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STRESS MANAGEMENT IN SCHOOL TEACHER: IMPLICATIONS FOR DA'WAH

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Abstract

Stress is an uneasy situation challenging the academic staff worldwide. However, many of the school teachers are unable to properly manage the temptations and effects of stress. It is notable that millions of school teachers are suffering from stress, huge money is being spent for caring for stress patients from the academic cycle all in the name of stress. Albeit, stress occur due to external (home or society based factors), internal (school) factors such as classroom disruption, poor infrastructure (teaching aids), poor personality of teachers or students, poor working conditions, etc. Teachers should be provided with adequate support and conducive teaching environment. Teachers shall improvise ways to curtail stress by engaging in prayers, leave, sabbatical, capacity building, healthy eating, physical activities, etc. More importantly, the role of religious interventions could be overstated in tackling stress. Religious communication can use prayers (in all its forms), reading the Qur'an, empowerment, and other religious da'wah methods to surmount stress.

Keywords: Stress, School, Islam, Teachers, Teaching and Learning, Disease

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Introduction

Stress is common among people due to the hectic world of modern day, especially in the working places due to overwhelming responsibilities. Each day, a person encounter stress at home, work place, and externally. Due to inability to handle daily jobs stress arises and consequently mental effects health and physical state of the person involved. The need to understand stress and ways to cope with arising stressful situations could not be overrated and a stress could be seen as a conflict that faces a person due to surrounding, step of life, and the environment (Sharma & Shukla, 2021). Stress may be a state when a person is not at ease with his environment (internal or external). Due to effects of stress, about 2/3 of the people must receive medical attention. In fact, stress is connected with seven forefront causes of death around the world. Albeit, stress is everywhere in humans interactions, school teachers face a lot (Omoniyi, 2013). Teachers are major contenders in academic activities. They are teachers, facilitators, character builders, parents or households at one hand. Teachers conduct researchers, community services, teaching, assessment, administration responsibilities and quasi, suffer poor salary, and face life constraints (Sharma & Shukla, 2021).

Nevertheless, cling strategies are ways or changing cognitive, as well as behaviors to handle external or internal stress, such as time management, positive talk, self-care, self awareness, leave, sabbatical, prayers, exercise, etc (Kaborloomene et al., 2023).

Stress and it's concepts

Stress has been viewed in three ways, they are: Stimulus, Response and Process. Stimulus according to Cordon refers to stress which can be categorized as emanating from three sources. Catastrophic events such as tornadoes and earthquakes, Major life events and Chronic circumstance such as living in crowded or noisy conditions. Response refers to how somebody responds to a particular stress. It is a physical response e.g. “My heart races when I feel a lot of stress”.

Stress is a “series of interactions and adjustments between the person and environment. These interactions and adjustments are called transactions. The person suffering stress is seen as an active agent who can influence the impact of a stressor through behavioural, cognitive and emotional strategies. Success and failure in previous transactions would determine the amount of stress perceived.” Stress is sometimes used to refer to those

situations which place individuals under some adjustment in their behaviour and can cause changes which are unpleasant, sometimes maladaptive and even associated with physical change. People experience stress when they perceive that the demand of the situation exceeds their personal resources (Rahane & Faisal, 2017).

Symptomatic Features of teacher's Stress

There are diverse signs and symptoms exhibited by teachers. Some of them are enumerated as follows:

Emotional symptomatic features are-

- Annoyed easily
- Getting irritated
- Getting moody
- Irritability
- Feeling of overstretched
- Poor self esteem
- Depression
- Loss of confidence
- Self isolation

Physical symptoms examples are-

- Constipation
- Steatorrhea
- Colds
- Lot of sexual desire
- Loss of sexual desire
- Chest pain
- Dirtiness
- Chest pain
- Muscle pain
- Anxiety
- Poor weight

- Overweight
- Insomnia
- Nervousness
- Irregular periods
- Missed period

Behavioral symptoms examples are-

- Use of alcohol
- Other drugs abuse
- Frequent lying
- Avoiding duties
- Delayed duties
- Nail biting, walking of fidgeting
- Increased appetite
- Poor performance

Cognitive symptoms examples are-

- Poor judgement
- Constant fear
- Forgetfulness
- Impaired speech
- Unwanted frequent thoughts
- Poor concentration
- Disorganization

Causes (Sources) of stress among school teachers

There are quite a number of sources of stress to school teachers. Some of them are identified below:

Daily school chores

Teachers face disruption from students during lectures and other duties at work place. Poor students motivation, students discipline, lack of breaks, lack of teachings aids,

struggling with institutional-based research, etc are some of the campus problems that instigate stress among lecturers (Wettstein et al., 2021).

Classroom disruption is a major cause of stress in schools nowadays.

Classroom disruption is an event that interrupts teaching -leaning business. Many studies indicate that classroom disruption exit stress such as students disruptive behavior, attacks on teachers, attacks on students peers, verbal violence, etc.

Teacher aggression

When a teacher exhibits aggressive behaviors such as unfair treatment such as verbal violence, physical violence on students, etc that may elicit a fight back to lead to stress because of class disruption (Wettstein et al., 2021).

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Methods of teaching

A situation whereby a teacher is using complex teaching methods, or unpractical teaching methods, or method that is alleviated due to poor resources, stress may arise.

Home stressors

Home related issues could easily influence teachers at place of work such as death or relative or family member or couple, marriage issues, divorce, insufficient funds to cater for household or family, lack or changing home, change of address (Wettstein et al., 2021).

