

WELL-BEING PRACTICES OF TEACHERS

by:

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Teachers are an essential human resource that propels the country's educational system. Today's classroom instruction is a dynamic process. The teachers face various obstacles due to the ongoing changes in many areas, including pedagogy, learning theory, curriculum, and educational goals. So, it is essential to look after the well-being of teachers to ensure that they can do their jobs effectively.

According to Veenhoven, well-being variables, such as cozy, healthful, and joyful surroundings, might impact teachers' well-being. Teachers are emotional workers, and it has been discovered that their emotions impact their productivity, self-efficacy, job satisfaction, burnout, and instructional effectiveness. Whether by being present or not, all teachers were offended. Peters and Pearce stated that their study of Australian teachers also emphasized the significance of effective contact and communication between school leaders and teachers regarding their resilience and general well-being.

New avenues for a conversation on teacher well-being emerge as optimistic psychology gains traction in the research community. There has been much interest in teacher well-being over the past several decades. According to Benevene, De Stasio, and Fiorilli, teachers will be more engaged in their profession and have a higher positive ratio, improving their well-being. Several researchers discovered a positive correlation between personal resources (self-esteem, optimism, self-efficacy, and active coping) and work engagement and a negative correlation between personal resources and weariness.

Good consequences indicate future increases in positive feelings and additional well-being, another way positive emotions produce upward spirals. Schools, teachers,

and students are all impacted significantly by teacher well-being. Many unfavorable consequences of poor well-being are well-known, with stress or burnout connected to attrition and global teacher shortages. For the long-term survival of the profession, this has prompted calls for the well-being of teachers to be addressed seriously. Low teacher well-being can harm kids, so it is not just teacher attrition that should be a cause for concern. Teachers who are overworked or burned out have fewer positive interactions with pupils and deliver less effective lessons. When schools prioritize teachers' well-being and ensure they can thrive, this can improve classroom environments and allow for high-quality instruction that helps kids succeed.

Addressing teacher well-being is a crucial first step in school-wide well-being initiatives to enhance student well-being because teacher well-being is also connected to student well-being.

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