



Causes of Stress among Pre-school Educators in the East London Education District

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ABSTRACT This paper investigates the causes of stress among pre-school educators. A survey research design was employed. While 133 pre-school educators were randomly selected. Data was obtained using the Teacher Work Stimulated Stress Questionnaire (TWSSQ). The data was analyzed using descriptive and inferential statistics. Findings revealed that the major causes of stress include teaching pupils without enough support as well as too many duties and responsibilities for the teachers. Results also suggest that teaching pupils who do not seem motivated, feeling of constant pressure of being accountable, pupils' indiscipline, doing schoolwork at home and little time to relax were among the major stressors affecting preschool educators. The study concludes that the causes of stress are too alarming that urgent attention is essential to reduce the effect of stress that appear to impact the psychosocial wellbeing of the educators teachers. Some recommendations have been made.