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# TEACHER STRESS AND TEACHER MOTIVATION THEORY AND RESEARCH



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During the last decade the research literature has shown a growing interest in teacher stress and teacher self-efficacy, how these constructs are influenced by the teacher's working environment and what impact they have on teacher motivation and engagement. Although research in different cultures shows that most teachers perceive teaching as highly rewarding, many teachers also experience severe stress and symptoms of burnout. Possible consequences of teacher stress are reduced teacher self-efficacy, lower job satisfaction, lower levels of commitment, higher levels of burnout, and increased teacher attrition. The presentation will give an overview of research on teacher stress and teacher self-efficacy, how these constructs are defined, and how they relate to outcomes like burnout, job satisfaction, engagement, and motivation to leave the teaching profession. Two recent studies of Norwegian teachers will be presented.

HOST: **Lourdes Mata**

**24 OUTUBRO 2016**

**12H30**

**SALA DE ATOS**

**ENTRADA LIVRE**



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