

Causes and Effects of Stress among Teachers in Public Secondary Schools in Nairobi City

by

Elizabeth K. Mwangera

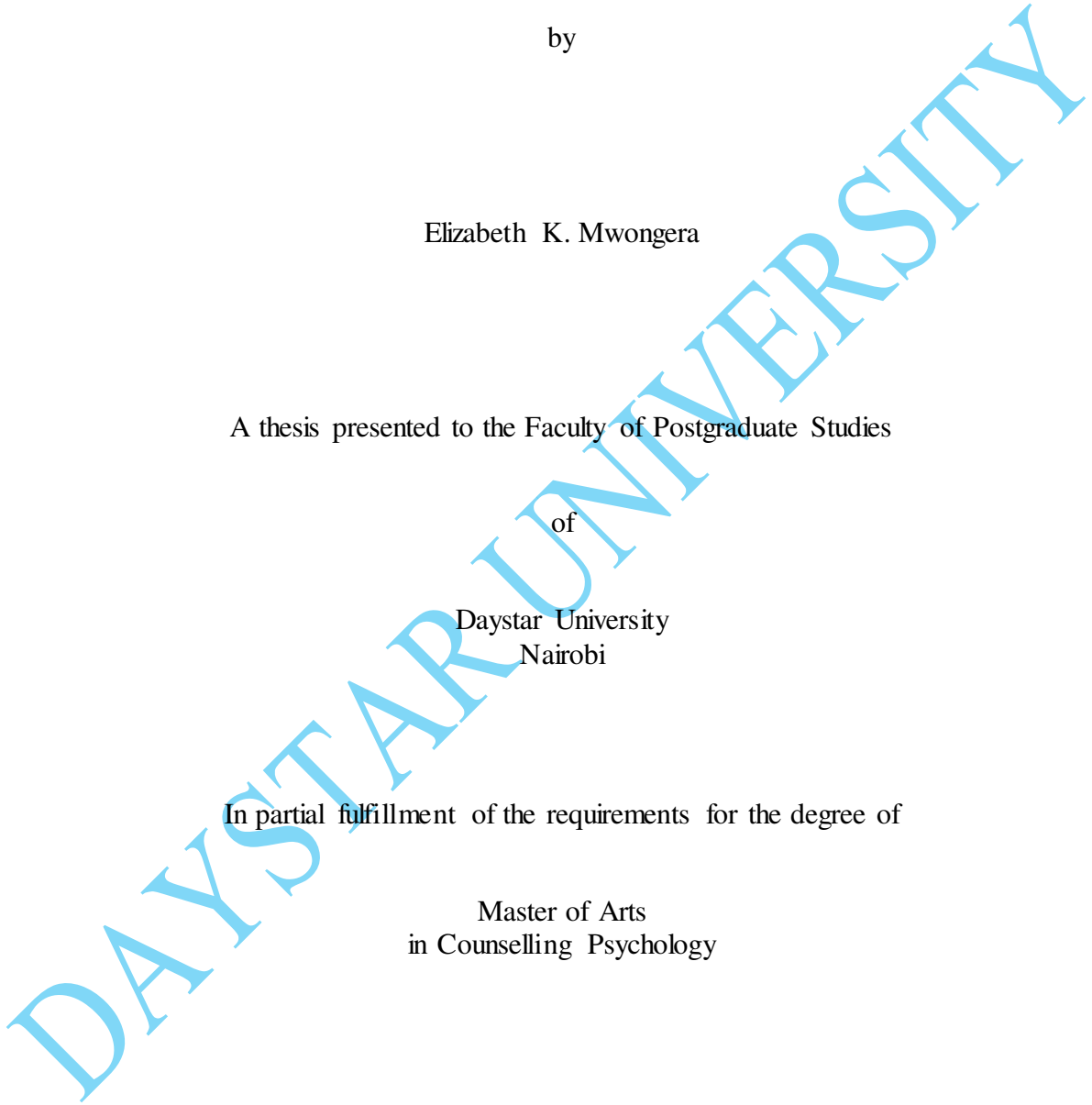
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CAUSES AND EFFECTS OF STRESS AMONG TEACHERS IN PUBLIC SECONDARY
SCHOOLS IN NAIROBI CITY

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In accordance with Daystar University policies, this thesis is accepted in partial fulfillment of
requirements for the Master of Arts degree

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I declare that this is my original work and has not been submitted to any other college or
university for academic credit.

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Abstract

The study was carried out to determine the causes and effects of stress among teachers in public secondary schools in Nairobi City. The problem statement was that stress may significantly impair the working relationship between teachers and their students, the quality of commitment and the teaching a teacher is able to give. A systematic study of the causes and effects of stress would help in reducing the negative consequences of stress. The objectives were to determine the causes and effects of stress, to find out if there was a relationship between the biographical characteristics of the teachers and stress and to find out whether teachers used any coping strategies.

To collect data, 164 self-report questionnaires were administered to the teachers but the response rate was 130 (79.3%). Interviews were conducted with heads of secondary schools. The sample was drawn from day schools as well as boarding schools. The study found that the main causes of stress for the teachers were work overload, role overload, student discipline problems, overcrowded classrooms and poor communication. The main effects of stress were constantly being under strain, absenteeism, feelings of worthlessness and hopelessness, depression, low productivity and sickness.

The respondents used planning their work, positive attitudes to work, praying, socializing, sleeping, absenting themselves from work and drinking alcohol as coping strategies. The study has suggested some manageable stress coping strategies that have minimal financial

implications on the teachers. Several recommendations have been made based on the findings of the study.

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