A HINDRANCE TO PROFESSIONAL TEACHING

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Many experts say that stress is like fatigue. It occurs when our idealism and burning desire to be good teachers confront the harsh realities and struggles of teaching and we simply become dissolution.

Stress is recognized hazard in professions that are people-oriented, like teaching. The old times are the common victim but even new comers to the profession are not exempted.

Stress is the body’s reaction to any situation that appears difficult as threatening. It is a normal part of life. A little stress is good, it makes you think faster and put an extra effort into meeting challenges of everyday life. It stimulates you and provides excitement in what we do otherwise be a rather dull existence. But too much stress over a long period, if poorly managed contributes to a condition resulting from too much effort with too little satisfaction. And if it strikes most of the most caring and committed teachers- those who works so hard to do a good job, but who become embittered, exhausted and frustrated.

According to some studies, there are three primary causes of stress. First, is emotional exhaustion, which often give way to physical exhaustion. Second, depersonalization as becoming negative about everyone around you. Moreover, the third is lack of personal accomplishment.

Most teachers are finding ways and means of how stress can be avoided. In fact there are some teachers who can easily recognized the symptoms of stress, just like the following: When the teacher is bored with teaching and fell that there is nothing to learn
about it, fellow teachers and parents finding teaching no longer fun anymore, excessive worrying for students and other problems, eat poorly and don’t get enough sleep.

For teachers who have any of the above symptoms, here are some suggestions for you to undertake. Overhand your job. Try new instructional strategies, collaborate with your colleagues, realize that you can help students and learn to care for yourself.

Personal and professional growth are complementary processes. Neglect one and the other will suffer. Nevertheless, in concentrating for both, you are assuring yourself of a healthy and happy teaching career.

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