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The Relationship Between Occupational Stress and Personality Traits in Teachers

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Abstract

Stress can have serious consequences on teachers' health and well-being, as well as on the individuals with whom they interact, including students, colleagues, parents, and family members. In this context, in-depth research on teachers' stress and the identification of concrete prevention and adaptation measures are necessary.

This study aims to investigate the variables that may influence occupational stress. Numerous studies have examined the effects of certain personality traits on the way occupational stress is perceived at the individual level and on the coping strategies adopted. The present study seeks to highlight the relationship between occupational stress, conscientiousness, emotional stability, personal autonomy, and extraversion. Establishing these correlations may demonstrate that certain personality traits can create vulnerability to stress, while other personality factors may influence the way individuals choose to cope with stress. This research may contribute to identifying teachers who are vulnerable to the negative consequences of stress and to implementing appropriate coping strategies.

Keywords: Occupational Stress, Teachers, Personality Traits, Conscientiousness, Emotional Stability, Personal Autonomy, Extraversion, Coping Strategies, Teacher Well-Being, Stress Management