

STRESS EXPERIENCED IN THE WORKING ENVIRONMENT OF THE TEACHER DURING THE EXERCISE OF THE TEACHING PROFESSION

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ABSTRACT

The rapid development of technology and information in our country in the last decades has given us a comprehensive impetus and the development of society. Despite the positivity that has led to the welfare of the population this development; quite a few problems have arisen, especially in terms of the position of the individual in society. This chaos has increased the level of stress and anxiety to different individuals, regardless of their profession. Even in our schools, it is noticed that teachers rarely experience stress in their workplace while practicing their profession. Stress is also experienced by students. Considering this problematic among the teachers, we undertook this study, whose purpose is to shed light on the factors that bring the teacher's stress to the school during the exercise of the teaching profession. To prove this problem, we have also raised the research question: Do teachers feel stressed during the exercise of the teaching profession? Around this research question arouses questions: What are the factors that bring more stress to the teachers? To answer the research question and to validate the hypothesis, we have researched through the quantitative method, using as instrument surveys, with different teachers of secondary schools in Elbasan. From the results of the research, it was concluded that during the exercise of the teaching profession, teachers experience stress caused by various factors.

Keywords: Stress, "stress of the teacher", stress relief, stressful factors.