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TEACHER STRESS

Abstract

This paper introduces the matter of stress in teachers' work. Stress is present in almost every business field and it affects the efficacy of individuals. Likewise, stress occurs in the field of teaching, which is defined as a very stressful job. Everyday conflicts with students and colleagues, the pressure of deadlines, students' demotivation, and the notion to underestimate which is present in our society, among other problems, are a cause of stress and thus have an adverse impact on teachers. Long-term stress exposure affects the health of teachers and their ability to teach effectively, which consequently affects their students. Developed countries exhibit a trend of decreasing interest in the teaching profession, which has been confirmed by numerous studies. It is important to use different coping strategies of stress management. Teachers should be self-aware, aware of their teaching abilities, and of the stress they encounter in the workplace. Also, society and experts should have a greater appreciation for the teaching profession and provide help to teachers. Only teachers who are complacent with their work can have a positive impact on students and their development.

Keywords: *cause of stress, effects, coping strategies*