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STRESS CAUSED BY A FEW BASIC JOB OF ELEMENTARY SCHOOL TEACHERS

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ABSTRACT

If you run a regular class with regard to the specific problems of education and training as a technology and art is acceptable, with a few basic classes listed some specific issues realized. a few basic skills, such as the degree of importance and effectiveness of the teacher in the classroom. Unfortunately for attention and investment, do not intellectual and physical education for teachers in these classes. And teachers to teach in these classes face different problems that these problems have a devastating effect on job stress. This article aims to stress a few basic job of being a primary school teacher with qualitative research method based on library studies and has been developed using the Fish.

Keywords: Occupational Stress, Teachers A Few Basic Job, Elementary School

INTRODUCTION

With a little study can be found in the history of education back to the beginning of classes of basic education. Because before the quantitative and qualitative changes in education to new methods, training and education tailored to the needs and common values any time and under the influence and dominance of government, military,

communities, sects and even the families in different ways. A few basic job teacher is an expertise and considered so problem several factors such as the needs of students, individual differences and their limitations, the need for accountability to parents and educators, rapid changes in opinions and expectations about the role of teacher

training is very difficult and teachers have a few basic working conditions are hypertension. The level and nature of stress experienced by teachers' demographic characteristics such as age, sex, education, length of experience in teaching in the school situation is different. A few basic classes, where one teacher taught a few basic can be an effective way to increase access to education in rural areas. This project, in addition to non-economic issues of small classes solves, and complete the academic foundations. Select a few basic classes in education selected countries Solutions main classes common in ordinary schools, but the choice between access to education or the lack of it. In the majority of cases have been developed based on the needs of the differences between developed and developing countries in the use of these classes does not exist. Access to full coverage in primary school in Europe and North America formed a few basic classes is possible. Increase coverage of education in developing countries relies on a few basic classes .

Each person in your life to experience such events is difficult and it is stressful. The general equilibrium threatening human and ecological balance, he disrupts and may cause one's view of reality change. The

teacher's role as one of the foundations of teacher education is crucial to understanding and discovery of material needs, spiritual and scientific and attempt to resolve it, he can influence student achievement. [12].

The issue of occupational stress considered in all occupations but in relation to the teacher's job to find the meaning that the issue in a few basic primary school teachers doubled manifests itself. As a teacher, in addition to the problems that exist in all jobs for people With a series of problems and limitations that are faced solely because of her/his job. Job burnout is a disorder due to prolonged exposure to stress in his personal cause and symptoms of emotional exhaustion, physical and mental abuse is also self-esteem of people with this condition also decreases the feeling of inutility [7]. Research Maslach [2] shows that burnout is a multi-dimensional structure of the first three components of 1-emotional tiredness 2-personality 3-loss of personal accomplishment has been established. Stress brings on the bad consequences of teacher, Loss spirit teacher, discouraged, ill-health disorders and a variety of classroom teachers as one of the important bases wear features according to education requires special sensitivity, Teachers at the forefront of this system to pay educational programs and the

realization of a large part of the organization's goals in their hands [11]. Disregarding a few basic problems of teachers in primary adverse effects on the students and the education system on the leaves and eventually lead to job stress will be exacerbated.

Teachers few basic problems

- * Lack of appropriate curriculum few basic classes
- *Lack of assistance in the field of methods and techniques of teaching and the organization of the classroom.
- *Taking a few basic classes in poor areas of economic and social
- * exclusion from the home environment, low levels of family education, nutrition and health pro inappropriate on experiences outside the school environment for students.
- * unprepared teachers blems, low willingness to engage parents and the community in school, lack of pre-school.
- * unprepared teachers.
- * multifaceted few basic classes of teachers.
- * dissatisfied with the work of teachers in remote schools.
- * Health lower in remote areas.
- * lack of strong guidance and oversight system.
- * lack of learning materials.
- *lack of trained staff.

*lack of facilities such as computers and the Internet, photocopier, school library materials and resources outside the school, such as:

- * City library, health center, bakery and ...
- * teachers alone.
- * negative attitude towards teaching a few basic classes.
- * lack of pre-service and in-service training (Wallace and Msvt, 1390).

Job Stress:

The concept of occupational stress by Frvdnbrgr was introduced for the first time in the early 1970s.

The emergence and growth of this concept owes everything to Frvdnbrgr in New York and Mzlk and Payns and others (1981) in California know.

Farber in this field writes: Frvdnbrgr the first person to is that in 1975 of word occupational stress-themed its modern has used and occupational stress to a state of tiredness emotional, and physical is known that of existing situation in the workplace, originating takes [13]. It Mzlk and Jackson, job stress is reduced compatibility of stressors, and physical and emotional fatigue syndrome, this syndrome leads to negative self-concept in man, negative attitude toward work and lack of communication with others (clients, customers or clients) . The syndrome

may lead to a variety of mental and physical diseases, lead [10]. Frustration knows that devotion to the cause of the person and his way of life with a collection of relationships that lead to the desired results are not achieved. Burnout can be a reaction to chronic stress and response to pressures of work or organization, has been introduced. A social care worker who has spent considerable time and energy to help others, they are simply experiencing burnout. Thus, burnout not only health care workers social services to millions of clients but also endanger the anxiety and stress. In today's society has a high prevalence of burnout and all aspects of people's life has taken. On the one hand, increased drug abuse, divorce, physical and psychosomatic diseases. On the other hand, productive work and reduce the impact to the economy and industry of the country is provided. This society in all aspects of the risk (volume of work, 1379). From the viewpoint of Payns and Aronson can be physical and emotional fatigue syndrome known as job tensioning as a result of the negative trends of employment and loss of feeling and interest in one's work is created.

