



اُنْدِيُوْمَرْسِيْ اِتَبِكُوْ لُوْ كُنُوْ فَاِمْرًا
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BACHELOR IN ADMINISTRATIVE SCIENCE (HONS.)

**“OCCUPATIONAL STRESS AMONG TEACHERS IN SMK ST MARY
LIMBAHAU PAPAR”**

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CHAPTER 1

INTRODUCTION

1.1 Introduction

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment and response when they meet something that challenging and threatening. Most of peoples assumes that stress have a strong relationship with the job or occupation and when stress is happen in the workplace, it is called occupational stress. According to Sauter and Murphy (1999), occupational stress can be defined when the worker does not meet the requirement of the job and it affects them in terms of physical and emotional. Usually people who are working disclosed to a more high level of stress due to high duties and responsibilities towards their job more experience the occupational stress. Nowadays, occupational stress has a more significance on the teachers' professionalism because they have to work more where they requires to give their knowledge to the student. Just imagine teacher must deal with many things during their career as a teacher, such as marking students' homework, administrative paperwork, faculty meetings, challenging students, meeting with parents, angry parents and so on. This shows that teachers have a high level of stress and it will lead into work unsatisfactory. According to Kaiser & Polczynski (1982), high stress level of a teacher will cause disappointment, nervousness, refuse to do work, absenteeism, low quality of performance and aggressive behavior