

# **The relationship between Psychological Stress and the Self- Concept of the female teachers in the governmental education sector in the education directorate-Jerusalem suburbs**

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## **Abstract:**

The study has focused on the psychological stress and the level of self-concept to the female teachers in the governmental education sector in the education directorate-Jerusalem suburbs. A determination of the impact of these variables: age, number of years at work, educational level, marital status, number of family members, and family income has been studied.

A random sample from female teachers in the governmental education sector in the education directorate-Jerusalem suburbs composed of (153) female teachers in the academic year (2010-2011) has been selected for the study. The sample was chosen via stratified/classified random sample mass (35%) from the total community of the study. The researcher has used psychological stress measure that is prepared by the researcher and Coper Smith, 1967 measure for the concept of the self.

The data was statistically analyzed by Statistical Package for Social Sciences (SPSS) program, where arithmetic mean (statistical average), standard deviation, Person coefficient, T-Test, One way Anova, and stability/consistency equation of Cronbach Alpha were computed.

The results showed that the existence of significant relation between both of the psychological stress and the level of self-concept, and that the degree of the psychological stress in the female teachers was at medium level. Moreover, arithmetic mean/statistical average was (3.117), and the level of the self-concept for female teachers in the governmental education sector in the education directorate-Jerusalem suburbs was at a medium level, where arithmetic mean/statistical average was (1.475). In addition, the study showed that the total degree of the psychological stress was at a high level against the financial stress dimension.

The results of the analysis of one-way variation showed that the existence of differences that are statistically significant between the means of the psychological stress against the total degree and the other remaining dimensions of the psychological stress that are caused by the number of years of experience towards the age category (16 years and above). Moreover, the variable of number of family members and differences were in favor of the category (5-7 members). In addition, the family income variable was in favor of the category (3500 NIS and less).

In addition, we found the existence of statistically significant differences in the means of the self-concept for the female teachers that were caused by the age variable and in favor of the age category (46 years and more), and the variable of number of experience years in favor of the age category (from 16 years and more).

According to the results of the study and the related discussions, the researcher suggested number of recommendations; the most important of them were working towards improving and enhancing the professional and social conditions of the teachers, and improving the human and medical relations inside and outside the school community, and towards improving and enhancing the conditions of the teachers so that they can play their roles perfectly.