

## Stress in Teaching Profession



## Management

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### ABSTRACT

*Stress is a psychological and physiological reaction from your nervous system to situations that creates an imbalance. In this ever-changing 21st century, career related stress is affecting millions of people. One of the most frequent forms of stress is that related to our careers and the workplace which is a very serious issue. Teaching is a dignified profession and it is the teacher who guides the students and act as their mentor. Teachers are important professionals responsible for shaping the future of the country. Stress has become a part of the daily routine throughout the entire career of a professional teacher and is responsible for mental and physical symptoms which create major impacts. High time; we all become aware of the fact that stress can seriously mess up a teacher's teaching in the classroom, thereby robbing students of the benefits. Efforts must be made to assist teachers to recognize the causes of stress, and to educate them about techniques for managing stress. The objective of study is to understand the causes which trigger stress in teachers and to suggest techniques to reduce stress. The study is basically descriptive in nature.*

### INTRODUCTION

All jobs have a wide assortment of stress. There are times when they are extremely stressful and other times when they are to be enjoyed like a cup of coffee. But with the way the technologies are changing rapidly it becomes almost impossible for the teachers to keep up the pace. The profession of teacher does have its share of stress. Stress is a psychological and physiological reaction from your nervous system to situations that creates an imbalance. In this ever-changing 21st century, career related stress is affecting millions of people. One of the most frequent forms of stress is that related to our careers and the workplace which is a very serious issue. The more stressed out and burnt-out the teachers are, the more challenges society are facing. Teachers are important professionals responsible for shaping the future of the country. Stress has become a part of the daily routine throughout the entire career of a professional teacher and is responsible for mental and physical symptoms which create major impacts. *A large number of determinants may act as sources of stress. As a result, symptoms range from physiological, psychological to behavioural and result in undesired consequences. The physiological symptoms include headaches, high blood pressure and heart disease. The psychological symptoms include anxiety, depression. The behavioural symptoms include sleep disorders, drinking and smoking, frequent absenteeism etc.* Efforts must be made to assist teachers to recognize the causes of stress, and to educate them about techniques for managing stress. In fact, according to research majority of the teachers report being stressed at work and because of which they end up quitting their jobs or show signs of burnout. High time; we all become aware of the fact that stress can seriously mess up a teacher's teaching in the classroom, thereby robbing students of the benefits.

### OBJECTIVES OF THE STUDY

The following are the objectives of the study:

- To understand the causes that trigger stress in teachers.
- To suggest some ways to reduce and manage stress.

### RESEARCH METHODOLOGY

For the fulfilment of the above objectives, data is collected basically on secondary basis. The secondary data for the study was collected from electronic web sources and various journals. The study is basically descriptive in nature. The period and data of the study is selected on convenience basis in order to fulfil the objectives of the study.

### WHAT TRIGGERS STRESS:

The most probable causes of stress are abundant. The most important being the individual itself- their outlook towards life. Another cause could be the environment in which one lives and

the world around. The various causes leading to stress are:

1. Role Played -when the person is having ambiguity about what and why of the work to be performed, what role is to be played or not knowing the appraisal system by which one's output is to be judged. When the person has no information about the job to be performed.
2. Overloaded and pressurised -when the person has too much work to accomplish and is given extra work load and is pressurised in the limited time span.
3. Responsibility -when the person is made largely responsible for building the future life of students.
4. Interpersonal relationships- the teacher's relationship with colleagues and students and respective heads and conflicts with them.
5. No support from the Principal- when the teacher is not supported by the head of the institution. The principal is critical of teachers and cares only about the work of the teachers and not about their socio-emotional needs resulting in stressful situations.
6. Tension created by students- when the stress is often produced by one or two notorious students who misbehave and create in-discipline.
7. Cognitive Dissonance and Assignments- When there is a gap between what one does and what one thinks. Dissonance usually occurs when one cannot fulfil commitments and assignments of work on time.
8. Life causes and Frustrations- Stress in life like ill health, self abuse, family change, physical change, financial crisis and frustrations in life like being physical handicap, lack of desired ability.
9. Fatigue and Overwork- This kind of stress enhances when it seems impossible to manage personal and professional goals. By not knowing how to take out some time for relaxation.
10. Others- Other cause could be low pay package, lack of promotional opportunities (Biasness), and no smart class rooms for teaching.