Effects

There are diverse effects of stress on teachers, of which some are as follows:

Economic effects

Stress could lead to diseases and health problems or injuries among teachers lecturers and even students in turn costing huge sum of money during treatment or rehabilitation

Influence on teaching quality

Stress strongly influence how lectures deliver quality teaching during their assignments. When the teacher has a rightful coping measures, definitely, his teaching will be more adaptive and improved. However, a teacher who was negatively debilitated with stress

consequently teach or lecture poorly at the peril of learners. Consequently, churning out poor students (Sharma & Shukla, 2021).

Personality

Personality behaviors are connected with stress. Personal beings for instance being overwhelmed, poor knowledge, negativity, financial burden, high standards etc cause stress (Sharma & Shukla, 2021).

Issues with Professional Cadre

Issues pertaining the specific field of teacher such as low social status, curriculum, need for furthering studies, and overwhelmed profession act as stressors among many university lecturers (Sharma & Shukla, 2021).

Theories

Allostatic load

This is the consequences upon a body when there are challenges repeatedly from the environment. Stages of allostatic load are in four steps. Firstly, person is faced with challenges for a short time. Secondly, repeated challenges cause responses that fail to be habitual. Thirdly, is a situation whereby there is delayed physiological recovery from an environmental stress. Fourthly, there is involved an inadequate physiological response (Rahane & Faisal, 2017).

Cognitive Theory

Cognitive Theory refers to stress interaction as a transaction occurring while considering the relationship of man and the environment. This theory point to the view that, a challenge could be a stress based on the meaning attached to it by the person involved (Rahane & Faisal, 2017).

Transaction Theory

This is a type of theory indicating that, cognitive appreciation of any stress is in two folds. Primary appraisal, consisting of finding an issue as stressful. Secondary appraisal, involved when the person termed the challenge as stressful or not.

Response Theory

The response provided by an organism is a set of ordered organized physiological responses experienced by entire organisms during environmental challenges. The first step is the alarm, involving a classic fight response. Then resistance, where the body resist the issue being faced. The third item is the exhaustion, where the energy of resistance is completely consumed and the organism is exhausted (Arala, 2011).

The Job Demands -Resource Theory

This model indicates that, in all the occupations there are job demands, as well as job resources that could elicit stress. Job demands are wat are expected from the lecturer based on his job such as workload etc. Job resources include, entire demands leading significantly challenging, thereby leading to stress.

Transaction Theory

This theory indicates that, stress is an interaction occurring while considering the relationship of man and the environment he lives. This theory point to the view that, a challenge could be a stress based on the meaning attached to it by the person involved (Rahane & Faisal, 2017).

Stress Management Strategies

"Notice your body's stress signals, Adjust your thoughts, Help your body relax, Get more rest, Engage in productive activities, Listening to recitations, Physical activity, Reading booksespecially the Qur'an, Meditation, Praying, Yoga, Getting a massage, Keep a positive attitude, Be active regularly, Eat well-balanced meals, Rest and sleep, Find the stressors and effective ways to cope with them" (Wettstein et al., 2021).

Implications for Da'wah

Basically, the major mission of Prophet Muhammad SAW is Da'wah, delivering the message from God Almighty. The Qur'anic verse retreated the mission of the Prophet as below: "And We have sent you except as a giver of glad tidings and a warner, so that you may give them good news and warn them..." (Q.34:28).

In a similar echo, it was revealed that" You are the best people ever evolved for mankind you enjoin what is good and forbade evil and you believe in Allah had the people of the book believe it could have been better for them...." Q.3:110.

It is pertinent to state that, a preacher (Da'i) should build try to help teachers get rid of academic stress by following steps using the prospect of Da'wah as follows:

- Rapport building - The preacher should make efforts to have good qualities by following the footstep of Prophet Muhammad SAW
- Diagnosis - Da'wah should involve methods to understand the exact problem disturbing academic teachers so that concerted corresponding solution could be accorded
- Prescription - Involves is supplying the exact Islamic -based solution to the affected teacher through the apparatus and implements of Islam
- " Call on the path of your Lord with wisdom and godly exhortation, and have disputations with them in the best manner....." Q.16:125.
- Follow-up- At this stage, the Da'wah should be continued upon the teachers to augment the already existing rapport built (Inda & Qasim, 2015; Kolo & Bashar, 2024).

Benefits in Salah/ prayer for reducing stress of teachers

Islam is concern with all aspects of life. However, stress a form of problem related to health could be severely reduced by application of religious ideals and solutions. The connection between religion and health has been recognized for over many years. For instance, it was found that meditation is an improvement and therapeutic tool among people suffering from chronic problems. However, a major prescription tool for people in any problem is the prayer/Salah. Prayer has it's various comments that are significant in health promotion and improvement individually and generally. Ablution, an initial step towards prayer involves cleanliness, improve health and enhances memory. After the ablution, prayer is the next activity and there are specific health benefits among other things. Prayers improve health against the sedentary lifestyle of teachers, rehabilitate muscular system, increase mental health, and physical health (Sarkingobir et al., 2022; Sule & Bashar, 2023). Another major prescription in prayer is the regular reading of Qur'anic verses. Qur'anic verses healing has been confirmed by medicine researchers that support sound therapy during these modern days (Sarkingobir et al., 2022).

Empowerment

Islamic religion gives every teacher an opportunity to become empowered economically through an upgrade of standard of living to satisfy or reach higher level. Indeed, an upliftment of teachers standard of living, getting out of poverty, acquiring skills, capacity building will solve a lot of problems affecting teachers around the world (Bashar, 2019).

Conclusion

Islam is an al-encompassing religion thus, it is important to apply its principles to curtail stress among teachers. Stress is indeed a great situation affecting public health among school teachers, and in turn affecting education at whole. It important to take appropriate measures to minimize stress among school teachers by calling to Allah (SWT) providing enough teaching materials and facilities, capacity building, self-efficacy, etc.

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