

THREAT TO TEACHERS

by:

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In recent news that appalled the entire world, incidents of the shooting have been their subject of matter. Authorities often think of means by which students and teachers could remain safe inside the school vicinity.

But if we could only see the other side of teachers' life, we could see that it is not only their physical safety but also their intellectual and emotional prowess. The threat that is being referred to by some of the researchers is ---stress. Stress affects almost half of the population of teachers, especially during this day of the pandemic.

Teachers do more than not just keep the record track of the students but also keep in touch with their parents to report their child's progress or deficit. Teachers are expected to do such things even when the students are outside the classroom. The more the student needs help, then the more teachers are expected to do.

Stress occupies much of the space in teachers' lives compared with the threat to the safety of their lives. This could not be given a solution of just simply allowing them to bring guns to protect themselves and keep them safe.

The effect of stress on the teachers is progressing and more evidently hostile not only to their lives but also to the people that they worked with especially the students.

One of the adverse effects of stress on teachers is it is a damage to their physical health of well beings. Studies show that stress weakens the immune system of a person and decreases physical stamina. It can also affect the teachers' performance. Unwell teachers cannot perform their job effectively and so must take a rest. These instances

could wake up a need for a substitute. This situation gear for a period of transition in classroom management and disrupt the momentous flow of the lesson.

To reduce teachers' stress, management must provide a positive working environment for teachers. They must also provide positive feedback on teachers' performance. In addition, they also have to cultivate a working environment that leads to the most job satisfaction.

References:

<https://theconversation.com/the-hidden-threat-of-teacher-stress-92676#:~:text=Common%20symptoms%20include%20irritability%2C%20mood,by%20teachers%20reporting%20high%20stress.>