

# 國小教師工作壓力及其因應策略之研究

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## 摘要

Owing to the rapidly change of the society, school became more diversification, democratization, and specialization after the educational innovation. Teachers face different demands from society, school, parents, students and themselves, therefore the working pressure increase day by day. Once the pressure exists, the appropriate tactic is helpful to reduce the pressure. By analyzing the working pressure of elementary school' s teachers, we can understand what is the effective tactic that teachers will take when they face the pressure. Meanwhile, to offer more help to teachers by analyzing effect which all kinds of tactic to release the pressure, even to provide against the pressure before it exists. Therefore, the topic which to understand teachers' working pressure is worth to discuss. The purpose of this study is to confer how the tactic (solve the questions, think rationality, seek for support) which Miaoli county elementary school teachers will take when they face the pressure affect their working pressure (interpersonal relationship, professional knowledge, teaching). And the object of this study is Miaoli county elementary school teachers. The questionnaire was sent in a conception sample way. 370 copies were sent and 335 retrieved. There are some valuable outcomes

after analyzing by SPSS statistics software.

The theoretical and practical implications of findings are discussed.

關鍵字：working pressure, tactic