

Teachers' wellbeing

Emotion-relevant events in daily teaching



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Background

- ❖ Teaching is a stressful profession with high rates of burnout.
- ❖ Daily recurring events with individual students are considered relevant for teacher emotional processes and wellbeing.
- ❖ To examine these daily events, it is important to understand them from a student-teacher relationship perspective.
- ❖ This pilot-study tests a diary approach to assess events with individual students that teachers characterize as emotionally-relevant.

Research question

What is the content of emotion-relevant daily events teachers recall?

Method

Participants

- N = 73 primary school teachers (male: 32 / female: 41), grade 5-8.
- Age range: 21 – 64 years (M = 40)
- Teaching experience: 2 – 38 years (M = 14)

Procedure

- Teachers were asked to fill out an online diary, including a description of the most relevant event that day concerning an individual student.

Results

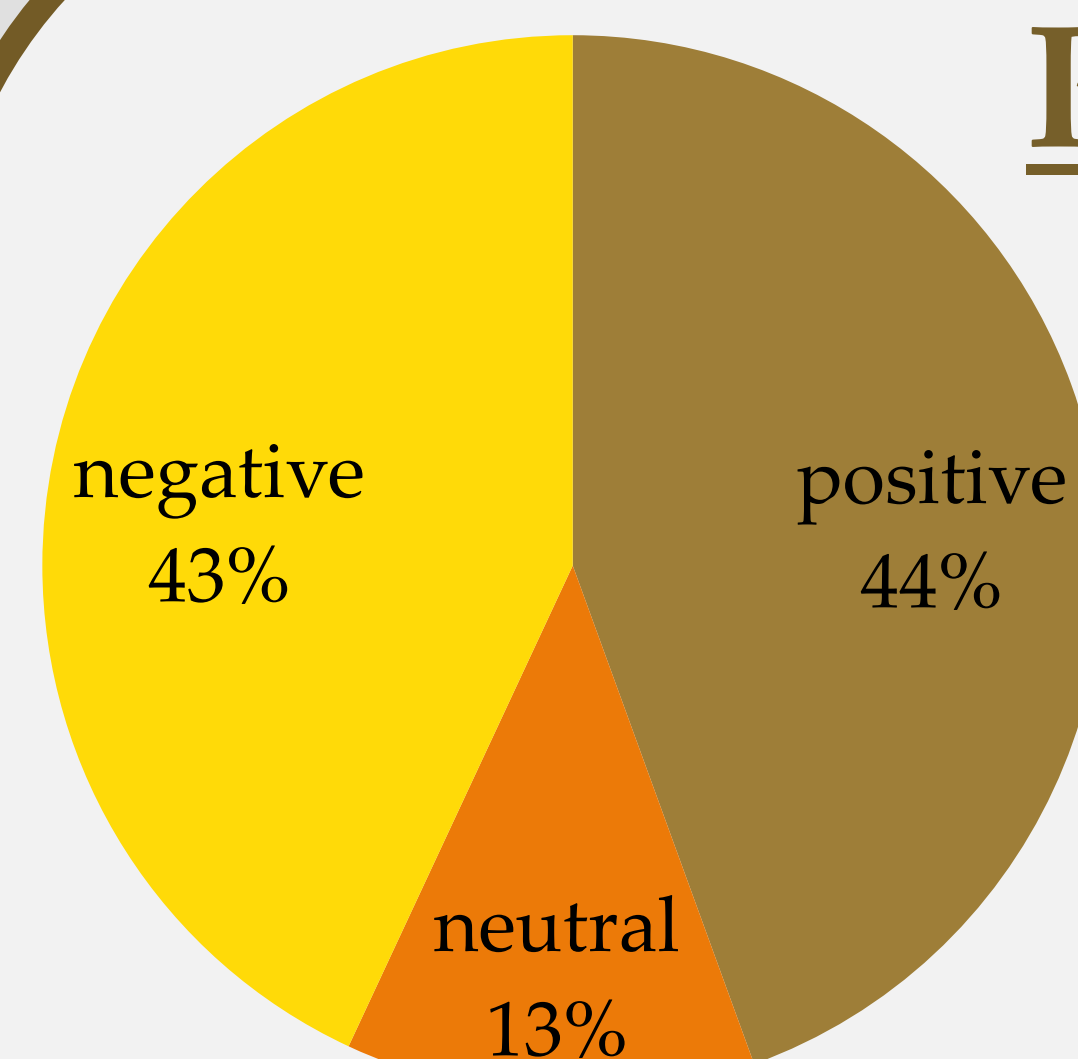


Fig. 1 Appraisal event

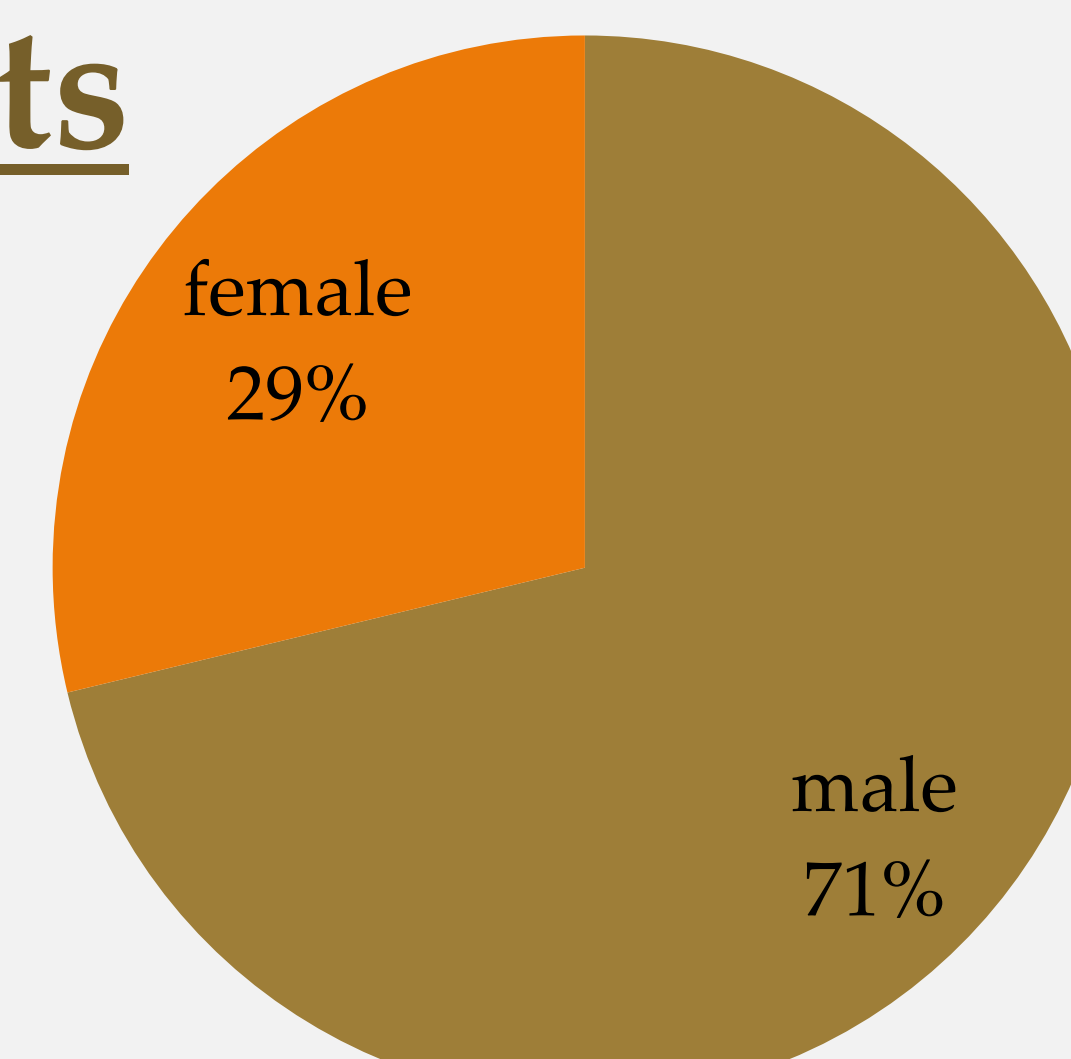


Fig. 2 Gender student described

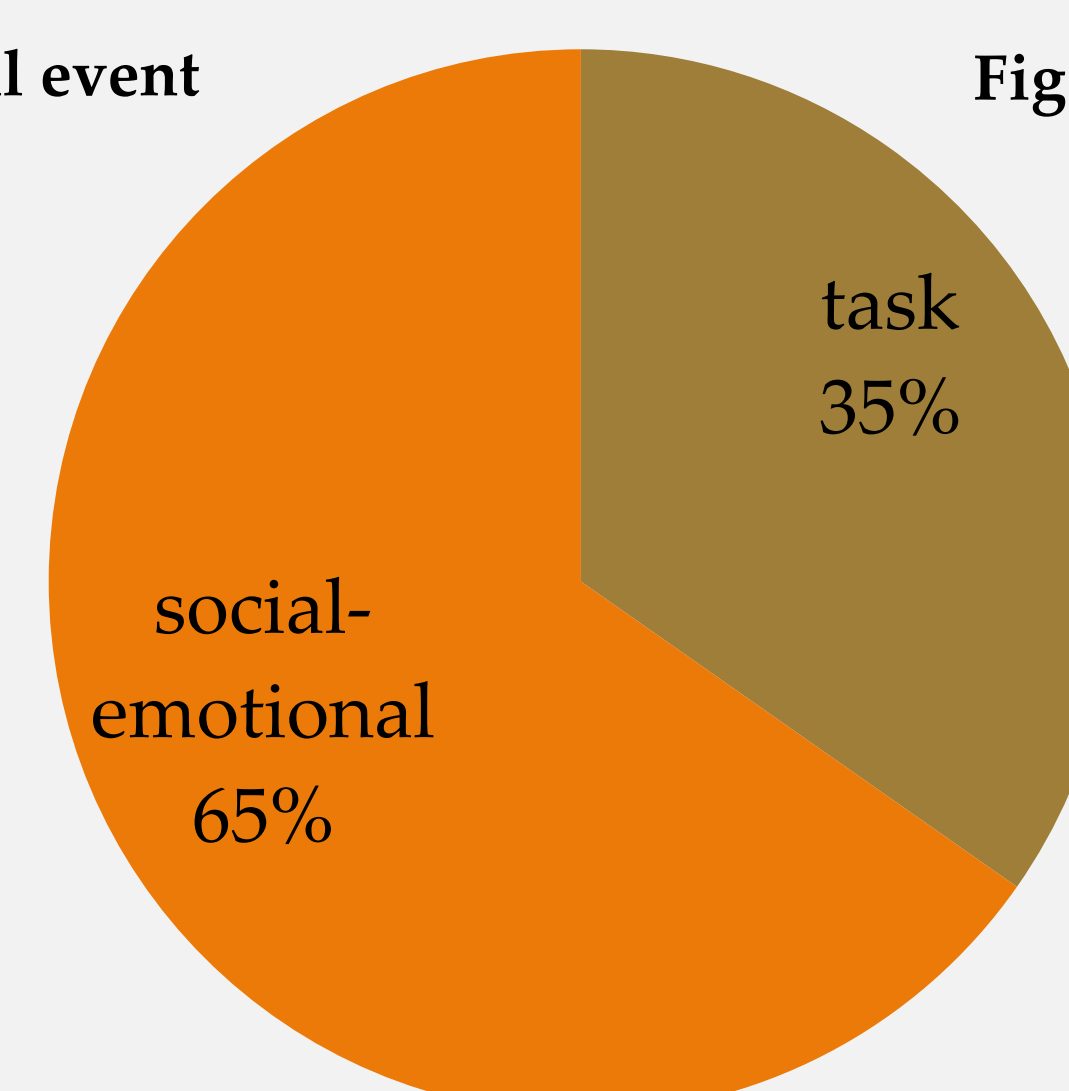


