Stress among Preschool Teachers During the Process of Teaching and Learning

Abstract: The aim of this study is to identify the factors of stress affecting teachers during the teaching and learning process. This study was conducted by using questionnaire survey method. A total of 75 preschool teachers in Segamat district, Johor were selected as respondents to answer the questionnaire. The data obtained was analyzed by using SPSS. The results showed that the domain of teaching pedagogies and student’s behaviour are the dominant factors that lead to the condition of stress among the teachers, to which is found to be in a moderate level. The findings also showed that there was a significant difference between the marital status of the respective teachers’ and the level of stress that they faced. Therefore, the manager of preschools should handle the stress of her/his teachers so that it will not affect their teaching performance.

Keywords: preschool, stress, teacher, teaching and learning

摘 要: 本研究的目的是鉴定在教学过程中影响教师压力的因素。本研究采用问卷调查方法进行。在柔佛昔加木地区共75名学前教育教师被选为回答调查问卷的受访者。此研究使用SPSS分析获得的数据。研究结果显示，教学法和学生行为是导致教师压力状况的主导因素，而教师压力程度处于中等水平。调查结果也显示，教师的婚姻状况与他们所面对的压力程度之间存在显著差异。因此，学前教育的管理人应妥善处理教师们的压力，以免影响他们的教学表现。

关键词: 学前教育，压力，教师，教学和学习

1. Introduction

Early childhood education became a hot topic in Malaysia. The improvement in the quality of early childhood education and the quality of teachers is the main focus of the government.

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