

# To What Extent Does Teacher Stress Impact the Learning Environment?

By: Katelynn Turney-Rudisill

# Purpose of Research


- Institutional reasons
  - Better understand the teacher's perspective
  - To help teachers' voices be heard
- Personal reasons
  - TA experience
  - Education class at Gulf Coast State College
- Prevalency
  - Stressing factors

# Hypothesis

If the teacher is stressed, then the learning environment will be poor.



# Related Literature & Studies

- American Psychological Association
    - Definition of teacher stress
    - Teacher burnout and quitting rates
  - The Influence of Teacher Stress (Mary Koross)
    - Focuses on workplace stress
    - 2012 data
- 



# There's a gap in the research!

How does teacher stress impact the classroom environment?



# Classroom Environment

- Four main points
  - Educational aspect
  - Classroom management
  - Organizational aspect
  - Student/Teacher motivation

# Research Design

- Qualitative and Quantitative
  - Qualitative: Fill in the blank answers
  - Quantitative: 1-5 ratings
- Control
  - Survey questions for educators
  - Survey questions for students
- Independent Variables
  - Time of day
  - Classes tested
  - Teachers tested
- Dependent Variables
  - Stress levels
  - Stress causing factors


# Research Design (Cont.)

- Random Sampling
  - Unbiased pool
  - Computed from class roster
- Materials
  - Educator survey
  - Student survey
  - TI-84
  - Printer
- Limitations
  - Accuracy of answers
  - Feelings instead of direct answers
  - Stress is perceived differently
  - Number of participants
  - Accuracy of stress





# Procedure

1. Create survey materials.
  2. Select classes from high school.
  3. Receive the roster of the class.
  4. Hand out consent forms.
  5. Visit each class chosen, and allow participants to complete the survey.
  6. Collect surveys and compile data.
- 

# Data Collection

I will be utilizing two surveys to conduct my research.

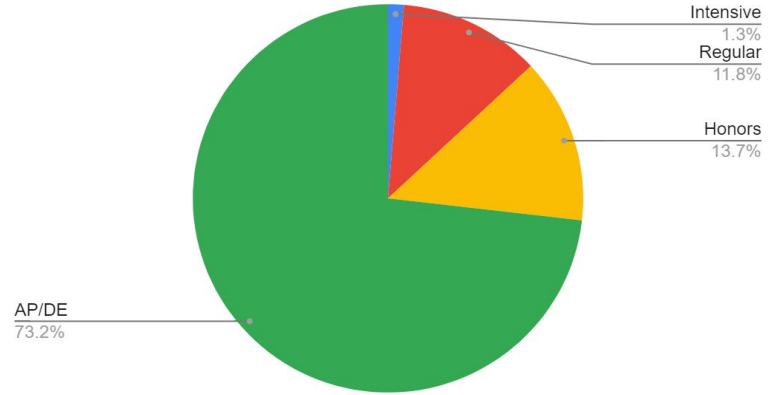
- Educator Survey
  - Educational aspect
  - Classroom management
  - Organizational aspect
- Student Survey
  - Educational aspect
  - Student preparedness
  - Teacher evaluation

