

*

:()

(52)

(574)

(574)

(%42)

" " (15)

(228)

:

.(10-5)

:

:

:

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.(2006)

.(2006)

.2009/1/29

2008/2/18

*

.(2006) (1997)

.(1995)

.(2005)

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.(2006) (1993

.(2005)

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.(2006) .

.(1998

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Harrison, et al. 1980

(1998

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.(2006) (1999)

Pines, 2000)

.(2004

(Pines, 2004)

(1991)

(1994)

(2000)

:

(Starman and Miller,

1992)

(Jepson and Forrest 2006)

(Kuo, 1990)

:
:

:

(1996)

(1995)

(Farber,

(Holt, 1993)

(1996)

(1998)

(1997)

1991)

(Fontana and

Abuserie, 1993)

(Pines, 2004)

(Maslach, 1982)

(Tisgler and Bill, 1989)

(2000)

.2

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.3

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(

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.1

.2

.3

:

.1

:

:

.1

.2

.3

.4

(Obdulia, et al., 2007)

(498)

:

-1

.2008/2007

-2

(Forrest and Jepson, 2006)

-3

-4

(95)

:

-

(Lazuras, 2006)

:

-

(70)

:

-

(2006)

. 2008 /2007

(104)

72

%69

(Kokkinos, 2007)

:

(447)

(472)

-

(Miller and Traver, 2005)

(208)

:

(2003)

(2005)

(375)

:

(155)

(53)

(102)

:

(2003)

(406)

(Ibrahim and Al

Mashaan, 2004)

(253)

(408)

(155)

(2001)

(2003)

(254)

(155)

(409)

:

(2000)

(240)

(29)

(2000)

(155)

:

(2000)

) 746)

(363)

(369)

(377)

(383)

(574)

(301)

(273)

(172)

(159)

:

(1) 2008 /2007 (146) (97)

(1)

574	97	146	159	172	

*

. 2008 /2007

(538)

(228)

(%42)

(2)

(574)

(36)

(2)

%47	107		
%53	121		
%25	57		
%54	124	+	
%21	47		
%26	59	5	
%41	94	10-	5
%33	75	10	

:

:

2006

2005

)

(2006

2006

(57)

(%85)

) (5)

: -

: .1

: .2

5

10- 5 (

10 (5 4 3 2 1)

: .3

+ :

: -

" " (15)

(SPSS)

: .1

: .2

" "

(Independent Samples Test)

(52)

(One Way ANOVA)

.(Scheffe) " " (36)

: .3

.(0.84)

(52) : :
 .(3) -
 (3)

	%92.2	0.75	4.61		1	46
	%90.8	0.8	4.54		2	14
	%89.2	0.81	4.46		3	22
	%87.2	0.8	4.36		4	50
	%86.2	0.99	4.31		5	9
	%85.8	0.95	4.29		6	49
	%85.8	0.81	4.29		6	52
	%83.6	1	4.18		8	32
	%82.2	0.94	4.11		9	16
	%79.0	1.21	3.95		10	19
	%79.0	1	3.95		10	21
	%77.8	0.96	3.89		12	28
	%77.8	1.05	3.89		12	51
	%77.2	1.03	86 .3		14	3
	%77.2	1.03	3.86		14	6
	%77.0	1.06	3.85		16	41
	%75.8	0.96	3.79		17	17
	%75.4	1.32	3.77		18	18
	%75.2	1.31	3.76		19	40
	%74.8	1.53	3.74		20	13
	%74.8	0.93	3.74		20	42
	%73.8	1.02	3.69		22	7
	%73.6	1.01	3.68		23	8
	%73.6	1.17	3.68		23	10
	%72.8	1.03	3.64		25	25
	%72.6	1.03	3.63		26	11
	%71.6	1.25	3.58		27	38
	%71.4	1.36	3.57		28	35
	%70.8	1.2	3.54		29	24
	%70.6	1.07	3.53		30	15

	%70.6	1.25	3.53		30	39
	%70.6	1	3.53		30	48
	%69.8	0.99	3.49		33	47
	%69.6	1.12	3.48		34	4
	%69.4	1.26	3.47		35	20
	%69.4	1.23	3.47		35	23
	%69.4	1.22	3.47		35	31
	%69.2	1.23	3.46		38	44
	%68.8	1.34	3.44		39	36
	%68.6	1.15	3.43		40	12
	%67.6	1.21	3.38		41	37
	%67.4	1.08	3.37		42	43
	%67.0	1.02	3.35		43	30
	%67.0	1.05	3.35		43	45
	%66.0	1.27	3.3		45	1
	%65.8	1.01	3.29		46	29
	%64.8	1.15	3.24		47	33
	%63.6	1.12	3.18		48	34
	%62.2	1.18	3.11		49	27
	%59.6	1.04	2.98		50	26
	%57.6	1.28	2.88		51	2
	%55.2	1	2.76		52	5
	%73.3	0.41	3.67			

