



# Stress And The Teaching Profession

**Marita Moll, Canadian Teachers'  
Federation**



## **Stress And The Teaching Profession:**

**Teachers Under Pressure** Cary Cooper, Cheryl Travers, 2012-12-06 Our education system has undergone a process of enormous and rapid change and all too often teachers have found that insufficient support has been offered to help them cope with this. As a result most teachers now find that they experience stress of one sort or another at some point during their careers. As a direct reaction to this the National Association of Schoolmasters and Union of Women Teachers NASUWT have commissioned a comprehensive study of the issue of teacher stress. This book reports on the findings of that study and the implications this has not only for teachers but also for the pupils they teach. Cary Cooper and Cheryl Travers book helps to identify which teachers are currently at risk of stress, explores how teachers' problems vary according to where they work, their grade, whether they are male or female and the age range they teach, suggests ways in which the problems of teachers can be helped, suggests preventative action to minimise stress and maximise educational experience. **Stress and**

**Teaching** Kevin J. Swick, 1989 This monograph explores three particular emphases: 1 stress occurs within an ecological system, 2 individuals need to be skilled self-managers in dealing with their stress ecology, and 3 teachers are the initial source and ultimate controller of their stress system. Integrated with these emphases are such topics as the ecology of teacher stress, teachers as sources of stress, stress as motivation for growth, symptoms and indicators of burnout, knowing stress management, and the role of professional growth in stress prevention. resolution JD Stress in the Teaching Profession

, 1980 *Stress and the Teaching Profession* Sheldon F. Greenberg, 1984 Crisis in Education Barry A. Farber, Leonard D. Wechsler, 1991-03-11 Without question Farber's book on teacher burnout is the most comprehensive analytic and instructive book on the topic and I urge the reader to study it. Seymour B. Sarason author *The Predictable Failure of Educational Reform*

**The Essential Guide to Managing Teacher Stress eBook** Bill Rogers, 2012-11-02 Finding it difficult to juggle the many challenges of the teaching profession, Bill Rogers, world-renowned expert in classroom management and teacher stress, focuses on peer support to show you how to reduce stress levels, achieve a work-life balance, and be a successful classroom teacher. In *The Essential Guide to Managing Teacher Stress*, this is your definitive guide to coping with the stresses of the teaching profession and is designed to confront stress-causing factors in positive, supportive, and practical ways. Whether it's the behaviour of a challenging class, the volume of paperwork, or dif **Understanding and Preventing Teacher Burnout**

Roland Vandenberghe, A. Michael Huberman, 1999-05-28 International specialists review research in the field of career burnout in this 2009 volume *Stress and Burn Out in the Teaching Profession* Barbara Elaine Noble, 1987 **Stress and Coping Mechanisms Among High School Teaching Professionals** John Mapfumo, 2013 Stress is a common human condition in private and public life. Good stress is that strain or pressure that energises human beings to rise to their higher levels of exertion or creativity. But stress can be bad in the sense that it can cause such strain in the human being that it leads to a feeling of being overwhelmed and sometimes to outright illness and death. Stress at its various levels is always part

of the occupational condition of humans The world over but more so in advanced countries the teaching profession has been found to be stressful compared to jobs that require the same qualifications and experience In developing countries much less work has been done on teacher stress and in the general and working populations The quality of education delivered by teachers is to a good extent dependent on how stressed the teachers feel and how they cope with their stressed condition This study therefore sought to establish the stress levels felt by teachers in high schools deemed the most stressful part of the education system for teachers in other countries The factors of stress were also identified and compared for men and women and so were the coping mechanisms

**The Interplay of Stress, Health, and Well-being: Unraveling the Psychological and Physiological Processes - volume II** Edgar Galindo, Adelinda Araujo Candeias, Mariola Bidzan, Konrad Reschke, Marcus Stueck, 2025-05-13 This Research Topic is the second volume of Research Topic The Interplay of Stress Health and Well being Unraveling the Psychological and Physiological Processes Please see the first volume here This Research Topic explores the intricate relationship between stress health and well being with a focus on the underlying psychological and physiological processes involved The aim is to shed light on the complex interplay between these factors and provide insights into potential interventions and strategies for promoting optimal mental and physical well being It encompasses both theoretical perspectives and empirical research emphasizing the need for interdisciplinary collaboration and a comprehensive understanding of stress health and well being

