HOW TEACHERS’ STRESS AFFECTS THE PUPILS

by

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Being a teacher is not an easy task. Teachers should arm with love, knowledge, flexibility, and patience in dealing with their pupils. But sometimes we cannot deny the fact that because of problems at home and in school and overloaded school paper works, teachers are stressed and emotionally drained and sometimes lose their temper, and how it can affect their pupils’ well-being and achievement.

According to Robert Whitaker “Relationships really matter for learning; there’s a lot of evidence around that.” There should be a harmonious relationship between teacher and pupils to have learnings and better pupils achievement. If the teacher has the higher level of stress he cannot perform teaching strategies effectively, including clear instruction, effective classroom management, and creation of a safe and stimulating classroom climate for his pupils.

As a teacher, we need to know how to manage stress in order to have lasting learning and better achievement of our pupils.