" " 14 (3)
 (4.54)
 " 22 .(%90.8)
 " 50 .(%89.2) (4.46) .(%73.3) (3.67)
 " (3)
 .(%87.2) (4.36)
 " " 9 (7)
 (4.31) .(%86.2) (17) (25)
 " (3)
 : " 5 :
 " " " 46
 .(%55.2) (2.76)
 " 2 - (%92.2) (4.61)

"
 26 .(%57.6) (2.88)
 "
 (2.98)
 " 27 .(%59.6)
 "
 " 34 .(%62.2) (3.11)
 "
 .(%63.6) (3.18)

"
 "

:
 -

: -2

()

" "

.(4)

(4)

" "

*0.036	226	2.111	0.40	3.73	107	
			0.42	3.61	121	

*

(4)

(2.111) " "
 .(0.05 = α)

: -2 (3.73)
 .(3.61)

5 (5)
 (10 10-

.(5)

(5)

	10	- 5 10	5	
3.67	3.61	3.82	3.49	
0.41	0.42	0.36	0.40	
228	75	94	59	

5 (5)
 (10 10-

(5)

One Way)

(0.05 = α)
 .(6)

(ANOVA

(6)

*0.000	13.785	2.105	2	4.209	
		0.153	225	34.353	
			227	38.562	

*

(7)

(Scheffe) " "

10	- 5 10	5	-	
3.61	3.82	3.49		
0.12	*0.33	-	3.49	5
*0.21	-	-	3.82	10- 5
-	-	-	3.61	10

= - *

(6)

" "

= α) (13.785)

.(0.05

" "

.(7) (Scheffe)

: -2 (7)

.(8)

(8)

(5)

10- 5)

(

5)

(10-

(10)

(One Way ANOVA)

(0.05 = α) (10- 5)

.(9)

(8)

		+		/
3.67	3.72	3.61	3.74	
0.41	0.55	0.33	0.42	
228	47	124	57	

(9)

0.106	2.268	0.381	2	0.762	
		0.168	225	37.8	
			227	38.562	

: (9)
-

" "

(2.268)
(.05 = α)

(142)

(10)

(10)

%12.7	18		-1
%10.6	15		-2
%9.9	14		-3

%9.9	14		-4
%7.7	11		-5
%6.3	9		-6
%6.3	9		-7
%5.6	8		-8
%5.6	8		-9
%5.6	8		-10
%4.9	7		-11
%4.9	7		-12
%4.2	6		-13
%4.2	6		-14
%1.4	2		-15
%100	142		

(10)

(%12.7)

(%10.6)

(%9.9)

(%7.7)

(%1.4)

(%4.2)

(%4.9)

23

.241-215 :(2)
 2000 2006

.243-215 :(18)

1991 2001

1998 .119-89 :(25) 1
 2003

.213-185 :(48) 12
 2006

1994

.(26) :(5) 21
 2005 166-137

www.maganin.com . 2003

2000

.184-155 :(56) 14
 1997 1998 .88-61

:(2) 25

.204-177 .(1) 10
 2005 1997

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The Level of Work Stress on Teachers of Public Secondary Schools in Jordan and the Problems Resulting from it

*Ola M. Hamaideh**

ABSTRACT

The study aimed at investigating the level of work stress on the teachers of public secondary schools in Jordan and identifying the problems resulting from this stress, in addition to identifying the impact of the gender of the teacher, the experience, and the qualification on the teachers estimations of the level of stress and its relating problems.

To identify work stress on teachers, questionnaire of (52) items was developed in addition to an open question allocated for problems resulting from stress. The questionnaire was addressed to all teachers in the population which counted (574) teachers. The number of resulted questionnaires was (228) which is equal to (42%) response rate.

Results revealed that the level of work stress on teachers was high. There were statistically significant differences in the teachers estimations of the level of stress due to gender (males were higher) and to experience (5-10 years) were the highest.

By analysis of the open question, it was found that among the major problems resulting from work stress were: tiredness, body Exhaustion, while minor problems were failure in life, sleeping problems, and heart lowliness. Based on results it was recommended to reduce work loads particularly for teachers of long experience.

Keywords: Work Stress, Secondary Schools Teachers, Public Schools.

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