Farber (1983) in the definition of occupational stress writes: Burnout state of

fatigue, physical, emotional and mental, which is the result of a direct and long-term exposure of people and where the excitement is overwhelming that caused for him/her. Job tensioning is a term used to describe the transformation of attitude, mood and behavior in the negative direction and deal with stress related to work. . This tensioning creates more jobs that a lot of people in close contact with other people spend hours.

In another definition of burnout such that: Burnout is a psychological quality or psychotic phenomenon that occurs when a person declines the quality of job performance and in the long term, to reach the stage of arrest [12].

CONCLUSION

Teachers and instructors not only as a human being exposed to different factors causing tensioning, but also face ,in terms of the resources and capabilities to reduce the lack of progress and lack of support from managers and colleagues in the field of stabilization .

Therefore, it is natural that the intensity and frequency of work-related stress is the profession too. Evidence of the outbreak and spread of occupational stress among teachers and instructors on hand, its importance has been approved, because of individual differences in response to tensioning there is

substantially among teachers and educators. Along with all the resources and factors causing stress the level of tensioning that a person experiences a lot depends on the ability of a person's way of coping, how his perception and judgment of these factors . And perhaps most of his life in the relationship between tensioning and disease-causing tensioning factors involved. Teachers few basic cause severe problems in school activities with students a few basic differences in various demographic, parents and others. And also because of the difficulty many students spend in school to control abnormal behaviors, constantly head anxiety and stress, but scientific and effective methods of contrastive with the pressures of school can bring it under control. Furthermore, environmental problems and meeting the needs of the community life of anxiety and stress for teachers has multiplied all these factors and other factors combine to make the lives of teachers a few basic job tensioning aggravate. Research evidence shows that job tensioning of repeated absenteeism, early retirement, poor performance and reduce the quality of teaching, low self-esteem and associated with psychological symptoms of depression. In addition, several studies also show that burnout and psychological symptoms such as

anxiety, depression and physical problems is the high positive correlation [5]. According to the critical role of teachers a few basic and at risk of burnout and people with unpleasant side effects of individual, organizational and country, it seems that the evaluation of teacher burnout is a necessary base. Both the prevalence and the factors influencing it scientifically identified and prior to the physical and psychological effects of reducing or preventing the necessary measures be taken [8]. Although effective teaching in the classroom and special education teachers training a few basic material needs, but its implementation has been successful in some countries. For example, in the "small schools" in Indonesia, particularly educational materials that teachers prepared to teach a class able to build a base. In this project, teachers from the ordinary textbooks, but the techniques used were planned. A detailed assessment of the project in 1984 showed that the performance of students in the education better than other students and their self-reliance was more. Another successful example of a few basic classes, programs, new schools in Colombia, which is an essential element in the government's strategy to deal with the shortages and deficiencies of basic education in rural areas is [10].

Classroom management in the classroom a few basic education is very important, classroom management forecasts and the need to create and maintain an environment in which teaching and learning takes clearly defined. The primary objective of effective classroom management, reduction of ill-treatment or even a regular environment. Provide exercises and activities that lead students to passivity and cause misalignment is not order, is meant to increase learning opportunities. Just, on the contrary, this situation reduces the learning opportunities. This is important in the classroom, a few basic, Because many students have quiet hours of the day and spend indiscriminately at the corner of the classroom or they will be asked to pay, but the class reading book or other activities and activities of the students targeted monitoring and management does not apply but on learning and learning is slow and regular classes are not added. It is important a few basic classes the most fundamental purpose of effective classroom management, learning or learning increases students [1]. It can be concluded in a few basic classes director of the teacher teaching, responsible for management, bookkeeping, and etc.. The liability is certainly a waste of energy and time are part of the teacher, sometimes the workload, his mind is

confused and overwhelmed [9]. Statistics show that almost all teachers a few basic classes on the basis of rating schools organized form must be sent to these classes none of them based on interests and experience in the management of these schools are not out a few basic classes as a result, when you enter the classroom, they are confused and despair. And are unable to manage class do not know how to handle classes and assistant teachers to help students take advantage of these caused loss of manpower and national capital. Preparation and design a few basic lessons in classes is more important to a base class. How many teachers in the management and the ability to control a class and teach it. But in two basic classes, and especially more than the base class for the teacher's office can be problematic. If proper planning and teacher training these problems can be minimized. So that the teacher can always change the way content can work with several groups of different levels the ability to have individual training and also help in the work to do. Students have the ability to organize for self-learning ,How to learn and how to teach students to learn. Teachers have the opportunity to address some of the students who need more focus. The directors and officers also recommended to reduce

tensioning in their material and spiritual needs to fix a few basic teachers and more flexibility in implementing the laws and regulations take. And by adopting deflator, the more important to give a few basic refreshment teachers. Managers in their decisions to offer teachers a few basic reproductive education for creative ideas and reduce occupational stress in schools embrace. To provide context for the study and acquire higher degrees for teachers a few basic special rates can be reduced, taking into consideration the context in teachers provide emotional exhaustion. The emphasis on community building activities in schools under the complex or a manager, professional meetings, Workshops, sport programs outside of the schools can create an atmosphere of creativity and reduce tensioning in teachers is organic.

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