used in health psychology. According to Kagan and Segal (1992), all the factors that aggravate stress are called stressors. These trials are existence emergencies such as accidents, or divorce, changes in activities such as starting a new job, different types of catastrophes like

physically and fnancially facilitate an individual or a group of individuals by providing help and inspiration to a person with bodily or psychological defciencies in a way that they can better cope ("Medical dictionary", 2009). There are different sources of social support including family, friends, neighbors, co-workers, different program leaders (Israel & Schurman, 1990). "Social support refers to various types of aid and succor provided by members of one's social networks" (Weiten, 2001). According to Sarson and Sarson (2005), Social support is not only a need in the time of tension and pressure but it is an important requirement for a normal life. All those people who did not receive a sufficient quantity of social support may face a lot of problem in social relationships and other daily life functioning. So an enough quantity and suffciency of social support accessible to a person plays a central role in both helplessness and coping with stress. Susceptibility to physical and psychological collapse broadens as social support reduces.

After explaining the concept of social support the present study aims to elaborate the concept of stress. Stress is a word that broadly

is low and 18.2% married women school teacher's perceived level of social support is medium.

Table 3 indicates that 62 (56.4%) of married women school teacher's level of perceived stress is low and only 14 (12.7%) respondents have high level of stress. While 34 (30.9%) married women school teachers perceived level of stress is medium.

Table 4 indicates the correlation between level of perceived social support and level of perceived stress. As p-value is 0.000 which is less than .01 and it indicates the significant relationship between two variables and the correlation value is -0.582, which shows there is a diverse relationship between social support and stress.

## **DISCUSSION**

The frst objective of this study was to identify the level of perceived social support among married women school teachers. This objective was attained by a standardized scale of perceived Hauck, Snyder & Fuenzalida (2008) also found that when people have high social support then there would be low level of stress.

## **LIMITATION AND SUGGESTION**

One limitation of the current study is that it was correlational, which made it impossible to establish causality. Another limitation of the study is that it is not generalizable due to small sample size. It