



Teacher Stress: Definition, Symptoms, Causes, Stages and Its Impact

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1. Introduction

This article addresses teacher stress in the classroom including definition of stress, symptoms of stress, and causes of stress. The three stages of stress are described, as well as the impact of stress on teachers, strategies for preventing, eliminating, or reducing workplace environmental stressors.

Today, teaching is one of a number of high-stress professions. Psychological stress is a severe occupational danger that has negative health, well-being, and career effects for teachers. Job stress is also likely to have a negative and significant impact on the classroom atmosphere, the teaching-learning process, and the achievement of educational goals and objectives. Thousands of teachers have recently been reported to be experiencing "burnout" as a result of student aggression and low pay. Increased pessimism, low morale, and a lack of administrative support have all been noted among teachers. Teachers who are stressed indicate discontent with their jobs, plans to leave the field, and emotions of dissatisfaction. Clearly, many teachers nowadays must deal with challenges at work, experienced inequalities or dissatisfactions, and demands that can significantly impact their physical and emotional health, self-esteem, and intellectual flexibility. Work can help people meet their economic, social, and psychological demands, as well as improve their health and quality of life. Improving the quality of work - that is, increasing teacher job satisfaction by minimizing unneeded and controllable occupational stress is one way to improve overall quality of life.

2. What is stress?

Individual stress is a complex thing in itself. If stress is a condition between the individual and their responses to environmental demands, then stressors are occurrences that need more than the body's regular adaptive responses. Personal, social, and physical events, such as interpersonal interactions in schools or classrooms, are typically related with stressors (Fimian, 1982).

Stress is the combination of psychological, physiological and behavioral reactions that people have in response to events that threaten or challenge them. (Karriem-Norwood, 2017). The human body, on the other hand, lacks the ability to distinguish between various kinds of stressors. This explains why physical stress cannot be separated from mental stress, just as personal stress cannot be separated from professional stress (Wangberg, 1982). Because people's reactions to and perceptions of identical events differ so much, the same factors that produce stress in one person may also cause excitement in another (Fimian, 1982; Forbes, 1979; and Pemy, 1982). Furthermore, some of the signs and symptoms of stress should be recognized by the teachers also as it has adversely affected their overall growth and development.

3. What is teacher stress?

Teacher stress is typically defined as physical and psychological negative responses, such as anger or depression, to events pertaining to a **teacher's** job as a result of an imbalance between risk and protective factors (Prilleltensky, Neff, & Bessell, 2016).

4. Symptoms of Stress

The signs and symptoms of teacher stress are almost as diverse as the people who experience it. Because stress stages are linked to stress symptoms, most stress emerges in one of three ways: attitude, physical well-being, or performance. An overall sense of unhappiness with one's employment is a common, low-key stress indication. Although stress isn't always a bad thing, it may be of existence Stress is an inevitable aspect of life, even if it isn't always a bad thing. Individuals' responses to various stressors are strongly correlated to the impact of stress on them.

When a person is exposed to stress for an extended period of time, he or she may begin to exhibit stress symptoms. Stress can have symptoms on a person's body, mood, and behavior. The symptoms on the person's body are a headache, muscle tension, chest pain, fatigue, upset stomach, and sleeping problems. (Mayo Clinic Staff, 2016). These are the most common symptoms that a person will experience. A few more examples of symptoms are sadness, anxiety, lack of motivation or focus, anger, overreacting, substance abuse, and social withdrawal. (Mayo Clinic Staff, 2016).

Stress has the potential to disrupt every part of life, including emotions, actions, cognitive abilities, and physical health. There is no area of the body that is immune. However, because people react to stress in different ways, stress symptoms might vary. Symptoms can be nonspecific and overlap with those associated with medical disorders. As a result, it's critical to address them with the doctor.

The following are examples of stress-related symptoms:

5. Emotional Symptoms

- Getting irritated, annoyed, and moody quickly
- Feeling overwhelmed, as if you've lost control or need to recover it?
- Having trouble sleeping and quieting your mind?
- Poor self-esteem, loneliness, worthlessness, and depression are all symptoms of low self-esteem.
- Sense of Isolation
- Less than patience
- Irritability
- Loss of Confidence

6. Physical Symptoms

- Low energy consumption
- Headaches
- Diarrhea, constipation, and nausea are all symptoms of an upset stomach.
- Muscle pains, aches, and pains
- Pain in the chest and a fast heartbeat
- Insomnia
- Colds and illnesses on a regular basis
- Sexual desire and/or ability is lost.
- Nervousness and trembling, ringing in the ears, chilly or sweaty hands and feet are all symptoms of anxiety.
- Swallowing difficulties and a dry mouth
- Unusual changes in weight.
- Irregular or missed periods

7. Cognitive Symptoms

- Constant fear
- Disorganization and forgetfulness

- Inability to concentrate
- Bad judgment
- Being pessimistic or only noticing the negative aspects of things
- Repetitive or unwanted thoughts
- Impaired Speech

8. Behavioral Symptoms

- Appetite changes — either not eating or eating excessively
- Avoiding duties and delaying
- Use of alcohol, drugs, or cigarettes has increased.
- Nail biting, fidgeting, and walking are examples of nervous behaviours.
- Frequent lying
- Trouble getting along with family, friends and co-workers

9. Causes of Stress

Stressors are the situations and pressures that cause stress. We normally associate pressures with the unpleasant, such as a demanding work schedule or a complicated relationship. Positive events such as getting married, buying a house, going to college, or gaining a promotion fall into this category.

