources, the more frequent of them pertaining to both genders are educational and psychological areas. In our education system, marks have ultimately become the root cause of all troubles. A mark based system is truly stressful. Apart from this, today's children face several problems. The value given for 'time' itself is a problem for most students. The over importance given to time management makes the student highly mechanical. At a time when he / she is supposed to be playing with their fellow groups, he / she is engaged in a tuition class studying the same old rotten staff.

Sources of Stress

The following are the sources of stress among learners.

- Biased teachers
- Teachers not to share the students problems
- Classroom environment is not conducting in a democratic way
- Guidance is not provided, wherever needed
- Physical illness of students
- Physical impediments
- Personal expenses of students
- Peer group pressure
- Examination pressure
- Mental illness
- Learning difficulties
- Physical abuse
- Sexual abuse
- Emotional abuse
- Parental problems
- Social demands
- Poor communication at homes
- Over protection by parents
- Under protection
- Over expectation from the parent's
- School curriculum
- Present examination system

Conclusion

In a broad sense stress and modern life go hand in hand. And stress is one of the most important psychological problems faced by the majority of people all around the world. Research work is going on and solutions are being found in psychological clinics to reduce stress. All the research findings point to the importance of developing the child in such a way as to enable him / her to overcome stress in its future life. In order to cope with life strategies the students should be taught basic life skills. They should be empowered to face the realities of life with a positive attitude. Appreciation of nature's beauty sense of dignity of labour and several other basic attitudes need to be developed so that the students understand the life in proper perspective. To create stress free education system, some bold decisions are to be taken by adopting right attitude for convert a negative stress into a positive one.

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