Fig. 3 Student behavior described

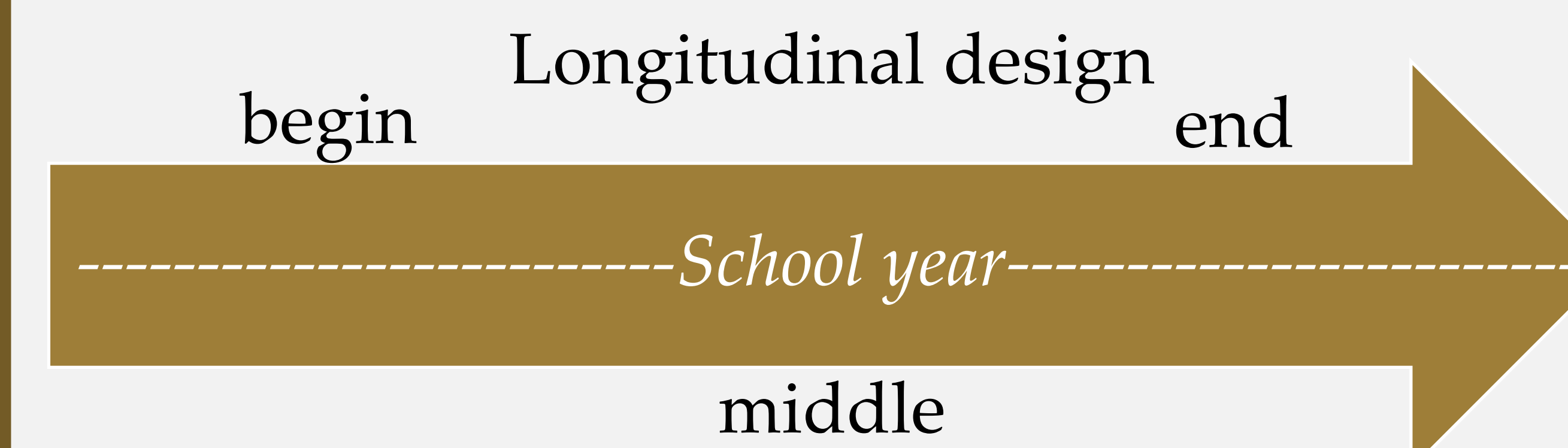
- ❖ Teachers recall just as many negative as positive events (fig. 1).
- ❖ Teachers refer more to male students than to female students (fig. 2).
- ❖ Teachers describe more social-emotional events than task-related events (fig. 3).
- ❖ Very negative appraisals (n = 8): *Teacher feels powerless in relationship with student.*
- ❖ Very positive appraisals (n = 16): *Teacher feels meaningful in relationship with student OR Special-needs student does or achieves something unexpected.*

“ This student has difficulties staying seated and generally talks a lot. During a geography class today, he was so committed and contributed positively in discussions. It gives me so much energy, which helps correcting him in a positive way during a next negative event.”

What's next? (study 1)



What's next? (study 2-4)



Diaries will be completed by 90 teachers at three time points within the school year (begin – middle – end) and related to changes in stress and wellbeing.

- ❖ 3 target students
 - ❖ 5 days
- 45 diaries per teacher

Special thanks to Heleen Huisman & Gerdien Wassink for collecting the pilot-data