# Demographics

	Female	Male
Students	85	67
Teachers	15	3

**Table 1: Survey Respondents According to Gender**

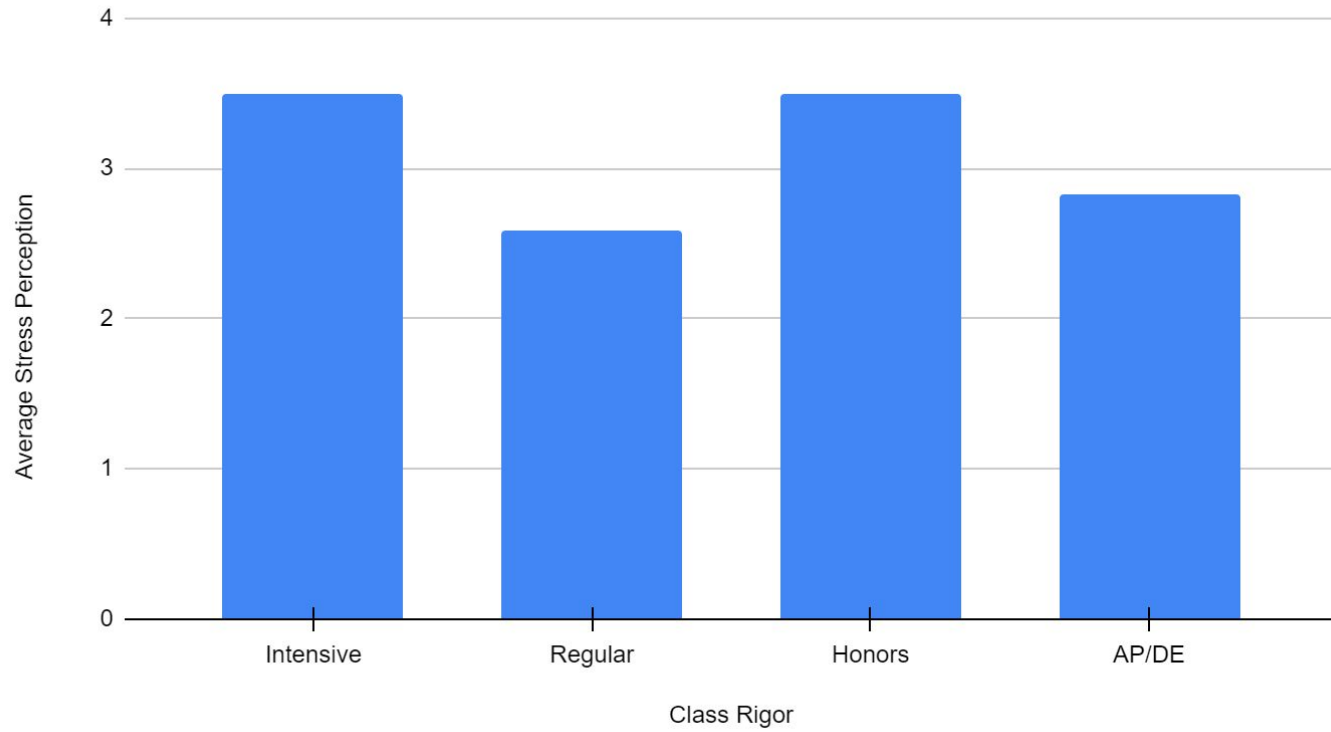
Amount of Students According to Class Rigor



English	Math	Science	History
6	4	1	7

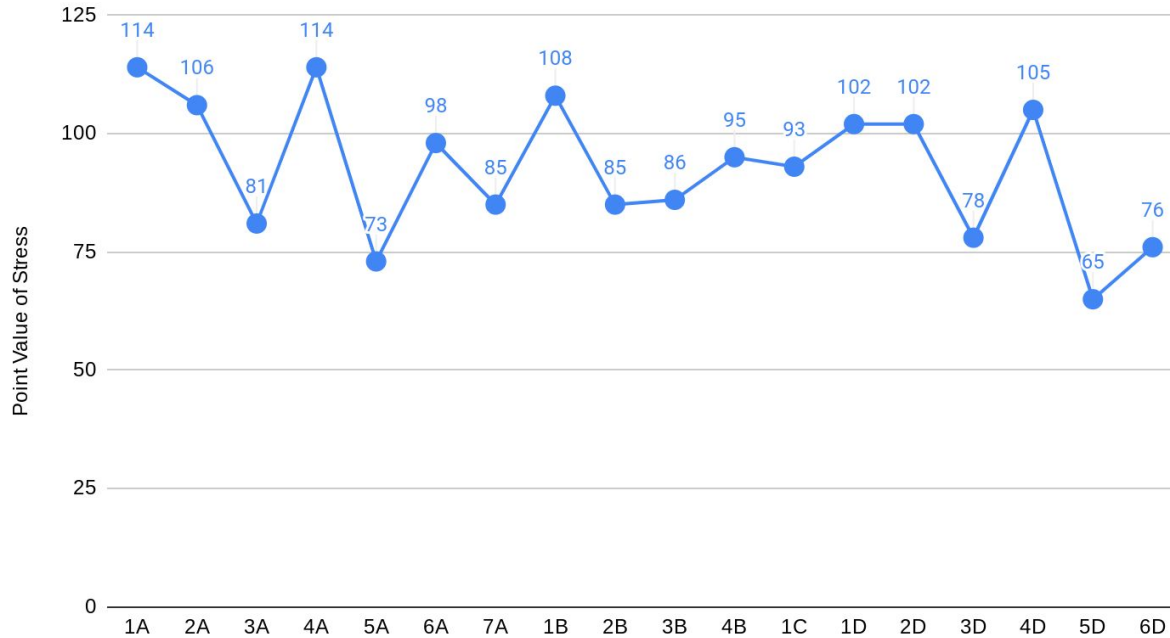
**Table 3: Number of Teacher Responses Within Each Subject**

