

**MANAGEMENT OF STRESS AND ANGER AND ENHANCEMENT  
OF ADJUSTMENT IN SCHOOL TEACHERS THROUGH  
POSITIVE THERAPY**

*By*  
**Vandana Nayar**

*Supervisor*  
**Dr. S. Gayatridevi**  
**Department of Psychology**

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## **CERTIFICATE**

This is to certify that the thesis entitled “**MANAGEMENT OF STRESS AND ANGER AND ENHANCEMENT OF ADJUSTMENT IN SCHOOL TEACHERS THROUGH POSITIVE THERAPY**”, submitted to the Avinashilingam University for Women, Coimbatore, in partial fulfilment of the requirements for the award of the Degree of **DOCTOR OF PHILOSOPHY IN COUNSELLING PSYCHOLOGY** is record of original research work done by **VANDANA NAYAR** during the period September 2008 to January 2013 of her research in the Department of Psychology at Avinashilingam University for Women, Coimbatore, under my supervision and guidance and the thesis has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or other similar title of any candidate of any University.

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## **DECLARATION**

I, **VANDANA NAYAR**, hereby declare that the thesis, entitled **“MANAGEMENT OF STRESS AND ANGER AND ENHANCEMENT OF ADJUSTMENT IN SCHOOL TEACHERS THROUGH POSITIVE THERAPY”**, submitted to the Avinashilingam University for Women, Coimbatore, in partial fulfilment of the requirements for the award of the Degree of **DOCTOR OF PHILOSOPHY IN COUNSELLING PSYCHOLOGY** is a record of original and independent research work done by me during September 2008 to January 2013 under the supervision and guidance of **Dr. S. GAYATRIDEVI, M. A., M. Phil., Ph. D.**, Assistant Professor (S. S.), Department of Psychology, Avinashilingam University for Women, Coimbatore, and it has not formed the basis for the award of any Degree / Diploma / Associateship / Fellowship or other similar title to any candidate of any University.

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## ABSTRACT

*From 24 various Schools of Palakkad, Ottapalam, Trissur and Cochin Districts in Kerala, 432 School Teachers were screened using Case Study Schedule (2009), Occupational Stress Index (Srivastava and Singh, 1981), Novaco Anger Inventory - Short Form (Novaco, 1994) and Mangal Teacher Adjustment Inventory - Short Form (Mangal, 1971), out of which 200 School Teachers with High Stress / High Anger / Low Adjustment were selected as the sample. Hundred School Teachers were randomly assigned to Experimental Group and hundred to Control Group. The psychological intervention called, Positive Therapy (Hemalatha, 2004) was given to all the School Teachers in the Experimental Group. All the four strategies of Positive Therapy namely, Relaxation Therapy, Counselling, Exercises and Behavioural Assignments were applied. Positive Therapy was given thrice a week, on alternate days, for two weeks. The duration of each session was one hour. Initially, the entire School Teachers had 'High' Stress. But after the administration of Positive Therapy, for 2 weeks, the stress level was reduced to 'Moderate' level. There was a significant decline in the mean stress from 'High' to 'Moderate' level, proving the efficacy of Positive Therapy in the management of stress. The anger level got reduced due to the effect of Positive Therapy among the Experimental Group School Teachers. The adjustment among the School Teachers was also successfully achieved due to the effect of Positive Therapy and it further helped the School Teachers to overcome their problems and to face it boldly and successfully.*