

Table of Contents

Copyright Declaration	(i)
Declaration	(ii)
Certificate of approval.....	(iii)
Abstract.....	(iv)
Dedication	(v)
Acknowledgements	(iv)
Chapter 1: Background to the study.....	1
1.0 Overview	1
1.1 Introduction	1
1.2 Statement of the problem	3
1.3 Purpose of the study.....	3
1.4 Objectives of the study	3
1.5 Research Questions	4
1.7 Significance of the study.....	4
1.8 Limitations of the study	4
2.0 Definitions of the terms	4
Chapter 2: Literature review	6
2.0 Overview	6
2.1 Introduction	6
2.2 Sources of teacher stress	7

2.3 Patterns of occupation stress	8
2.4 Functional Categories of stress	10
2.5 Demographic Patterns of stress	10
2.6 Coping strategies of stress	11
2.7 Models of Stress.....	11
2.8 Theoretical Framework.....	12
Chapter 3: Methodology	16
3.0 Introduction	16
3.1 Research Design	16
3.2 Population	17
3.3 Study Sample	17
3.4 Describing the Sampling Procedure	18
3.5 Data collecting instruments	18
3.5.1 structured self- administered questionnaires	18
3.5.2 Pilot study sampling procedure	18
3.5.3 Focus group discussions	19
3.6 Data Analysis	20
3.7 Limitation of the study	20
Chapter 4: Presentation of the Research Findings.....	21.
4.0 Overview.....	21
4.1 Demographic information of teacher respondents.....	21
4.2 Levels of stress among teachers.....	25

4.3 Sources of occupational stress.....	27
4.4 Patterns of Occupational Stress.....	30
4.4.1 Gender patterns.....	30
4.4.2 Location and related patterns of stress.....	30
4.4.3 Teaching experience related patterns of stress.....	31
4.4.4 Qualification related patterns of stress.....	31
4.4.5 Teaching load related patterns of Stress.....	31
4.4.6 Work status Related Patterns of Stress	32
4.4.7 Family Size Related Patterns of stress	32
4.5 Results from Focus Group Discussions	32
4.5.1 Characteristics of the discussions	32
4.5.2 Respondents understanding of stress	33
4.5.3 Symptoms of stress	33
4.5.4 Coping strategies	33
4.6 Findings from school managers	34
4.6.1 Characteristics of the schoolmanagers	35
4.6.2 Results	35
4.7 Conclusions.....	36
Chapter 5 Discussion of Research Findings	38
5.0 Overview	38
5.1 Sources of stress among basic school teachers	38
5.2 Coping strategies	41

5.2.1 Gender	41
5.2.2 Age	41
5.2.3 Experience	41
5.2.4 Qualification related.... ..	41
5.2.5 Workload related	42
5.3 Focuss Group Discussion (FGDs) results	42
5.4 Administrative awareness of stress-Discussions	42
Chapter 6	
Conclusion and Recommendationiions	43
6.1 Recommendations	45
References	47
Appendix 1: An introductory letter to the questionairie respondents	52
Appendix 2: Questionnaire	53
Appendix 3: An introductory letter to the FGDs discussants	60
Appendix 4: Interview schedule	61
Appendix 5: Intriductory letter to respondents to the school managers' questionnaire	64
Appendix 6: Questionnaire for school managers	65

List of Tables

Table 1. Age and Gender of respondents.....	21
Table2. Family Size.....	22
Table3. Number of Children.....	23
Table 4. Academic Qualifications.....	24
Table 5. Teaching Load.....	24
Table 6. Years of Service.....	25
Table 7. Type of School.....	25
Table 8. Stress due to work environment.....	26
Table 9. Encounter conflict with pupils.....	26
Table 10. Encounter conflict with peers.....	27
Table 11. Encounter health related problems due to the nature of the Job.....	27
Table 12. Rating of self perceived stress based on severity.....	27
Table 13. Most serious sources of stress.....	29