SUMMARY OF THE THESIS

Title: PERSONALITY HARDINESS IN RELATION TO WORK RELATED STRESS AND MENTAL HEALTH OF SECONDARY SCHOOL TEACHERS

The present study was to investigate personality hardiness in relation to work related stress and mental health of secondary school teachers. The study was a descriptive survey conducted on a sample of 500 (250 male and 250 female) secondary school teachers from four districts of the state of Punjab. Data was collected with the help of Personality Hardiness Scale For Teachers (Kaur & Kaur, 2012), Self constructed Work Related Stress Scale For School Teachers (2016) and Teacher Mental Health Scale (Kamau, 1992; Revalidated, 2016). Findings of the study reveal a negative and significant relationship between personality hardiness and work related stress among secondary school teachers. Results indicate a positive and significant relationship between personality hardiness and mental health among male and Govt. /Govt. Aided secondary school teachers and a positive and non-significant relationship between personality hardiness and mental health among female and Private secondary school teachers. A significant and positive relationship is found between personality hardiness and mental health among secondary school teachers irrespective of teaching experience. The conjoint effect of work related stress and mental health in predicting the personality hardiness of secondary school teachers is higher and significant as compared to their separate prediction. Mental health is the non-significant predictor of personality hardiness among female teachers and teachers working in Private schools. Work related stress is the best predictor of personality hardiness of secondary school teachers.