



AI FOR SUSTAINABLE GROWTH: SHAPING THE FUTURE OF COMMERCE (ICAISFC-2026)

EDITORS

Dr T Saravanan
Dr P Dharmarajan
Dr V P Palanisamy



KAAMADHENU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)

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Affiliated to Bharathiar University - Coimbatore

Kamadhenu Nagar, D.G.Pudur (Post), Sathyamangalam, Erode District, Tamil Nadu - 638 503
☎ +91 4295 - 223 743, 97509 94102 | 🌐 kascathy.ac.in | ✉ office@kascathy.ac.in

25
YEARS
OF EDUCATION EXCELLENCE

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Dr.T.SARAVANAN
Dr.P.DHARMARAJAN
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COMMERCE ASSOCIATION

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05. A STUDY ON HOW AI CAN REDUCE TEACHERS' DAILY WORK STRESS

RAMAIYAN. C Ph.D – Part Time Research Scholar, Department of Commerce, VISTAS, Pallavaram, Chennai.

Dr.P. VANITHA Assistant Professor and Research Supervisor, Department of Commerce, VISTAS, Pallavaram, Chennai.

ABSTRACT

Teaching is a demanding profession that often involves heavy workloads, time pressure, and emotional stress. Teachers are required to manage lesson planning, grading, administrative tasks, and student support, which can affect their mental well-being and work–life balance. This study explores how Artificial Intelligence (AI) can help reduce teachers' daily work stress. AI tools such as automated grading, lesson planning support, attendance tracking, and basic student performance analysis can save time and reduce repetitive tasks. The study focuses on understanding teachers' awareness of AI, their level of acceptance, and the benefits they experience when using AI-based tools in their daily work. By reducing routine work, AI allows teachers to focus more on teaching and personal well-being. The findings of this study aim to highlight how AI can act as a support system for teachers rather than a replacement, helping them manage stress and improve job satisfaction.

Keywords

Artificial Intelligence, Teachers, Work Stress, Education, Work–Life Balance

INTRODUCTION

Teachers play a vital role in shaping students' knowledge and future. However, teaching today involves more than classroom instruction. Teachers are expected to prepare lesson plans, evaluate assignments, manage administrative duties, handle student records, and communicate with parents. These responsibilities often increase daily work stress and reduce personal time. Continuous workload and pressure can lead to tiredness, reduced motivation, and burnout among teachers. Artificial Intelligence (AI) is increasingly being used in many fields, including education. In the teaching profession, AI can assist with routine tasks such as grading objective-type questions, organizing lesson materials, tracking attendance, and generating simple reports. These tools can reduce the time spent on repetitive work and help teachers

manage their daily responsibilities more effectively. This study aims to understand how AI can help reduce teachers' daily work stress. It focuses on the role of AI as a supportive tool that improves efficiency rather than replacing teachers. By examining teachers' experiences and perceptions, this study highlights the potential of AI to create a healthier work environment and improve work–life balance in the teaching field.

Statement of the Problem

1. Teachers experience high levels of daily work stress due to heavy workload and time pressure.
2. Many teachers spend extra hours on non-teaching tasks such as grading and administration.
3. Lack of proper support tools increases stress and reduces work–life balance.
4. There is limited understanding of how AI can practically help teachers reduce daily stress.

Objectives of the Study

1. To identify the main causes of daily work stress among teachers.
2. To find out whether AI helps teachers save time in their routine tasks.
3. To examine the role of AI in reducing teachers' work-related stress.
4. To understand teachers' views on using AI for better work–life balance.

Scope of the Study

1. The study focuses on the use of AI tools in the teaching profession.
2. It examines AI's role in reducing daily work stress among teachers.
3. The study considers AI as a support tool, not a replacement for teachers.

Need for the Study

1. To understand how AI can reduce teachers' workload and stress.
2. To create awareness about simple AI tools useful for teachers.
3. To support better work–life balance and job satisfaction among teachers.

Limitations of the Study

1. The study may be limited to a small group of teachers.
2. Availability and use of AI tools may vary across institutions.
3. The study focuses only on stress reduction, not on student outcomes.

RESEARCH METHODOLOGY

MEANING

Research methodology is a way to systematically solve the research problem .the research is the studying his research problem along with the logic behind them. It is necessary for the researcher to know not only the methods, techniques but also the methodology.

DATA COLLECTION

Data refers to information and facts. The task of data collection begins after the research problem has been defined and the research plan been decided.

