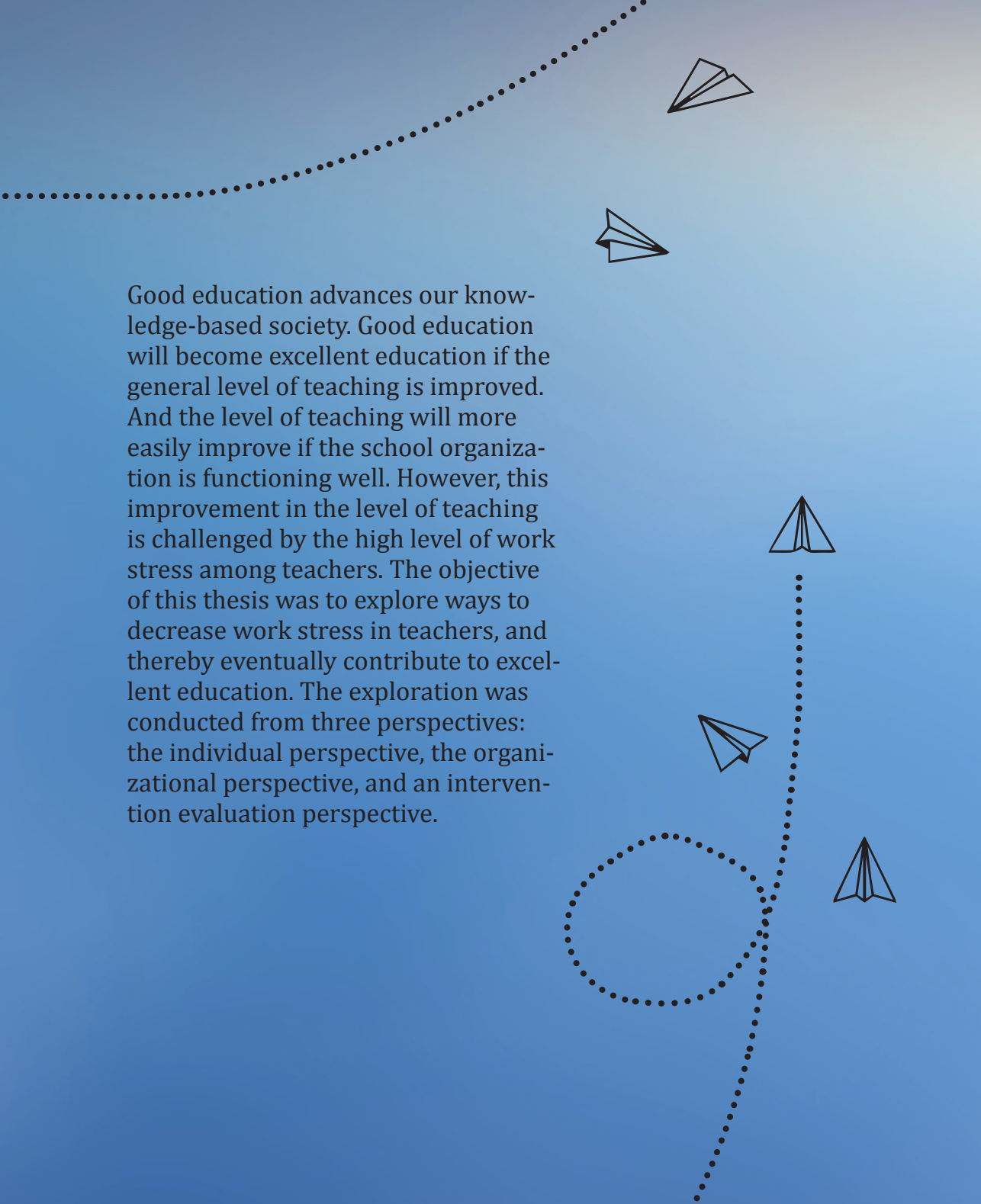




DECREASING WORK STRESS IN TEACHERS

Roosmarijn M.C. Schelvis



A decorative graphic on the right side of the page features a dotted line that starts at the top left, curves upwards, then downwards, then upwards again, and finally curves to the right. Several paper airplane icons are scattered around the line, appearing to fly along its path. The background is a solid blue color.

Good education advances our knowledge-based society. Good education will become excellent education if the general level of teaching is improved. And the level of teaching will more easily improve if the school organization is functioning well. However, this improvement in the level of teaching is challenged by the high level of work stress among teachers. The objective of this thesis was to explore ways to decrease work stress in teachers, and thereby eventually contribute to excellent education. The exploration was conducted from three perspectives: the individual perspective, the organizational perspective, and an intervention evaluation perspective.



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