



A Qualitative Study on Mindfulness and Teacher's Well Being

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Abstract: Teaching is one of the most stressful occupation. Especially the teachers who have recently started their career are the one's who suffer from stress the most. Coping up with the stress should be taught to them by making them aware of the concept of mindfulness. The study is conducted to see the effect of mindfulness practices on the stress level of the teachers. The study is descriptive and purely qualitative in nature. Population of the study is private school teachers and the sample size is based on 2 primary school teachers who have recently started teaching and facing difficulties in coping up with the stress. The sampling technique used in the study is Purposive non- random sampling. The data collection tool for study is Interview and analyzed by thematic analysis. The overall results of the conducted study is that Mindfulness activities like Mindfulness breathing ,Body scan, Mindfulness through nature, Japanese method to relax in 5 minutes can help a lot to reduce teacher's stress.

Keywords: *Mindfulness, Effects, Stress, Mindfulness Practices*

A. Introduction

Teaching is indeed a challenging job that involves a lot of stress, which is affecting teacher's physical and mental health, inability to engage, work dissatisfaction, etc. Teaching is one of the most stressful job (Smith et al. 2000); about 40% of teachers in the USA quit their job in the initial 5 years of qualifying (Ingersoll ,2002) and 73% of newly qualified teachers in the UK choose to leave (Association of Teachers and Lecturers 2015) . Due to the demands of this profession teachers experience high levels of stress. The purpose of this research is to see the impact of mindfulness practices on teacher's stress and anxiety, also to figure either mindfulness is helpful for the well-being of teachers.

Theoretical Framework

The theoretical framework of this research is based on the theory of self efficacy by Albert Bandura which is also known as Bandura's social cognitive theory (1977). This theory talks about the effects of self efficacy , positive beliefs for social change and personal growth. According to Bandura self efficacy is the reason behind success and motivation, it affects the thinking of people and also their stress and depression.

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Literature Review

Teaching is an incredibly upsetting job; this pressure can be brought about by factors like study hall the board, companion and homeroom connections, pressures from organization, and documentation or testing prerequisites. Various circumstances inspire various sorts of pressure; educator stress is characterized as negative or upsetting feelings that outcome from crafted by an instructor. Drawn out presentation to pressure without admittance to powerful ways of dealing with stress can prompt educator burnout which may add to instructors leaving the calling. Chang (2009) accepted that empowering instructors to direct their feelings could have a constructive outcome on educator stress and burnout, and concurred, presuming that overseeing stressors through care and contemplation can make an inner move from depleted and raced to stimulated and loose. (Buchanan, 2017; Chang, 2009; Dean, 2010; Travers, 2017).

Origin of mindfulness

Mindfulness-Based Interventions have roots from Buddhist ideology. These programs are based on over 8 weeks practice, with the help of a mindfulness instructor and daily individual practice at home (Chiesa, 2011).

Mindfulness and Meditation

Mindfulness can be experienced whole day by responding emotionally, psychologically, and physically to the events happening in the surroundings (Hülshager et al., 2013). We can experience mindfulness anytime with the help of breathing and using breathing techniques, being aware of yourself, being attentive towards what you hear, smell, and feel, and also by keeping control over your thoughts. It can also be practiced by using your five senses.

Meditation is all about to learn keeping your mind calm, and peaceful (Buchanan, 2017). It is an activity in which a person pays attention towards breathing and stillness to reach a mindful state. Some exercises to practice meditation include body scan meditation, sitting meditation, walking meditation, or guided imagery.

Mindfulness Training Program

In the beginning mindfulness practices were only limited to clinical settings. The first such intervention was Kabat-Zinn's (1982) MBSR program, which was introduced to treat chronic pain, then was applied for the treatment of several other conditions, from cancer to migraine. Kabat-Zinn's (1982) work was also followed by other clinical interventions which adapted the MBSR protocol for the treatment of specific mental health problems.

Objectives Of The Study

1. To know that how stress affect teacher's mental health.
2. To find out the causes of teacher's stress.
3. To find out that does teacher's practice mindfulness in order to cop up with the stress.
4. To practice mindfulness and see that does it help the teacher in managing the stress.
5. To know the extent that how practicing mindfulness helps in reducing teachers stress.

Research Questions

1. What are the causes of teacher's stress?
2. Do the teachers are aware of the term of mindfulness?
3. Does practicing mindfulness help teachers to deal with the stress?

B. Methods

The research design of this study is descriptive. This study is Qualitative and an interview method will be used to collect data. The population of the study is private school teachers who have recently started their careers. The sample is based on two private school teachers who are currently facing difficulty in coping up with the stress, in this way the sampling technique is purposive non- Probability sampling. Two interviews of each of participant are conducted, one is a Pre- interviews, and the other is Post- interview. After taking pre-interview, the weekly plan of mindfulness practice was given to them. They practice it the whole week and then post - interviews was taken to check the impact of practicing mindfulness on their level of stress. The data is analyzed through thematic analysis.

C. Findings and Discussion

The overall results of the conducted study is that Mindfulness activities like Mindfulness breathing , Body scan, Mindfulness through nature ,Japanese method to relax in 5 minutes can help a lot to reduce teacher's stress. Both the teacher feel positive after practicing mindfulness 1 week and also said that they will continue these practices in future as well because they find these activities quite helpful in dealing with the stress.

In this study we identified that how stress affects on teacher's mental health, this is the first objective of the study and after taking the data we come to know that it affect mental health as well as physical health because it cause severe headache to the teachers. The second object of the study is that to find out the causes of teacher's stress and according to this study poor performance of students in exams and uncivil behavior of the students are the causes of teacher's stress. The third objective of the study is that to find out does teachers practice mindfulness in order to cop up with the stress and we can see that analysis of this study in which we identify that the teachers were not even aware of the term 'Mindfulness' before Pre- Interview. The fourth objective of the study is that To practice mindfulness and see that does it help in reducing the teacher's stress and after the analysis of data we identify that it helped a lot in dealing with stress and the teachers feel very positive after practicing mindfulness activities. The fifth and the last objective of this study is that To know the extent that how practicing mindfulness helps in reducing the teacher's stress and we can that in the analysis that gradually teachers started feeling major differences in their level of stress after the one week of practice.

Young teachers usually feel stress while teaching in the classroom, and some of them feel unable to control classroom due to their extreme stress levels. Teachers should be stress free in order to shape healthy personalities of their students. Mindfulness practices are very beneficial in reducing the teacher's stress. In our surroundings most of the teacher are still unaware of the term mindfulness. As we can see that our sample for this study was also unaware of this term. Schools should also develop program in which they should provide awareness about the

importance of mental health and how to practice mindfulness in a proper way to reduce your stress and become a sound person mentally and physically both.

D. Conclusion

The study is descriptive and purely qualitative in nature. Population of the study is private school teachers and the sample size is based on 2 primary school teachers who have recently started teaching and facing difficulties in coping up with the stress. The sampling technique used in the study is Purposive non- random sampling. The data collection tool for study is Interview and analyzed by thematic analysis.

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