



# Occupational Stress: A Pre and Post COVID-19 Perspective on Teaching Personnel in Higher Education Institutions of India

**Chandan Maheshkar and Vinod Sharma\***

*CHRIST (Deemed to be University), Delhi NCR – 201 003, India*

*\*E-mail: vinod.sharma@christuniversity.in*

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**Abstract:** The COVID-19 as a catalytic phenomenon exposes many loop holes in the socio-economic sustainability of business and society. It exposed people to different occupational stressors and anxiety. This study was focused on occupational stress of teaching personnel in higher education institutions (HEIs), in both pre and post COVID-19 scenario. Descriptive analysis shows work autonomy, career progression, community membership, work conditions, and freedom to use own judgements are major stressors to HEI teachers in the post COVID-19 scenario. Inferential evaluation has confirmed that Job security, social service, and creativity are major concerns to HEI teachers. They experience limitations to try their own ways of doing job.

**Keywords:** Work stress, Job satisfaction, Employee performance, Occupational health, Higher education, COVID-19

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