## Stress Perception and Class Rigor



# Data Analysis

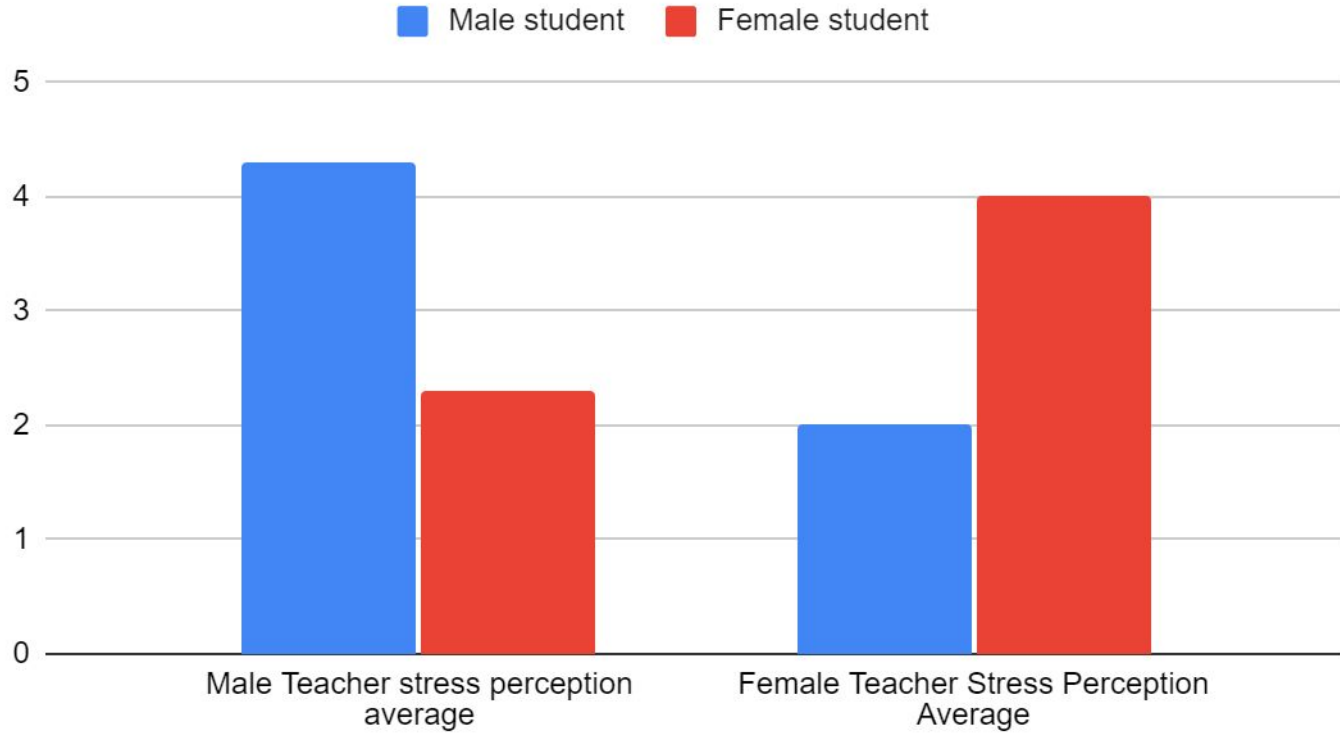
Educator Stress and Corresponding Category of Stress



# Stress Perception

Severe Perceived Stress (109-135)	2
High Perceived Stress (82-108)	11
Moderate Perceived Stress (55-81)	5
Low Perceived Stress (28-54)	0
Little-to-no Perceived Stress (0-27)	0

## Stress Perception Based on Gender of Teacher and Student



# Appendix

Survey of Teacher Stress: Educator

Gender:  Female  Male  Other

Years of Teaching: \_\_\_\_\_

Subject (select all that apply)  Math  Science  English  History  Elective

How many “PREPS” (different courses) do you currently have? Please Explain:

Is this amount different than in previous years? Please explain:

Please rate on a scale of 1 (least amount) to 5 (most amount) according to your beliefs about the following questions:

On a daily basis, what stress level do you have at home? \_\_\_\_\_

On a daily basis, what stress level do you have at school? \_\_\_\_\_



# Appendix

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	N/A
I have made my assignments easier to compensate for my stress level.						
I have forgotten more than usual to grade, publish an assignment, etc.						
I have made my tests easier to compensate for my stress level.						
I feel as though I equally engage Distance Learning students and Brick & Mortar students.						
I am not able to watch students closely because of the restrictions due to the Coronavirus.						
I find myself more lenient with grading than I have been in the past.						
I am worried about student motivation in my class(es).						

# Benefit of Research

- Teacher's perspective
- Student's position shown
- Administrative knowledge
  - School-wide
  - District-wide
- Awareness of stress in the classroom
- Take study and use nationwide to bring awareness to stressful situations in school

A decorative border of tropical leaves in teal and orange colors surrounds the central text. The leaves include monstera and palm-like shapes. The background is a light, textured paper-like surface.

Thank you!