

ABSTRACT

Stress and Teacher Burnout: A Study of Two Secondary School Teachers in Trinidad and Tobago

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This phenomenological case study sought to investigate stress and burnout in teachers at secondary schools in Trinidad and Tobago and how these might affect teachers' professional and personal lives. Data were collected through interviews held with two teachers. Findings indicated that the teachers appeared to be affected by varying degrees of stress and burnout in their particular work environments, and that it was brought about by stressors which included disengaged students, work overload, time constraints, familial responsibilities, and individual personality.

Keywords: Case studies; Secondary school teachers; Mental stress; Burnout; Psychology of education; Trinidad and Tobago