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Causes of constant fatigue among teachers

Causes of constant fatigue among teachers Teacher – noble, but not rewarding profession. Unfortunately, the specifics of it is that many teachers are constantly under stress, they are a big responsibility, a big psychological load and a slight impact, both material and moral. All this leads to frustration, constant fatigue and nervousness of teachers. What do the teacher?

In crisis as teachers need to clearly identify the stressful aspects of the work that was characteristic of his situation and try to overcome them. Usually stress occurs:

little impact of pupils: no of knowledge and progress in learning;

not according to the energy expended teachers and results that show the trainees; inflated the presentation of the teacher about the abilities of students;

too many children per teacher; insufficient material base;

the ban on creative techniques in the work of the teacher; administrative prohibitions;

ignoring or rejection of the innovation team of teachers; the lack of a system of incentives for innovation;

the impossibility of enhancing creativity and the loss of prospects of development of themselves as individuals; weak psychological stability of the nervous system;

ignorance of the basics of autogenic training as a method of professional hygiene.

Psychological studies have shown that the psychological fatigue from work less expressed in the period from 5 to 10 years – 12% of educators, increasing depending on experience 10-15 years to 87% of teachers, then the period of the decline of tension and then the teachers with experience more than 25 years.

That is, the age of teachers, subject fatigue syndrome, approximately 30-40 years is imposed on the age of transition from youth to maturity. Discomfort from the assessment of own achievements, the difference between the desired in his youth, so far as it causes lethargy and depression. The peculiarity of women is that the presence of own children gives them a sense of usefulness of past years, but the man needed a more substantial reinforcement for a confident transition to adulthood – success in business or career.

Psychological fatigue after 25 years of work gets to retirement age and accumulation of diseases. Age group of teachers with 15-20 years of experience in 35-40 years were all more resistant to the buildup of the syndrome constant fatigue and creative burnout.

It turns out that a shy teacher with a neurotic temperament, prone to depression and frequent mood changes, with an age of 30-40 years with experience of 10-15 years are most susceptible to the symptoms of [write my essay 4 me discount code](#) personal crisis and change of profession.