

Student's Name

Professor

Class

Date

Teaching under Stress

The question related to the work of teachers under stress is particularly important these days. In times of economic crisis the work under stress can cause more worries about the health and safety of employees. Long working hours, poor working conditions, pressure, time and, in particular, job security are factors that strongly influence the level of work-related stress in conditions, and not only in times of economic crisis. Thus, it becomes even a more important issue. One needs to focus on how to cope with the extra pressure. The work of teachers is among the occupations with the highest level of stress. Thus, ETUCE believes that the issue related to work under stress requires special attention from the teachers' unions, especially in the context of labor relations and social dialogue. Emotional involvement is laid in the very nature of the teacher's professional activity. The future of our society largely depends on the effectiveness of teachers' labor. The fact remains that schools often bear besides the learning function, educational, and somewhat upbringing or parental. Based on the latter, one may assume the teacher is involved in a close personal contact both with the children and their parents and grandparents. Such relationships can certainly be called helpful not only in terms of resolution of personal problems, but also in personal growth, development of skills, learning to get along with people.

The teacher's work is associated with a variety of stressful situations such as broken lesson, discontent of parents with the way the teacher assesses the child's educational progress, the permanent control of the administration and more. And since emotional burnout in the first place is considered as long-term stress reaction or syndrome that occurs as a result of prolonged occupational stress of medium intensity, one can safely allege the teaching profession in the first place is subject to 'burn-out'. Parents should not forget that the teaching profession is one of the busiest. According to the socio-demographic studies teachers are among the most emotionally intense types of labor: according to the degree of tension the teacher's load is in the average more than that of managers and bankers, CEOs and presidents of associations, i.e. those who work directly with people. Many teachers complain about the high expectations of the majority of parents who, contrary to reality, hope their children will demonstrate excellent performance from the very first steps. The stress in relation to a child's education is linked with performance results. Of course, the parent may have many other reasons for stress, for example, personal life, work, health, etc., and then, together with the stress of school failure of the child, the entire load is transferred to the experiences of the child, and therefore adds stress teacher who must interact with problematic student and parent complaints.

The ways to prevent and cope with stress situations for both, parents and teachers are simple, but only effective, if done on the regular basis (better if daily routine). First and foremost, health habits, like stopping smoking, minimizing caffeine, eating breakfast, snacking right, setting realistic goals, attending the guidance counselor, cutting back on worrying, opening the windows, applying aromatherapy, and finally, practicing anger management.

Works Cited

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