

## TEACHER STRESS

*by:*

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The global impact of the present COVID-19 pandemic, which has also affected the educational sectors, has brought up tremendous obstacles. Every country is presently implementing plans and procedures on how to contain the virus. The educational sector devised a "new normal educational policy" to maintain and provide quality education despite lockdown, community isolation and strict implementation of social distancing.

Teachers have already had psychological effects from the time the pandemic first started. They had to introduce online learning during the lockdown, which was new to them, and as schools are starting to reopen, they are quite concerned about the brand-new, unprecedented teaching environment.

The pandemic has not simply had an impact on learners' mental health but also to teachers. According to recent studies, teachers who had to adjust to deliver online instruction during lockdown experienced stress. Due to the increased pressure brought on by home teaching, this stress is frequently accompanied by symptoms of anxiety, despair, and poor sleep. Lack of teacher confidence and competence, a lack of technical support, and limited access to ICT resources are just a few of the factors that make integrating ICT in the teaching and learning process difficult for teachers today that contribute to their stress.

Both beneficial and bad effects of stress can be seen on teachers and the environment they work in. Whether or not the teachers can handle the stress is up to them. Although some stress is acceptable, excessive stress can harm your physical and mental well-being as well as your productivity. Stress management skills are often the

difference between failure and success. Stress is frequently misunderstood, which leads to difficulties that can be prevented.

Stress is one of the most fundamental problems spanning through the teachers endeavor. For two and a half decades, stress phenomenon has become a topical issue in management development, seminars, and workshops in the world and that the popularity of stress stems from number of obvious reasons. As a teacher we are not immune to stress, and we can be caught up in a situation that causes or induces stress in the individual.

Teachers work in organizations where they are required to be attentive to the organizational stress caused by conflicting and uncertain roles. Teachers' effectiveness is affected by stress. As a response, both the educational sector and society as a whole need to address the impact of the COVID-19 pandemic on the emotional health of teachers. They need to understand how stress impacts teachers' ability to provide a high level of work performance.

*References:*

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