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## Teachers Coping with the Stress of Students

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### Abstract:

*Stress is a fact. Our brain is always ready to do a reaction in each stressful situation. Nowadays, stress is one basic factor of several illnesses and mental disorders in life, especially in the students' life. The aim of this paper is to determine some parts of teachers' attitude and introduces a brief overview of the techniques that teachers have used to decrease the stress of their students. This critical study focuses on the effects of each situation on the learning strategies and how the teacher can direct it to improve their performance. To conclude, after these explanations, it distinguishes which is the best and that teachers can achieve in managing their classes and catching the concentration of students, particularly the stressors, so they can get better marks.*

**Keywords:** Teachers' attitudes, learning strategies, better marks, stressors, stress

### INTRODUCTION

Stress is a fact. Because everyone has such various thoughts and also situation surrounding each person is diverse, so our brain is always to do some reactions in each stressful circumstance. Therefore, before teachers want to handle their classes and deal with their students, they need to recognize these situations and have some recognition on their students, too.

Of course, they need to have some special methods. Teachers should be introduced their methods to the students at the first session

of their classes. By this, they can decrease numerous factors that be caused the stress of stressors.

## **LITERARY OF REVIEW**

According to (School Health Programs, 2013), “Stress is a natural part of every person’s life. Stress is any change, internal or external, positive or negative, to which a young person must adopt.” It means that stress is existed in each of us and every aspect can be made a consequence. Anyway, this definition includes all factors, positive and negative, that is unlike the attitude of this researcher.

Hence, the whole concentration of this paper is into that stress is made by negative factors and for the reason that the teachers and students attempt to reduce it. Even (Joyce V. Fetro, *Personal & Social skills*, 2000) punctuates “stress is anything that causes physical and/or mental wear and tear on the body and mind.” This definition is appropriate, but it does not represent any positive and negative aspects. Most of them, which they encounter, are about negative issues. These negative aspects are usually constructed by the pressure of environment.

For instance, a new location, new classmates, new lessons, and even the new methods of teaching of teachers, so when stress occurs, followed by its effects appear especially on the ability of the students, So that it makes the existing problems worse. Thus, on the first session teachers should explain the strategies to relieve the existing stress.

## **METHODOLOGY**

This critical paper studies the stress coping and teachers’ attitude. The researcher aims to investigate the effects of stress on students and also express how the teachers and school officials can reduce it and find out some strategies that this study can be proposed to teachers. Because this paper is also associated with psychology, so there are various sights of different psychologists. In general, this study is expressed that there are two types of students in a classroom:

- 1) weak students
- 2) high students

After that, it is investigated the factors, which cause the stress. Then, it be explained some strategies to lessen its impact on the learning of students.

## DATA ANALYSIS

A classroom is correlated to two kinds of students and a teacher who plays the significant role in it. These two types consist of:

a) *High students*

b) *Weak students*

a) *High students:*

Being best students in a class is not related to the relationship between teachers and students. The successful key of these students is about their perseverance. Having perseverance in learning and also observing the behaviors and habits of a classroom helps them to be successful.

b) *Weak students:*

In contrast, there are a series of students who are weak or even, they neglect on their lessons. Some of these students really want to be succeeding, but some factors do not let them. These factors consist of their intelligence, poor grade, lack of motivation, negligence and lack of effort, or maybe lack of support from these students' families. Stress can affect on each of them. Of course, it is clear that the impacts of it, is much more on poor students. Accordingly, the first duty of teachers is to distinguish them being high or weak.

Next, they should examine the reasons of stress among them. Generally, the factors that cause it in a classroom can be expressed in two categories:

1) *Curricula and training programs*

2) *The characteristics of the learning environment and communication among school officials and students' parents.*

1) *Curricula and training programs*

In this part, there are various factors that be caused the stress on students, for example educational evaluation, the confusion about teaching methods tool and assignments, and etc.

Measuring students' achievement is natural and common, but it is acceptable when it contains the necessary standards. Regrettably, most of these evaluations do not include them, so not only they are unreliable, but also they have negative impacts on the process of

learning. The disagreement between teachers is allowed to be personal views on the evaluation of students. Consider about the acceptance of students affect on teacher's performance, too. In this case, because teachers want to show a positive performance, so they bring more pressure by their successive exams that is caused more fears in students.

Another issue bring stress on these programs is the confusion about teaching methods and assignments. This problem occurs due to consistent lack of contents of students' books and the context of them. They lead to non-compliance on the levels of learning and the individual abilities of students. They also cause the lack of centralized methods. Thus, all of these expressed issues increase students' stress.

2) *The characteristics of the learning environment and communication among school officials and students' parents.*

This factor consists of the relationship between students and school officials and students' parents. How to behave with students is important. The moods and facial expressions and the behaviors of school staff and their parents and the excessive rigidity in educational issues or in a classroom are including factors that make stress. How to communicate the principal and teachers with parents and the interaction and participation of them in school and educational programs can help to increase or decrease stress of students.

After the issues of stress are explained, however the solutions of managing and controlling them will be recommended. It means how to manage and diminish stress of students in school and a classroom. For reducing stress levels of students, teachers should be as a counselor and do the following categories:

- A) Cross-functional school with parents to make a happy environment.
- B) To familiarize students with the school atmosphere and teaching methods.
- C) Try to have the education systems that is not based on coercion; it is according to their stress.
- D) Teachers' trainings should be diversified and not to steady state.
- E) Notice to individual characteristics and abilities of students.

*A) Cross-functional of school with parents makes a happy environment.*  
This function can be possible by coordinating among the families of students and teachers. In fact, education is an organized program amid families and school staff that this synchronization can be effective in peace and development of students' creativity.

*B) To familiarize students with the school atmosphere and teaching methods.*

Before school start, school staff should hold a party at their school to introduce the school environment and educational system to their students and also teachers should explain their methods and everything about students' books and their methods at the first session. In this way, students have time to be ready for them.

*C) Try to have the education systems that is not based on coercion; it is according to their stress.*

Corporal punishment, students' humiliation, or heavy homework nights are including cases, which imposes stress to students and makes the school environment unattractive. Thus, teachers should try that students do homework in some working groups and work with together in school and do not bring homework to their home.

*D) Teachers' trainings should be diversified and not to steady state.*

Means that a variety of teaching methods are employed, this objective is achieved through the use of technology and educational films. In a classroom, teachers should not merely to talk; students should enter the discussion, too. So students can learn not only from their teachers, but also from other students.

*E) Notice to individual characteristics and abilities of students.*

Learners should pay attention to students' individual differences and expect of each student according their abilities and talents. Even taking the tests of them should be on the basis of their individual capabilities and differentiations.

Therefore, the proposed solution can affect on students' stress level and they help to lessen them.

## DISCUSSION/CONCLUSION

Obviously, this paper is explained that the effects of stress on students and how teachers can cope and decline it. The factors of producing and rising stress on them are mentioned and analyzed from the results, it can be deduced that:

- 1) A classroom is formed of two groups: a) Strong students, b) poor students, that the teachers distinguish them and work with them in different ways.
- 2) It shows that there are two main factors that cause the stress: a) curricula and training programs, b) The characteristics of school environment and contacting with school officials and students' parents, that each of them according to some factors arises.
- 3) There are some proposal ways to deal with stress that each of them is important itself and has significant roles in students' stress reduction. However, in general it should be noted that for a student's success, the interactions among families, schools, and community have an important role. (Epstein and Sheldon, 2006) "Students learn more and succeed at higher levels when home, school and community work together and play collaborative, complementary and supportive roles to support learning and development."

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