

In the Primary Education, the Classroom Teacher's Procedure of Coping WITH Stress, the Health of Psyche and the Direction of Check Point

Authors : Caglayan Pinar Demirtas, Mustafa Koc

Abstract : Objective: This study was carried out in order to find out; the methods which are used by primary school teachers to cope with stress, their psychological health, and the direction of controlling focus. The study was carried out by using the 'school survey' and 'society survey' methods. Method: The study included primary school teachers. The study group was made up of 1066 people; 511 women and 555 men who accepted voluntarily to complete; 'the inventory for collecting data, 'the Scale for Attitude of Overcoming Stress' (SBTE / SAOS), 'Rotter's Scale for the Focus of Inner- Outer Control' (RİDKOÖ / RSFIOC), and 'the Symptom Checking List' (SCL- 90). The data was collected by using 'the Scale for Attitude of Overcoming Stress', 'the Scale for the Focus of Inner- Outer Control', 'the Symptom Checking List', and a personal information form developed by the researcher. SPSS for Windows packet programme was used. Result: The age variable is a factor in interpersonal sensitivity, depression, anxiety, hostility symptoms but it is not a factor in the other symptoms. The variable, gender, is a factor in emotional practical escaping overcoming method but it is not a factor in the other overcoming methods. Namely, it has been found out that, women use emotional practical escaping overcoming method more than men. Marital status is a factor in methods of overcoming stress such as trusting in religion, emotional practical escaping and biochemical escaping while it is not a factor in the other methods. Namely, it has been found out that married teachers use trusting in religion method, and emotional practical escaping method more than single ones. Single teachers generally use biochemical escaping method. In primary school teachers' direction of controlling focus, gender variable is a factor. It has been found out that women are more inner controlled while the men are more outer controlled. The variable, time of service, is a factor in the direction of controlling focus; that is, teachers with 1-5 years of service time are more inner controlled compared with teachers with 16-20 years of service time. The variable, age, is a factor in the direction of controlling focus; that is, teachers in 26-30 age groups are more outer controlled compared with the other age groups and again teachers in 26-30 age group are more inner controlled when compared with the other age groups. Direction of controlling focus is a factor in the primary school teachers' psychological health. Namely, being outer controlled is a factor but being inner controlled is not. The methods; trusting in religion, active planning and biochemical escaping used by primary school teachers to cope with stress act as factors in the direction of controlling focus but not in the others. Namely, it has been found out that outer controlled teachers prefer the methods of trusting in religion and active planning while the inner controlled ones prefer biochemical escaping.

Keywords : coping with, controlling focus, psychological health, stress

Conference Title : ICECET 2015 : International Conference on Early Childhood Education and Technology

Conference Location : Venice, Italy

Conference Dates : August 13-14, 2015