The Impact of Chronic Stress on Physical Health Examining the physiological processes through which chronic stress contributes to physical health problems such as cardiovascular diseases immune dysregulation and metabolic disorders Investigating the role of stress related behaviors e g poor sleep unhealthy eating habits sedentary lifestyle in mediating the relationship between stress and physical health outcomes Discussing potential interventions and preventive measures to mitigate the adverse effects of chronic stress on physical well being

Psychological Resilience and Mental Health Analyzing the protective role of psychological resilience in buffering the negative impact of stress on mental health outcomes Exploring the factors that contribute to the development and enhancement of resilience such as positive emotions cognitive flexibility and social support networks Evaluating evidence based interventions and strategies aimed at promoting resilience and fostering mental well being in the face of stressors

Stress Well being and Positive Psychology Investigating the relationship between stress and subjective well being considering both hedonic well being e g life satisfaction positive emotions and eudaimonic well being e g sense of purpose personal growth Exploring the role of positive psychology interventions e g gratitude exercises mindfulness practices in enhancing well being and resilience even in the presence of stress Examining the potential long term benefits of cultivating well being as a protective factor against stress related health problems

The Role of Social Support and Community Highlighting the importance of social support systems in moderating the effects of stress on health and well being Investigating the impact of social isolation and loneliness on stress related health outcomes and well being Exploring

community based interventions and initiatives that promote social connectedness and resilience in the face of stress

**Individual Differences and Contextual Factors** Examining the influence of individual differences e.g personality traits genetic predispositions and contextual factors e.g socioeconomic status cultural norms on the stress health well being relationship Considering how these factors interact and shape individuals responses to stress and their subsequent health and well being outcomes Discussing implications for personalized interventions and targeted approaches in stress management and well being enhancement By investigating the psychological and physiological processes underlying the stress health well being relationship this Research Topic aims to contribute to a comprehensive understanding of these complex interactions Ultimately it provides a basis for developing effective interventions and strategies to promote optimal health well being and resilience in the face of stressors

**Work-related Stress and Attendance in the Teaching Profession** Ellen Cunniff,1986

**Teacher Stress** Marita Moll,Canadian Teachers' Federation,1982 This bibliography contains 387 references on the subject of teacher stress appearing in sources between January 1977 and April 1982 The definition of stress was expanded to include items on burnout alienation morale and job satisfaction to provide a more complete list of references on factors contributing to the problem of stress The sources consulted in preparing this bibliography include 1 Bibliographie du Quebec 2 British Education Index 3 Canadian Books in Print 4 Canadian Education Index 5 Current Index to Journals in Education 6 Directory of Education Studies in Canada 7 Educational Administration Abstracts 8 Onteris Ont Ministry of Education 9 Radar 10 Resources in Education and 11 Subject Guide to Books in Print References include books articles and theses Author JD

**Register of Educational Research in the United Kingdom, 1992-1995** National Foundation For Educational Research,1995 This latest volume of the Register of Educational Research in the United Kingdom lists all the major research projects being undertaken in Britain during the latter months of 1992 the whole of 1993 and 1994 and the early months of 1995 Each entry provides names and addresses of the researchers a detailed abstract the source and amount of the grant where applicable the length of the project and details of published material about the research

**Staying Mentally Healthy During Your Teaching Career** Samuel Stones,Jonathan Glazzard,2025-02-28 The mental health of teachers in school is just as important as the well being of the pupils they support Recent research reveals some alarming statistics including that 74% of teachers are unable to relax and have a poor work life balance This book examines a range of relevant issues including workload managing behaviour developing resilience and managing professional relationships in order to address some of these concerns and provide comprehensive guidance and workable evidence informed strategies to support all those teaching in schools and colleges

