
**Teacher Freezing among
Secondary School
Teachers in Relation to
Their Self-Efficacy and
Sustainable Habits**

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Foreword

Teachers play a vital role in shaping the future of their students, guiding them towards success. They impart knowledge, ethics, and moral values, contributing significantly to the overall development of a student's personality. The true greatness of teachers lies in their unwavering commitment to bringing out the best in their students and leaving a lasting impact on their lives. Teacher self-efficacy is regarded as a valuable personal resource that can safeguard against stress and reduce the risk of professional stagnation. It also significantly contributes to effective functioning and cognitive development of teachers to carry out a course of action or task given after gaining experience from various sources. Sustainable habits vary significantly and can have either positive or negative impact on our lives and surroundings.

It is for this reason that dedicated Educationists all over the world are concerned about the relevance of stagnation and freezing in the teaching profession. Teacher freezing is influenced by work stress, low self-efficacy, lack of support, and challenging work environments. Teachers freezing may affect their thinking skills; drive to use innovative methods of teaching, and ultimately their professional development. In the present scenario witnessing the rapid change in the educational system, a frozen teacher will certainly face difficulty to cope with the paradigm shift in pedagogy and educational technology. Teacher freezing may also affect the self-efficacy and development of sustainable habits in the teaching profession. This book is an attempt to avoid freezing in teachers and contribute significantly in the field of Education.

In this background, the present work of **Dr. Anupam Bansal** and **Dr. P.C. Jena** appears to be important and instructive. The authors' treatment of the subject

is scholarly as they are well-acquainted with the theme, and they have manifested deep concern for the welfare of teachers. At the same time, this book is an insightful contribution to the field of education, focusing on teachers' challenges and their role in sustainable development. Towards the end of the book the authors have presented some significant suggestions which can go a long way in preventing teacher freezing.

The book deserves to be recommended not only to educational theorist but also to educators, researchers, and policymakers.

A handwritten signature in black ink, appearing to read 'Indira Dhull', with a small flourish at the end. The signature is written on a light-colored rectangular background.

Indira Dhull
Director
KIIT College of Education
Gurugram

Acknowledgement

I extend my deepest gratitude and appreciation to all those who have contributed to the completion of this Ph.D. thesis. This significant milestone would not have been possible without the invaluable support, guidance, and encouragement I received throughout my Ph.D. Journey.

First and foremost, I express my heartfelt thanks to the Almighty for bestowing upon me the strength, determination, and wisdom to undertake this research endeavor. I am deeply indebted to my revered Supervisor, **Dr. P. C. Jena**, School of Education, K. R. Mangalam University whose expertise, mentorship, and unwavering support have been instrumental in shaping the direction and quality of this research work. Your valuable insights and constructive feedback have been invaluable to me, and I am truly grateful for the opportunity to learn under your guidance.

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My sincere gratitude also goes to those educationists, authors and researchers whose works I have consulted and quoted in this study and various research institutes like NCERT, NIEPA, SCERT, IGNOU, and CIET for their help and co-operation. I also offer my heartfelt thanks to the Principals and Teachers of different schools of Gurugram for their generous co-operation for collecting my data.

I extend my appreciation to my family and parents for their unconditional love, understanding, and encouragement throughout my Ph.D. journey. My sincere thanks to my husband Mr. Prince Jindal for his moral, economical and emotional support. I owe my love, affection and thanks to my loving daughter

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Editors

Dr. Anupam Bansal

Dr. P. C. Jena

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List of Abbreviations

MHRD	Ministry of Human Resource Development
NKC	National Knowledge Commission
ANOVA	Analysis of Variance
MHRD	Ministry of Human Resource Development
NCERT	National Council of Educational Research and Training
NCF	National Curriculum Framework
NEP	National Education Policy
CPD	Continuing Professional Development
TOP& HEIs	Type of Schools & Higher Education Institutions
SCERT	State Council of Educational Research and Training
SPSS	Statistical Package for the Social Sciences
RTE	Right to Education
UGC	University Grants Commission
NIEAPA	National Institute of Educational Planning and Administration
CIET	Central Institute of Educational Technology
IGNOU	Indira Gandhi National Open University
ESD	Educational Sustainable Development
UNESCO	United Nations Educational, Scientific and Cultural Organization
PTE& GTE	Personal Teaching Efficacy & General Teaching Efficacy
SDG	Sustainable Development Goal
UDISE+	Unified District Information System for Education
NCTE	National Council of Teacher Education
CBSE	Central Board of Secondary Education
HBSE	Haryana Board of School Education
ICSE	Indian Certificate of Secondary Education
SSSA	State School Standards Authority
NPST	National Professional Standards For Teachers
DIKSHA	Digital Infrastructure for knowledge Sharing
TET	Teacher Eligibility Test
SSA	Sarva Shiksha Abhiyan

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