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A Conceptual and Theoretical Overview of Well-being Among Teachers

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Abstract

While discussions on teacher's well-being mainly focus on negative issues such as attrition, stress, anxiety, and burnout within the teaching context, it constitutes a significant role and place within the scope of professional life. However, the conceptualization of teacher's well-being seems complicated since it differs from life satisfaction. This study aims to provide a definition of teacher's well-being and to outline its theoretical framework. To achieve these purposes, the study first discusses the importance of teacher's well-being. Then, a definition of teacher's well-being is provided. After clarifying the components of teacher's well-being within the scope of positive psychology, a theoretical framework is drawn from the Desire Theory, and objective list theories. The paper also clarifies teacher's well-being within the scope of the Human Nature Fulfilment Theory. Finally, teacher's well-being is conceptualized in terms of the elements of situational, professional, and personal well-being from the perspective of teacher's occupational well-being.

Keywords: Positive Psychology; Teacher; Wellbeing-Being; Occupational Wellbeing-Being