**Stress and Coping Patterns among Physical Education Teachers of Secondary Schools** Dr. Ashok Kumar & Dr. S. Madialagan,2021-02-19 Introduction In everyday life working class people come across many situations where they have to cope with many situations and conditions putting them in a lot of stress Stress has become an inevitable part of human life in modern times It is becoming a global phenomenon

affecting all genres of people The optimum level of occupational stress poses a risk to most organizations Teachers in particular not only have the stress of dealing with so many diverse children on a day to day basis they are also entitled with educating and helping to mold these children into productive members of society With rules regulations guidelines and performance expectations can induce very high levels of stress the job can be demanding and has hardly any relief Quite often teachers must take their work home overnight or on the weekends in order to be prepared for the next class or session on the field or the teachers will have to score the test given to the children in free time which is possible only when he she gets home The traditional summer break that so many teachers once looked forward to has began to reduce over the past few years as well with most schools beginning to adopt block schedules which require yearlong school sessions with no more than nine week vacation period Kaur 2011 *Stress, Anxiety, and Burnout in the Teaching Profession* Sarah M. Tainow, Gratz College. RTC Division, 2009 *Critical approach to burnout in teaching professions* Ruchi Sachdeva, 2016-10-25 Seminar paper from the year 2016 in the subject Psychology Work Business Organisation language English abstract In the present era of advancement increasing attention has been paid to the phenomenon of burnout Burnout is a severe form of stress i e it is the negative side of stress that leads to burnout Stress is experienced as a restriction of our existence Stress is also referred to as pressure tense situations uneasiness a negative force which affects an individual or the body of an individual or the intellectual capacity of an individual There is however a difference between stress and burnout stress has both positive and negative outcomes whereas burnout has only negative outcomes Stress can be useful or harmful depending on how an individual reacts in stressful situations Time and again different concepts of burnout have come into existence Is burnout thus a trendy term which is used to highlight boredom depression extreme stress

**Diversity in Unity: Perspectives from Psychology and Behavioral Sciences** Amarina Ashar Ariyanto, Hamdi Muluk, Peter Newcombe, Fred P Piercy, Elizabeth Kristi Poerwandari, Sri Hartati R. Suradijono, 2017-10-31 The book highlights both the challenges and opportunities in the field of psychology and behavioral sciences with an emphasis on identifying practical implications for professionals educators and administrators and researchers in Asia and Pacific regions Societies in the said regions have experienced massive changes to their social system changes that are endured by societies worldwide such as those related to globalization new technologies and new norms regarding respect for individual diversity and well being Although the changes offer a wealth of new opportunities they also act as potential sources of tension and apprehension The book discusses the state of the art topics on critical issues in various sub fields of psychology and the behavioral sciences such as Clinical Psychology Child Developmental Psychology Industrial Organizational Psychology Experimental Psychology Social Psychology and Educational Psychology This is an Open Access ebook and can be found on [www.taylorfrancis.com](http://www.taylorfrancis.com)

[The Elephant in the Staffroom](#) Chris Eyre, 2016-10-04 The Elephant in the Staffroom is the survival guide that every busy teacher needs for practical advice on teacher wellbeing Written in an informal conversational

style the book is divided into 40 bite size chunks covering a range of essential topics from understanding and avoiding burnout to successful working patterns and even surviving the school holidays Complemented by a host of top tips the book focuses on five key themes the psychology of the teacher teacher identity emotional and physical energy keeping focused and investing in yourself colleagues students and inspection Chapters are designed to be easily dipped in and out of with each exploring the unique nature of the teaching profession and how to cope with and conquer a variety of stress triggers and psychological aspects of teaching elephants in the staffroom to survive and succeed Written by a head of department with over twenty years of classroom experience this essential guide offers a wealth of practical advice on stress work life balance and organisation and is a must read for practising teachers

**Primary School Educators' Perceived Sources of Stress  
in the Teaching Profession** Mulalo Salthiel Matibe,2016

## **Stress And The Teaching Profession** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Stress And The Teaching Profession**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall affect on readers.

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