There are two types of data collected

1. **Primary data**
2. **Secondary data**

SAMPLE SIZE: Sample size refers to the number of respondents drawn out for the purpose of study. The sample size selected for this study is 100. Based on these respondents' answers, the rest of the study is conducted.

STATISTICAL TOOLS: Statistical tools refer to the equipment that aid in conducting a research successfully. The statistical tools that aided in this research are charts like bar column, pie, cone, pyramid, line and cylinder

The other tools aided in this analysis are as follows;

- Percentage method

REVIEW OF LITERATURE

1. **Smith (2019)** found that teachers experience high work stress due to heavy workload, long working hours, and administrative responsibilities, which affect their mental health and job satisfaction.
2. **Kumar and Devi (2020)** reported that the use of digital tools in education helped teachers save time on routine tasks such as attendance and record keeping.
3. **Johnson (2021)** stated that AI-based grading systems reduced the time teachers spent on evaluating assignments, allowing them to focus more on teaching activities.
4. **Rao (2021)** highlighted that teachers who used AI-supported teaching tools reported lower stress levels compared to those who relied only on traditional methods.

5. **Lee and Park (2022)** observed that AI tools helped teachers manage classroom activities more efficiently, which reduced daily work pressure.
6. **Sharma (2023)** emphasized that AI acts as a supportive tool for teachers by reducing repetitive work rather than replacing teachers.
7. **Patel and Mehta (2024)** concluded that the effective use of AI in education can improve teachers' work–life balance and overall job satisfaction.

FINDINGS

Section A: Profile of the Respondents

- **Gender:** Majority of respondents were **female teachers (58%)**, while males accounted for 40%, and 2% preferred not to say.
- **Teaching Experience:** Most teachers had **5–10 years of experience (30%)**, followed by 10–15 years (28%), less than 5 years (20%), and above 15 years (22%).
- **Level of Teaching:** Majority taught at the **school level (40%)**, followed by higher secondary (30%), college (20%), and university (10%).

Objective 1: To identify the main causes of daily work stress among teachers

- **Workload Stress:** 70% of teachers agreed that heavy teaching workload increases daily stress.
- **Administrative Duties:** 70% of respondents reported that reports, meetings, and other administrative duties contribute to stress.
- **Lack of Personal Time:** 68% of teachers felt that limited personal time adds to their daily work stress.

Objective 2: To find out whether AI helps teachers save time in their routine tasks

- **Grading and Evaluation:** 70% of teachers agreed that AI tools help save time while grading assignments.
- **Lesson Planning:** 60% felt that AI reduces the time required for lesson preparation.
- **Routine Tasks:** 70% of teachers reported that AI helps complete routine tasks faster than traditional methods.

Objective 3: To examine the role of AI in reducing teachers' work-related stress

- **Overall Stress Reduction:** 64% of teachers agreed that AI reduces work-related stress.

- **Managing Daily Tasks:** 66% felt that AI helps manage daily teaching tasks more easily.
- **Less Tiring Work:** 66% reported that using AI makes teaching less tiring..

Objective 4: To understand teachers' views on using AI for better work–life balance

- **Personal Time:** 68% agreed that AI helps them spend more time on family and personal activities.
- **Work–Life Balance:** 66% felt that AI improves their overall work–life balance.
- **Willingness to Use AI:** 70% of teachers expressed willingness to use AI regularly to support work–life balance.

SUGGESTIONS

1. Schools and colleges should **introduce AI tools** for grading, lesson planning, and administrative tasks to help teachers save time.
2. Teachers should be provided **training on AI usage** to make them comfortable with technology.
3. Institutions can **reduce workload** by integrating AI tools with routine administrative tasks.
4. Teachers should be encouraged to **balance teaching and personal life** with the help of AI support.
5. Further studies can explore **AI applications in student performance analysis** and classroom management to reduce teacher stress.

CONCLUSION

The study reveals that teachers face **high daily work stress** due to heavy workload, administrative duties, and lack of personal time. AI tools are perceived as **helpful in reducing stress**, saving time, and improving work efficiency. Most teachers agree that AI can **support better work–life balance** and make teaching less tiring. Overall, the study emphasizes that **AI is a supportive tool**, not a replacement, which can enhance teachers' productivity, reduce workload, and improve job satisfaction. Adoption of AI in teaching can lead to a **healthier and more efficient teaching environment**.

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