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## Stress and Emotional Competence of Primary School Teachers

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**ABSTRACT** An ex-post-facto study on stress and emotional competence of 105 primary school teachers was conducted in Dharwad during 2008-09. Stress was assessed using Stress Inventory for Teachers (SIT) and emotional competence by EC-Scale. Results revealed that most of the teachers (64.7%) indicated average to high levels of stress and 35.2% with low stress. Majority of them (89.5%) showed average to competent levels of emotional competence, followed by 6.7% and 3.8% in incompetent and highly competent levels respectively. The stress of teachers showed negative and highly significant relationship with age and work experience whereas positive and highly significant relationship with education. Age and work experience were positively and significantly related with the emotional competence of teachers. Negative and highly significant relationship was observed between the stress and emotional competence of teachers. Thus, the study concluded that increase in the emotional competence reduced the stress levels of the primary teachers significantly.