

**JOB STRESS AMONG SECONDARY SCHOOL TEACHER: A STUDY IN DISTRICT  
OF PERAK TENGAH, PERAK DARUL RIDZUAN.**

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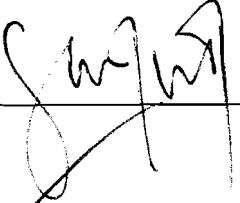
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## **Abstract**

This study examines factors that influence job stress among secondary school teachers in the district of Perak Tengah, Perak Darul Ridzuan. In this cross-sectional study, three independent variables namely colleagues, student misbehavior and workload were tested against job stress. 147 respondents from five schools participated in this study. The research objectives were answered using correlation and regression analysis. The results are also presented using descriptive statistics. The study shows that workload was positively related to the feeling of stress among teachers. However, no relationship was found between colleagues and job stress, and between student misbehavior and job stress. Suggestions are made for further research on ways to reduce stress among secondary school teachers.

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# CHAPTER 1

## INTRODUCTION

### 1.1 Background of Study

In the 1970's, teaching is considered as a noble, and seldom reported as a stressful profession. However, in the recent years, teaching profession has been considered as one of the most stressful profession (Ravichandran & Rajendran, 2007). It was reported that two out of five teachers in the United Kingdom experienced stress, compared to one in five workers from other occupations (Abdul Hadi, Naing, Daud, Nordin & Sulong, 2009). In other study, Atan (1998) found that 39.7% of the respondents were moderately stressful and 3% was extremely stressful. Ghazali (2007) found that 38.7% of teacher in Malaysia have low job satisfaction.

So, what causes teachers to be so stressful? There are various reasons why teachers are becoming more stressful with their teaching profession. Teachers nowadays have to face with so many different demands, either from the school management or from the parents and society. At the same time, teachers are required to improve themselves in terms of creativity, innovations and critical thinking in order to cope with the advancement in the science and technology. Teachers will be criticized if they fail to provide knowledge and services to society. The increasing behavioral problems such as bullying, gangsterism, vandalism, and the dissatisfaction among students have also made teaching task even more difficult.

The issue of stress among teachers should be given a serious attention. Experiencing high level of stress could lead to various negative consequences such as poor performance, lack of commitment, lack of motivation and poor quality of classroom teaching. Stress can also cause

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