### MANAGEMENT OF STRESS

No matter how powerless you may feel when in stress, you still have control over your lifestyle and the way you deal with it. We all respond to stress differently so there is no short cut solutions to managing stress. But if a person feels that stress is taking a toll in your life, it's time to take action. Stress management can teach you better ways to cope with stress and to help you eliminate it in the future. Stress management involves changing the stressful situation to peaceful and happier situations, taking care of yourself, and making time for rest and peace of mind. Following are few ways and means to reduce stress:

**SOME STRESS REDUCING MEANS:**

- **Get the facts first:** You should be aware of the role you have to play in the institution and gather all the information in the first place.
- **Say "NO":** if you feel you are over burdened and can't handle too much of assignments then politely deny the work allotted and Stop feeling the pressure.
- **Managing of classroom discipline:** In-discipline created by students can lead to stress. Read books on classroom management strategies and apply them or try having a dialogue with the students to eliminate discipline problems.
- **Building healthy Relationships:** at your workplace and personal life by being positive and having a cheerful attitude. Widen your horizons and share your thoughts, ideas, experiences; it will surely lift up your mood.
- **Breathe Exercise and Meditate:** Breathing is one of the best stress relievers for teachers. Exercise (walk, jog, yoga) and meditate daily.
- **Indulge yourself in relaxing activities:** Include hobbies in your everyday routine like singing, dancing, gardening, chanting etc. Manage your time well and prioritizing your work. Go for a walk with your pet and pamper yourself once a week. Maintain a healthy physical and emotional life state by eating a balanced diet too.
- **Avoid people:** who have a negative approach and point out fingers on you. Rather stay aloof.
- **Change yourself:** Be honest and frank in your discussions when dealing with peers, students, and supervisors. Try to channelize conversations into result-oriented conclusions.
- **The support system:** established for teacher's heads and principals is crucial in helping teachers to eliminate stress. Participate in project or research effort or seminars and conferences stimulating you professionally.

Take HONOUR in being a teacher because you make a difference to other people's lives and make them shine like a star

**CONCLUSION**

All jobs have a wide assortment of stress. There are times when they are extremely stressful and other times when they are to be enjoyed like a cup of coffee. But with the way the technologies are changing rapidly it becomes almost impossible for the teachers to keep up the pace. The profession of teacher does have its share of stress. The more stressed out and burnt-out the teachers are, the more challenges society are facing. To cope with the challenges of 21st century, almost every professional is being stressed. Research shows that professions like teaching profession have significantly higher levels of stress. As a result, they are facing numerous challenges regarding self and career management. A large number of determinants may act as sources of stress. As a result, symptoms range from physiological, psychological to behavioural and result in undesired consequences. The physiological symptoms include headaches, high blood pressure and heart disease. The psychological symptoms include anxiety, depression. The behavioural symptoms include sleep disorders, drinking and smoking, frequent absenteeism etc. Therefore, to maintain the harmony and equilibrium among all aspects of life, there is a need to use stress coping techniques and teaching profession is not an exception. The stress management tips could include meditation, yoga, positive thinking, hobbies like dance, gardening etc. This will help the teachers relax and not pertain to stress arising situations. Teaching is a dignified profession and it is the teacher who guides the students and act as their mentor. Teachers are important professionals responsible for shaping the future of the country. Teachers are important part of the society as they build and nourish the students. Efforts must be made to assist teachers to identify the causes of stress, and to educate them about techniques for managing stress.

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