

The purpose of present study was to analyze occupational stress and personality type of academic managers serving in public sector degree colleges in Punjab. Major objectives of the study were to find out the relationship between occupational stress and personality types among academic managers of the higher education institutions, to identify the level of occupational stress among academic managers of the higher education institutions, to determine the gender differences regarding occupational stress and personality types. All the 295 government degree colleges in Punjab constituted the population of the study, out of which 120 were taken as representative sample. Data were collected through Occupational Stress Inventory–Revised and Myers Briggs type indicator personality. Data were analyzed by using descriptive statistics such as Mean, Standard deviation, Percentages and Inferential statistics such as t-test and Pearson Correlation. Analyses of the data lead to the findings.

On the basis of findings major conclusions were drawn which indicated a high level of occupational stress in females than males. The occupational role that academic managers perform was reported as the main source of stress. Data revealed that main domain of personality types among both male and female academic managers were found as extroversion, sensing, thinking and judging. It was also concluded that there is significant positive correlation between extroversion, sensing, thinking, judging types of personality and occupational stress whereas significant negative correlation was found between introversion type of personality with occupational stress.

Based on conclusions it was recommended that steps should be taken to reduce the occupational stress of academic managers in higher education in order to improve the physical and mental health of academic manager which will ultimately lead to the development of healthy and calm environment in higher education institutions consequently enhancing the quality of higher education.