

Cotter, Katie, 2005, *Teacher Stress Amongst Irish Primary Classroom Teachers*.

## **ABSTRACT OF DISSERTATION**

Teacher stress arises when a teacher feels that he/she is unable to cope with the demands being placed on him/her. It is inevitable that teachers will experience some degree of stress from the workplace from time to time. This study seeks to ascertain the main stressors for Irish primary school classroom teachers within the working environment.

In Chapter One, stress is defined but it is noted that there is a difficulty with the definition, as what is viewed as stressful by one teacher may be seen as a challenge by another.

Chapter Two presents the literature dealing with potential stressors for classroom teachers. A questionnaire was distributed to fifty four practising classroom teachers within Cork city and county. Six schools in a variety of social settings participated in the questionnaire. Interviews were conducted and the information obtained added to the body of knowledge gleaned from the questionnaires.

The study found that the main stressors for primary school classroom teachers were curriculum overload, integrating children who have SEN into class activities and large class sizes. In spite of the presence of these and other stressors, the majority of the participants were satisfied with their job.