Problem of Practice

Teacher stress, anxiety, burnout effecting the learning environment and teacher retention.

RQ

- What are the main causes of stress in teachers?
- What affect does high teacher stress have on the learning environment?
- What affect does high teacher stress have directly on students?

Context

Teachers in American K-12 public-school systems’ must respond to a variety of problems which includes large class size, discipline problems, apathy, excessive paperwork, low salaries along with unsupportive parents and administrators (Anderson, Levinson, Barker, & Kiewra, 1999).

Theories

Cognitive Apprenticeship theory: To Implement how teachers practice through “methods, content, and social aspects of learning” from expert. (Kopcha & Alger, 2013)

Self-Determination theory: To presents a broad framework to teacher stress and anxiety through cross-cultural contexts by addressing the fundamental psychological needs of autonomy, competency, and relatedness. (Nie et al., 2015; Shih, 2012; Raufelder et al., 2013)

Innovation

The planned intervention will occur during a teacher professional development program for three weeks, beginning with a three-day introduction to intensive deep personal practice using “Mindful Education and Mindful Life” (Pinthong, 2017, p. 1) at a meditation center retreat.

Instruments

M and F K-12 teachers / Pre-Post Likert scale questions
- The classroom Appraisal of Resources and Demands (CARD) 5 point Likert Scale.
- The Problem in School Questionnaire (PIS) 7 point Likert Scale.
- The Kentuky Inventory of Mindfulness Skills (KIMS) 5 point Likert Scale.
- Open-ended interview question and observation class room activity.