

## Stress Management for primary teacher

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### Abstract

Stress management is an important issue for primary school teachers, who often work with many tasks and expect to meet high standards in their work. This content outlines strategies and techniques Primary school teachers can use to manage their stress levels. the stress elementary teachers face, including their workload, student behavior, and lack of support. Overview of the various stress management techniques you can use, such as exercise, mindfulness, and time management techniques. The importance of seeking support from colleagues, supervisors and mental health professionals in stressful situations.

Overall, these themes highlight the need for primary school teachers to self-monitor and manage stress to sustain their well-being and classroom performance.

**Keywords:** Time management, exercise, Mindfulness, communication.

### Introduction

Stress is a phenomenon and more and more problems arise in the world. Nowadays, age, work and lifestyle affect people every day. Teachers, in particular, experience great stress with parents and administrators because of the demands of their job, such as managing student behavior, meeting academic standards, and distraction. Primary school teachers face unique challenges due to the age of their students and the nature of their curriculum. The purpose of this research article is to explore effective stress management strategies for primary school teachers.

Stress of high school teachers:

Primary school teachers face a lot of stress in their daily lives. Some of the most common stressors for primary school teachers are:

**Classroom management:** primary school teachers are responsible for managing the behavior of children who may not have developed the skills necessary to sit, listen, and learn. Follow the instructions. This can be a daunting task and frustrating for teachers who feel they can't manage the classroom well.

**Course Requirements:** Primary school teachers are responsible for teaching many subjects such as reading, writing, mathematics, science and social studies. Art, music and physical education may also need to be taught.

Keeping up with the demands of the classroom can be overwhelming, especially for teachers who are just starting out.

### Parent-

**Teacher Communication:** Primary school teachers should communicate with parents regularly to inform them about their children's development and to address any concerns that may arise. This can be frustrating for teachers who feel they are being evaluated by parents and their performance is being evaluated.

### Administrative Requirements:

Elementary teachers are often required to attend meetings, complete paperwork, and arrive on time. These administrative tasks can be time-

consuming and stressful for teachers who feel they can't keep up with the demands of the job.

### **Effective stress management techniques:**

Primary school teachers can benefit from a variety of stress management techniques that can help them cope with the demands of the profession. Here are some effective stress management techniques:

#### **Mindfulness:**

Mindfulness is the process of being present and accepting your thoughts and feelings without judgment. Mindfulness can help teachers reduce stress by being aware of their own thoughts and feelings and helping them manage their responses to stressful situations.

#### **Exercise:**

Regular exercise can help reduce stress by releasing endorphins, which are natural chemicals that help reduce pain and stress. Exercise can also help improve mood, increase energy, and reduce stress and depression.

#### **Time Management:**

Effective time management can help reduce stress by keeping teachers focused on the most important tasks. Teachers can use tools like calendars and to-do lists to help them manage time effectively.

#### **Social support:**

Having the support of friends, family, and colleagues can help teachers manage stress by providing encouragement, advice, and support. Teachers also benefit from joining professional organizations and attending conferences and workshops where they can interact with other teachers.

### **Objectives**

- 1) To study how to manage the stress Primary teacher face in their working lives.
- 2) To evaluate how to reduce stress, increase energy, and improve overall health.
- 3) To study the needs of primary school teachers, reduce the health problems.

### **Importance of Stress**

Stress is linked to both mind and body. There are two types of stress management.

There are EU-stress(positive Stress) and De-stress(negative stress)

EU – stress:- This stress is beneficial and motivating example feeling stressed can feel normal during exam time.

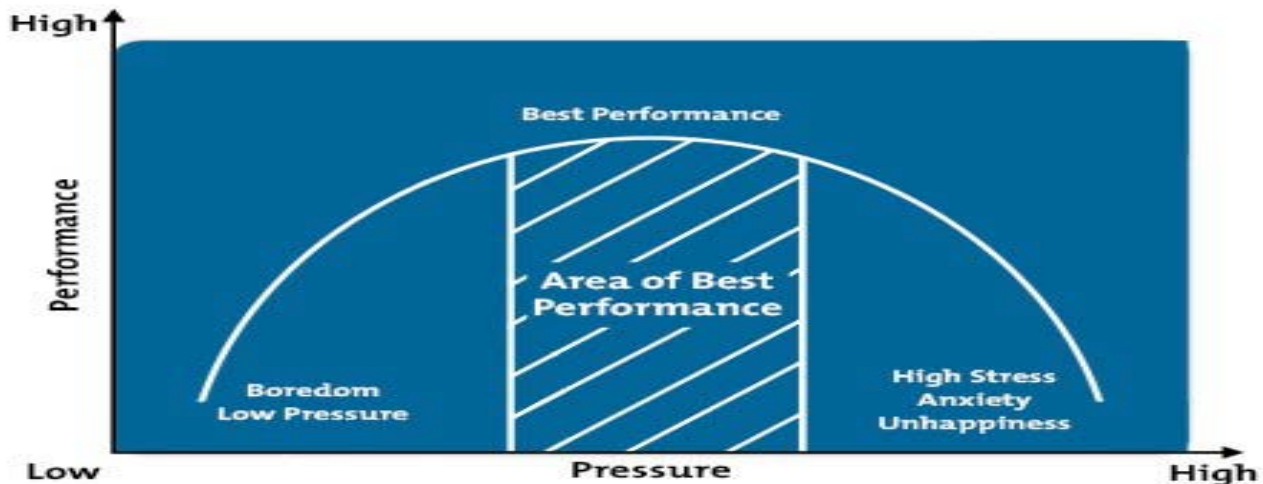
De-stress:- This stress causes anxiety and health problem.

