

EMOTION, PSYCHOLOGICAL RESILIENCE AND WORK STRESS: A STUDY AMONG PRESCHOOL TEACHERS

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ABSTRACT

The main purpose of this study is to explore association among preschool teachers' positive emotions, negative emotions, psychological resilience, and work stress. In this study, a sample of 312 preschool teachers completed self-report of measures of positive emotions, negative emotions, psychological resilience, and work stress. The obtained data were analyzed by structural equation modeling. Statistical analysis yielded the following results. Positive emotions raise preschool teachers' psychological resilience, negative emotions lower preschool teachers' psychological resilience, positive emotions lower preschool teachers' work stress, negative emotions increase preschool teachers' work stress, and positive emotions lowers preschool teachers' work stress. According to the research findings, it is suggested that preschool teachers engage in more activities to raise positive emotions to raise psychological resilience and lower work stress, while undo negative effect through positive emotions.

Keywords: Emotion, Psychological Resilience, Work Stress, Preschool Teachers.