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**Topic:
A STUDY ON SOURCES OF STRESS AMONG
SECONDARY SCHOOL TEACHERS AT KOTA
SAMARAHAN.**

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Abstract

According to recent international research, Special Educational Needs (SEN) teachers serve one of the most stressful occupations. The topic of this study is to identify the sources of stress among secondary teachers at Kota Samarahan. It aims to determine the impacts of stress faced by the secondary school teachers towards their job performance, health and students' performance. Besides that, the purpose of this study is to identify the appropriate solutions in order to reduce stress. The method used to collect the data was through personally administrated questionnaires and the sample size of the study was 120 respondents. The outcome of the study indicated that teaching workload is the main source of stress and it result in headaches and migraines, unmotivated to work hard and as well as reduce the students' academic performance. Therefore, respondents have come out with some solutions and most of them suggested that, they should focus on core business that is teaching and reduce the outdoor activities besides teaching.

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CHAPTER 1

INTRODUCTION

1.1 Introduction

The last decade has seen a growing interest in the nature, causes, and effects of occupational stress and the fervour of interest has been no less obvious where the teaching profession is concerned.

Nowadays the jobs and responsibilities of a teacher become more challenges from day to day. Stress is one of the biggest problems facing by teachers today. The increasingly demanding nature of teachers' job has also increased levels of pressure dramatically.

The word 'stress' was first introduced into the fields of Biology and Medicine in 1926 by an Austrian endocrinologist, Hans Selye, working in Montreal in Canada. His concept of stress at that time was a physiological one and throughout his life the psychological component of the phenomenon of stress was not so much ignored by him, as placed in a secondary, and to some degree, less important place in the total picture of human stress.

Stress was originally defined as a neutral general adaptive syndrome of the human body to demands. However, the Health and Safety Executive defines stress as: "the reaction people have to excessive pressures or other types of demand placed upon them. It arises when they worry they can't cope."

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

This chapter provides a review of the literature on sources of stress among secondary school teachers at Kota Samarahan and also the conceptual framework of the study.

2.1 Introduction

According to the international literature, it has been established that teachers serve one of the most stressful professions. Cooper (1988), in his classification of several occupations in terms of the degree of stress that they cause on the employees, he indicated that, as far as the occupations of social welfare are concerned, teachers experience the highest levels of stress (in second place came the job of the social worker). The international concern with teacher stress and burnout stems from the mounting evidence that prolonged occupational stress can lead to both mental and physical ill-health and also a concern that this problem will impair the quality of teaching. Although much teacher stress research has been carried out since the late 70s, studies of stress in teachers of children with special educational needs occupy no prominent status in the general teacher stress literature.