

Abstract O'Sullivan, Julie, 2001, *Teacher Stress: A Comparative Study of the Sources of Teacher Stress between Primary and Post-Primary Teachers.*

ABSTRACT OF DISSERTATION

This study compares the sources of stress between primary and post primary teachers in five schools in 2001. Stress is clearly the result of a discrepancy between the demands made upon teachers and the resources available.

Stress in teaching is a very real problem and has received a considerable amount of attention from the media and teacher unions over the past decade. Legislative change has also influenced how the problem of stress is viewed and handled. To date, its prevention has focused on intervention at an individual level. However, literature now advocates tackling the pervasive and costly problem of stress in schools at both the organizational and individual level.

The methodology deployed in this research includes the examination of relevant literature, pre-questionnaire interviews, the presentation of a questionnaire and the analysis of the responses. Follow up interviews also took place. The importance of social, political, cultural and economic change as well as curricular and organisational developments imposed by the Department of Education and Science through the *Education Act* are examined.

The writer concludes with an outline of the major factors identified as causing stress and offers recommendations on alleviating its negative effects.