

**PRIMARY SCHOOL EDUCATORS' PERCEIVED
SOURCES OF STRESS IN THE TEACHING
PROFESSION**

BY

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ABSTRACT

Educator stress is a fact of modern day life that seems to have been on the increase. Various studies have found that teaching is a very stressful profession. This study is aims to explore and examine the primary school educators' perceived sources of stress. The population of the study is comprised of primary school educators from Tshilamba Circuit in Vhembe District. A sample of 35 primary school educators from seven sampled rural schools completed questionnaires that were used to collect quantitative data. Probability stratified simple random sampling procedure was used to select respondents of the study. The completed questionnaires were then analysed and interpreted. From the analysis of the data it appears that there were several sources which contribute to primary school educators' stress. Many perceived sources of stress were found to contribute to educator stress. Among these were work overload, poor working conditions, curriculum changes, learner misbehaviours, overcrowded classrooms, lack of support and role based stressors which may force them to quit the teaching profession.

KEY WORDS: Stress, Educator, Stressor, Perceived educators' stress