



**A STUDY ON THE STRESS EXPERIENCE AND LEVEL OF STRESS
AMONG SCHOOL TEACHERS IN SEKOLAH MENENGAH
KEBANGSAAN DATO' SHEIKH AHMAD, PERLIS**

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ABSTRACT

The purpose of this study is to identify the level of stress on the factors that influenced to the stress among secondary school's teachers. Researchers distribute the questionnaire to the teachers in Sekolah Menengah Kebangsaan Dato' Sheikh Ahmad, Perlis and out of 35 from 63 teachers are conveniently to answer the questionnaire in that time. From the previous study, the aspects were identified include workload, interpersonal relationship, student's discipline problem and the rules of school.

The instrument used in this study is surveying method. Method used in this study is questionnaire form and the sampling has been done by convenience sampling. The data was analyzed using Statistical Package for Social Science (SPSS) version 12.0 for Windows. Descriptive statistic in terms of frequency is used to analyze the level of stress.

Results showed that the level of stress among secondary school's teachers were in medium level. The result also showed that there was no relation between the stress factor's and marital status. Furthermore, there were relation between workload and gender, teaching experience and age. The most dominant stress' factor was workload.

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CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Stress is not something strange to our daily life nowadays. Everybody may feel stress when they are facing bad situation. According to Paul L. Ayres (2009) stress is a perception phenomenon which exists from a comparison between the command given and ability of a person to execute her or his task successfully. Unbalanced situation in this mechanism will lead into stress experience and ultimately into stress reaction.

According to John McCormick and Kerry Barnett (2007) teacher stress is defined as an uncomfortable feeling, negative emotion such as anger, anxiety, pressure and disappointment sourced from their work aspects as a teacher. For this matter, stressed teacher is someone with their uncontrollable emotion towards changes in education culture which requires a teacher to give their knowledge, and at the same time, they have to educate students to be a good community member. Therefore, teachers have to work more, doing clerical jobs, preparing for teaching aid materials, and attending courses or educational workshops. These require