

STRESS IN TEACHERS: CAUSES AND TREATMENT

NEENA ANEJA

Principal, A.S. College of Education, Khanna, Punjab, India

ABSTRACT

A teacher who is experiencing stress must note that he needs the assistance of others. The more he covers the situation, the worse the situation becomes. He needs to contact others who can help him out. A stressed situation calls for an external help which can be given by colleagues, immediate family members or the administration of the school. The bottom-line is that the present scenario, when everything is moving fast, the life with all its technologies is becoming complex and expensive, experiencing high levels of stress is common. Hence every teacher should learn how to handle stress whenever it occurs. A proper devices and strategy to handle high levels of stress will keep an individual fit for the teaching profession amidst the strain and stress. The work of a teacher is physically and mentally challenging. A teacher needs to use a lot of energy in his daily chores in the classroom coupled with his personal and family commitments. This trend, which is a routine for a teacher forwards a lot of strain and stress of them.

KEYWORDS: Stress, Distress, Work Stress, Coping Etc