External forces do not, however, create all stress. Internal or self-generated stress occurs when you obsessively worry about something that may or may not happen, or when you have unreasonable, gloomy beliefs about life. Finally, at least in part, what generates stress is determined by your perspective of it. Something that stresses you out might not bother someone else; in fact, they might like it. While some of us are frightened of performing in front of an audience or giving a speech, others thrive in it. The following are some of the most common external sources of stress:

- Major life transitions
- Working or going to school
- Problems in relationships
- Financial difficulties
- Being overworked
- Family and children
- The following are some of the most common internal stressors:
- Negativity
- Unwillingness to accept change
- Lack of flexibility, rigid thinking
- Self-talk that is negative
- Perfectionism / high standards
- All-or-nothing approach

10. Causes of Stress at Home

- Death of a spouse, a family member, a close relative, or a friend
- Any family member's injury or illness
- Self-marriage, son- or daughter-marriage, brother- or sister-marriage
- Divorce or separation from a partner
- Pregnancy or the birth of a child
- The misbehaviour or disobedience of children
- The academic performance of children
- Children who are hyperactive
- Molestation of minors
- Disputes or heated discussions with your spouse, family, friends, or neighbours.

- Insufficient funds to cover regular bills or unexpected expenses
- You don't have enough money to improve your way of living.
- Money lost in a burglary, pickpocketing, or stock market
- Changing residences
- A change of location, a change of city, or a change of nation is required.

11. Causes of Stress at School

11.1 Originating from School Facilities

- Lack of Resources
- Lack of Technological Facilities
- Lack of Space
- Long Working Hours
- Size of the School Building
- Transportation Difficulties
- Dining Problems

11.2 Originating from Colleagues

- Competition and Ambition
- Widespread Gossiping
- Shifting Duties
- Having Conflicts
- Lack of Support

11.3 Originating from School Administration

- Constant Supervision
- Lack of Encouragement
- Excessive Workload
- Attitudes
- Constant Changes in Practices
- Time Pressure
- Assignments
- Disagreeing with Decisions
- Intervention with Teachers
- Duty Intense Course Load
- Working outside the working hours
- Intimidation Policies
- Shifting System
- Problems with exercising legal rights
- Lack of Educational Opportunities

11.4 Causes of Stress Related to Personal Life

- Not being able to Spare Time for Him/Herself
- Having responsibility from Suddenly Emerging Situations
- Fear/Worry of Job Termination
- Not Being Able to Openly Stating His/her Opinions
- Feeling Pressure Regarding Being Successful
- Obligation of Obeying Common Rules
- Conflict Between the Personality and the Profession
- Not Performing Competences

- Not Being Able to Adjust to Changes
- Felling of Non-Belonging (
- Consciousness Regarding Decision making
- Experiencing anxiety regarding promoting the school

11.5 Causes of Stress Related to Parents High Demands and Expectations

- Intervening with Teachers' duties
- Informing out of working hours
- Accusing the teacher
- Fulfilling Students' responsibilities
- Indifference

11.6 Causes of Stress Related to Students

- Undisciplined/Problematic Behaviors
- Academic Incompetence
- Being Unprepared/Irresponsibility
- Indifference

11.7 Causes of Stress Related to Teaching Profession

- Exhausting and Boring Nature of the profession
- Being responsible to many people
- Low social status
- Remuneration policies
- Obligation of Preparing the Curriculum
- Constantly Changing Educational System
- Lack of Promotional Opportunities

12. Stages of stress

The three stages of stress are part of the General Adaption Syndrome, a scientific concept (GAS). Hans Selye, a Vienna-born scientist, was the first to investigate GAS-related components. The stages are a portion of the body's response to stress, which includes both mental and physical symptoms. As a sort of defence, the body reacts to stressors with these mental and physical impacts. The following are the three stages of Stress:

1. Alarm Stage: The instant response of body to stress is the first stage of stress. Anything might set off the reaction, and everyone's tolerance and sensitivity are different. As body reacts to the source of stress, one may notice an increase in heart rate, perspiration, nervous fidgeting, or feelings of tenseness, anxiety, worry, or fear. The sympathetic nervous system is activated, and biochemical changes take place, preparing one to act. This reaction is part of natural "fight or flight" response, which causes a surge of adrenaline to rush through our bodies.

2. Resistance: Our bodies seek to restore normal balance in the second stage of the stress reaction, counteracting the "alarm" response in the first. When one reaches this level, they will notice that they are becoming more relaxed. The stress response starts to slow down ones heart rate, ones body's physiological functions return to normal, and one can concentrate better on what one is doing. However, because the sensation of anxiety is reduced during this phase, one may believe one can manage more stress or that the threat has passed. However, if the cause continues, the body may suffer. Because the body is essentially still on alert without the alarm bells ringing, fatigue, sleep difficulties, irritability, poor concentration, persistent worry, and other issues might arise.

3. Exhaustion: Exhaustion is the ultimate stage of stress, and it occurs when one's body tries to battle stress for an extended period of time. Typically, one will feel exhausted and have significantly less energy than usual throughout this time period. Stress can impair one's immune system, making one more susceptible to illness. This stage indicates that one is under a lot of stress. Long-term psychological changes can also occur, causing one to become unhappy, deprived sleep, or anxious on a regular basis.

13. Coping Strategies for Stress Management

1. Notice your body's stress signals.
2. Adjust your thoughts.
3. Help your body relax.
4. Get more rest.
5. Engage in productive activities.
6. Listening to music
7. Physical activity
8. Reading
9. Meditation
10. Praying
11. Yoga
12. Getting a massage
13. Keep a positive attitude
14. Be active regularly
15. Eat well-balanced meals
16. Rest and sleep
17. Find the stressors and effective ways to cope with them

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