



**PERCEIVED STRESS AND LIFE SATISFACTION AMONG ACADEMICIANS DURING
COVID-19 PANDEMIC**

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ABSTRACT

The study aims to investigate the impact of perceived stress on life satisfaction among the academicians during lockdown due to COVID-19. This empirical study was undertaken in two cities in South India namely Coimbatore and Ernakulam during the lockdown May 2021. A sample of 159 academicians participated in the study. Data were collected by administering questionnaires through Google forms and analyzed with statistical tools. Results showed that there was a moderate negative correlation between perceived stress and life satisfaction. Regression analysis revealed that 16% of the variance in life satisfaction was explained by perceived stress. Stress is inevitable. Academicians should be provided with training to enhance their coping skills.

KEYWORDS: *Cognitive Appraisal, Coping, Life Satisfaction, Perceived Stress, Primary Appraisal, and Secondary Appraisal.*

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