EMOTIONAL STABILITY OF TEACHERS

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Emotional stability was one of the most debated and argued concept in the field of education; as such, so much emphasis had been given on the emotional stance of teachers and how it can affect their performance and effectiveness in delivering lessons and activities inside the classroom. As such, emotional stability of teachers is needed to be strengthened and enhanced in order to ensure that they can be able to handle the different sources of stress inside the classroom as being able to stay stable in handling their students’ problems and difficulties as well (Sheema, 2015).

Emotional stability is essentially a measure of anxiety versus wellbeing, where emotions are controlled rather than highly variable. Only emotionally stable people can experience true empathy and empathy is a prime requirement for successful interpersonal relationship. Hwang (2016) found that the teachers who had superior competencies, comfort, empathy, leadership and self-esteem tended to perform better in overall teaching effectiveness. He indicated that teachers improving their emotional intelligence emphasized on the values of individual difference and promote cooperative learning so as to solve problem and guide the students to promote social competence.

Experiencing negative emotions particularly at work is a common scenario among working individuals, however, the frequent feeling of negative emotions and allowing it to consume one’s own attitude and mood for the day can cause problems not just to the person involved but as well as to the people around him/her. Emotional stability and sensitivity/awareness is a common problem particularly in the teaching profession and aside from the efforts made in order to develop the cognitive and physical aspects of
teachers, such attention is also needed in enhancing teachers’ emotional stability as well (Kaufhold & Johnson, 2015). The various and diverse type of students in a single classroom was also noted to be a great source of stress and negative emotions for teachers since they have to deal single-handedly with their students while also taking in consideration their backgrounds and differences; as a teacher, it is expected for them to always have an open mind when it comes to the negative behaviour and attitudes of their students and if teachers will lack the proper control that is needed for them to deal with their own negative emotions, then it can be expected that they will not be that useful as a support and mentor for their students.

Professionalism is considered to be an important and essential skill that should be natural in a teacher and professionalism can be best manifested by means of staying calm in class and being able to regulate one’s emotions so that future problems may not occur and can disrupt the whole teaching-learning process.

References: