

A Review of the Literature on Occupational Stress among Teachers

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Abstract: Any form of change that puts a burden on one's body, mind, or spirit is stressful. In their daily lives, everyone encounters stress of some type. Fear of job safety, excessive hours, and low morale are all contributing factors that are stressing out teachers more and more. These elements have been shown to have a negative impact on the health of the teachers, which in turn has an impact on the pupils and the learning environment. The study's objective is to conduct a critical analysis of the body of research on teachers' occupational stress levels. The study also focuses on strategies adopted by the teachers to cope with occupational stress and concluding with finding out the research gap with regarding to stress level among college teachers.

Keywords: Teachers, the learning environment, job stress, and coping mechanisms are some of the keywords

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