

PREFACE

The researcher is having a lot of happiness in presenting this dissertation “Effect of Stress Reduction Model on Selected Competencies of Student-Teachers.”

The present study highlights the different reasons creating tension in teacher-training programme. As it is a course of only one year, student teachers have to work hard to complete all the tasks. These different activities create tension among student teachers. So, how to reduce tension is discussed at length in this dissertation.

The first chapter of this study introduces the approach, the statement, need and importance, objectives, hypotheses and delimitation of the study and definitions of the terms used. Chapter second gives the review of related literature of some studies. The third chapter deals with the importance of Stress Reduction Model in the field of education discusses fully about model and sample etc. The fourth chapter includes the collection of data, their analysis and interpretation. Chapter fifth deals with summary conclusions, recommendations and topics for further study. Lastly, Bibliography and appendices are given.

The study is submitted to Shivaji University, Kolhapur in partial fulfillment of the requirements for the degree of M.Phil. in Education

through the Principal, Azad College of Education, Satara, under the guidance of Dr. K.D. Gaikwad.

The Researcher,

A handwritten signature in black ink, consisting of a tall, narrow vertical stroke on the left, a horizontal line extending to the right, and a small loop at the end.

(Dhondge V.D.)