

IMPACT OF THE STRESS ON THE PRODUCTIVITY OF THE TEACHERS AT SCHOOL

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ABSTRACT

This study presents the results of a research work, which aims to highlight the negative impact that teachers stress on the productivity of their work at school. The rapid development of our society after the 90s and the development of communication technology and information, have affected the education system. Changes are noted with regard to successive reforms in education, whether it comes to changes in education curricula, teaching programs, changes in student text content, teacher employment, or changes in teaching methodologies, etc. Now, the teacher is not seen as the sole source of information, but also the conductor-educational processor, the creator and researcher of learners, the student guide that information and communication technology use to fulfill their education, as worthy citizens of the global world. From a positive point of view, teachers today are seen as moral agents of change in society, but in the other perspective the ongoing education reforms and the demands of the developing society exert pressure on the teacher, resulting in constant work stress. Stress caused by different factors of the school teacher affects the productivity of the teacher's educational work in the school. To look at the problem, we have also raised research questions: Do school teachers feel stressed and how does the teacher's stressful impact on the productivity of their teaching-educational work in the school? The research was conducted with different teachers in the district of Elbasan. From the results of the research, we have come to the conclusion that teachers feel stressed at school while practicing their profession and the stressful state negatively affects the productivity of their teaching-educational work at school.

Keywords: Stress, teacher, productivity.