

The Effects Of Stress Among Teachers

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ABSTRACT

Two grade ‘A’ primary schools in Marang District, Kuala Terengganu has been chosen in conducting a survey under the topic the effects of stress among the teachers.

The research containing analysis on factors that contribute to the stress problem faced by the teachers. Also the level and its effect to the teachers in term of their condition in teaching. Recommendations to overcome the matter also included in order to give some ideas and solutions to the problems. The finding shows that factors on stress work-related contribute the highest percentage due to the stress problem among the teachers. Most teachers unable to carry out their duties effectively or nearly zero focus in classroom due to this problem.

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