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Occupational stress in education sector



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Teaching today has not only become more challenging but also more competitive and stressful. Teachers know about their behavior and adherence to human value. They are regarded as the cornerstone of a successful education system. In higher education, teachers are under pressure to increase productivity and efficiency in their workplaces to meet the expectations of the general public, managers and governments and governments, creating pressure between them. It is important to deal with the causes of stress in the workplace because stress in the workplace can lead to personal problems, labor relations and the whole environment. Managing stress in the workplace is an important part of both of them and is a social responsibility of the institution as well. The main purpose of the current paper is to identify the causes that lead to major depression. The second objective is to study the effects of stress and suggest specific measures that can be taken to reduce stress. This research paper is of a descriptive and critical type and is based on key data collected with questions completed by 30 teachers working in engineering colleges. The secondary information includes reference books, journals, research papers and the Internet. The findings of the study show that most teachers have a moderate amount of stress and overwork and insecurity are the main causes of stress in the workplace. It also revealed that the majority of respondents experienced stress and depression and difficulty in balancing work and family life due to stress and most teachers said they were able to cope with stress at work by resting and drinking coffee and playing with their children. It is suggested

that administrators should come forward and recommend various activities to reduce teacher stress.

Topics

[Education](#), [Teaching](#), [Books](#), [Engineers](#), [Journal](#)

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