

IMPACT OF STRESS ON TEACHING PERFORMANCE OF PUBLIC SCHOOL TEACHERS

by:

Jing M. Kimpo

Teacher III, Lamao National High School

Mental health awareness is something that has been stigmatized for a long period of time. Fortunately, due to COVID-19, it is now being raised in various discussions and is now prevalent in today's setting. One of the major contributors that affects mental health negatively is the stress. Stress affects our body physically. Healthline reported that stress puts your body at great risk because it attacks major organs such as the brain, heart, the digestive system, and even the reproductive system.

Stress is always a part of teaching. Due to the high demands on the teaching job, teachers are often submerged to deep stress. Consequently, their teaching performances are greatly affected by this. Barnum, (2021), stated that three out of four teachers are stressed-out due to the stipulation related to their jobs. This was also backed by Greenberg, Brown, & Abenavoli, (2016), where on their issue brief published in Robert Wood Johnson Foundation, they elaborated the negative effects of stress to teachers.

Stress Affects the Teachers' Body

Stress targets the physical body of the teachers. Because of stress, 46% of teachers stated that they are subjected to great stress that affects their sleeping schedule; hence, 46% noted that they are experiencing sleepiness during daytime classes, while 51% of them stated that they have a poor sleeping quality. This will predominantly affect the health of the teachers, their teaching performance, their enthusiasm to their work, and even their well-being, on account of lack of sleep.

Poor Performance of Teachers Affects the Students' Performance as well

Another negative effect of stress to teachers is it takes hold of the performance of the teachers which leads to depletion to the passion of teachers to teach. In the article, it is stated that teachers who experience stress show symptoms of depression. Teachers suffering from depression establishes inconducive classroom which causes below par academic performances.

In the same article, they said that students who perform poorly in Math, winds up having the lowest academic performance owing to teachers who are experiencing depressive situations. In addition, teachers who are experiencing burnout have students with behavioral problems. However, enthusiastic teachers who engaged more to their students, have students who are academically inclined. This comparison shows direct relevance of the mental state of the teachers to their teaching performance.

Teacher Turnover Brings Stress to Teachers

While change is inevitable, it is still a culture shock to teachers to takeover new tasks left by the teachers who retired or cut themselves out from the teaching profession. With this, teachers feel that they are bombarded with new duties to accomplish; hence resulting to stress and burnout. Because of this, they tend to work inefficiently which will lead to their poor performance. Subsequently, after seeing and feeling the decline in their achievements, teachers tend to quit their job.

Teaching is, indeed, the noblest job. This requires a whole lot of patience, passion, and commitment because the high demand in this field is never ending. It is no brainer that the system needs to be revitalized. Teachers are the bridge for students to reach their dreams. It is essential that teachers are treated properly, so they can perform well.

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