

PREVALENCE AND FACTORS ASSOCIATED WITH STRESS AMONG SECONDARY SCHOOL TEACHERS IN KOTA BHARU, KELANTAN, MALAYSIA

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Abstract. The teaching profession is an occupation at high risk for stress. This research attempted to determine the prevalence of stress and the associated factors contributing to stress among teachers in Malaysia. A cross-sectional study was conducted on 580 secondary school teachers in Kota Bharu District. The instrument used to carry out the study was adopted and modified from the Depression, Anxiety and Stress Scale (DASS 21) and Job Content Questionnaire (JCQ). The questionnaire consisted of two parts: Part I consisting non-job factors (socio-demographic characteristics) and Part II consisting of psychosocial factors contributing to stress. Simple and multiple linear regression analysis were carried out. The prevalence of stress was reported as 34.0%. Seventeen point four percent of teachers experienced mild stress. Age, duration of work and psychological job demands were significantly associated with stress level. This study indicates job-related factors did not contribute much to stress among secondary school teachers. Non-job-related factors should be further studied to determine methods for stress reduction in teachers in Malaysia.

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