

Stress levels of Teachers and Software Professionals Working from Home

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ABSTRACT

During covid-19 pandemic all the schools, companies, colleges and organizations were closed and shifted to work from home which created increased stress among employees, which in turn effected their mental health. The current study attempts to study stress levels of teachers and software professionals working from home. The sample consisted of 120 respondents with 60 teachers and 60 software professionals. The age group of the respondents was 25-35 years. Equal number of male and female respondents were selected for the study. Personal interviews were conducted for data collection. The results of the study concluded that teachers were experiencing high levels of stress compared to software professionals. Interestingly nearly 50% of the respondents irrespective of gender were found to have average to low levels of stress while working from home. However, no significant differences were found in the stress levels of teachers and software professionals.

Key words: *Stress, Teachers, Software professionals, work from home and covid-19*