Post Traumatic stress disorder

- 1) Sudden change in atmosphere.
- 2) Death of love one.
- 3) A threat from outside.
- 4) Some other sudden change in your life
- 5) Your own temperament and habits

## About the Model

- The Inverted-U model (also known as the Yerkes-Dodson Law), was created by psychologists Robert Yerkes and John Dodson as long ago as 1908. Despite its age, it's a model that has stood the test of time.



- It shows the relationship between pressure and performance.

According to the model, peak performance is achieved when people experience a moderate level of pressure.

1) The left hand side of the graph shows the situation where people are under-challenged. The people are working low pressure. They see no reasons to work hard at a task

2) The middle of the graph shows where the people are working of Best performance. They are not Overload that they are starting to struggle.

They are highly productive state in which they can do their best work.

3) The right hand side of the graph shows they are working under high stress, anxiety. They may be panic.

### Health issue create in Primary teacher

There are 4 primary physiological systems which get affected by stress and anxiety.

- Respiratory systems the diseases that are typically associated are asthma, bronchitis, nasal catarrh, allergy.
- Digestive system the disorders which are typically function of stress are constipation, irritative bowel syndrom, flatunass ulcers.
- Blood circulatory system: typical diseases are high or
- Low bp, heart problem, stroke.
- Skin is covering of the body and stress makes it vulnerable and weak so that allergies and germs can enter our bodies. The typical artic area,eczema,psoriasis and allergies.

### Finacial Issue create in Primary teacher

Nowdays there is seven pay for government shool's primary teacher according to new rule of Indian government. But for private school's primary teacher has less salary compare to government School's primary teacher. Hence primary stress create in Primary teacher.

### **Stress reduction tips for primary teacher**

- Take a yoga class and laughter yoga
- Eat a healthy diet
- Reduce caffeine and sugar
- Taking care of yourself
- Spend time in nature
- Listen to music
- Watch a comedy
- Work in your garden
- Get a massage
- Avoid alcohol, cigarettes and drugs
- Get enough sleep
- Reading a motivational books

### **Literature Review**

1) A good study by Karataş et al. (2018) examined the management of primary school teachers' stress levels.

2) "Teacher Stress Management: A Behavioral Approach", by Shanthakumari Narendran and Shaji John (2016), Journal of Education and Practice.

3) Stacey Kite and Susan Ford (2019) Teacher Stress Prevention: A Review, Handbook of Education and Human Development.

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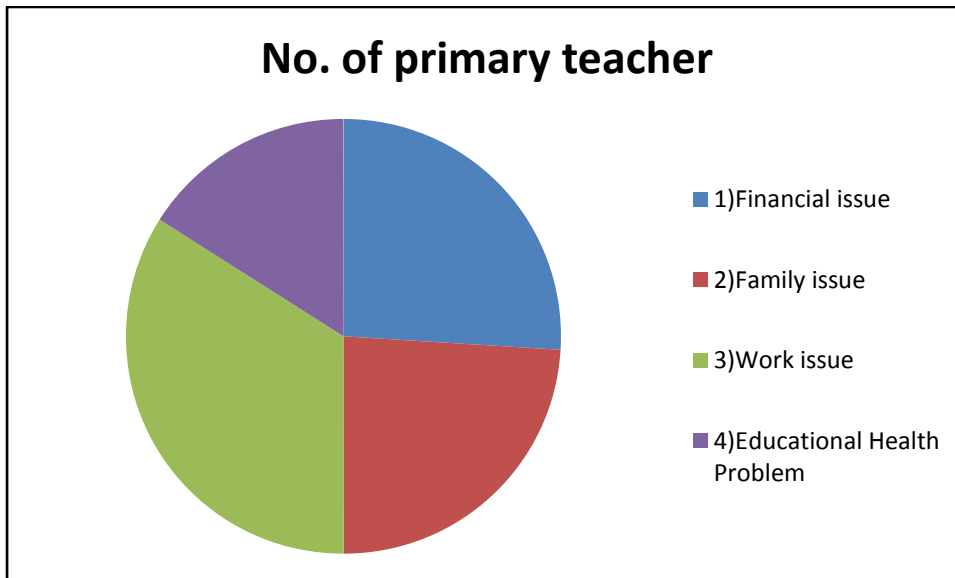
### **Collection Data**

**Types of research:** Quantitative Research method.

**Primary Data:** Primary Data will be collected through the surveys or interview methods with the help of questionnaire for stress management for primary teacher

**Secondary Data;** will be collected from the Books and Periodicals, journals records from government institutes etc. websites will From secondary data for this research study.

Particular	No. of primary teacher
1)Financial issue	13
2)Family issue	12
3)Work issue	17
4)Educational Health Problem	08



## Interpretation

For primary school teachers, stress management refers to the process of identifying, preventing and responding to the stress that arises in their professional work in the teaching profession.

It includes developing ideas and strategies to help teachers maintain their physical and mental health in the face of professional demands.

Stress management for primary school teachers may include strategies such as time management, mindfulness, self-care and stress management. They may seek support from colleagues, family members, or mental health professionals.

Effective stress management can help college teachers manage their work and improve their overall performance. By taking care of their own health, they can also meet the needs of students and create good learning environment.

In general, stress management is important for university teachers to maintain a healthy work-life balance, prevent burnout, and increase interest in teaching.

## Conclusion

Primary school teachers face many pressures in their daily lives, including classroom management, information needs, communication parent teacher communication and administration. Effective stress management techniques such as mindfulness, exercise, time management, and social support can help teachers cope with and manage these stressors in a healthy way. By using this technology, primary school teachers can improve their quality of life and provide better support to students.

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