

Headteacher Stress, Coping and Health: A Research Monograph

Ostell, Alistair

Note: This is not the actual book cover

Headteacher Streb Coping And Health A Research Monograph

Charlotte Laycock



Headteacher Stress Coping And Health A Research Monograph:

Headteacher Stress, Coping, and Health Alistair Ostell, Susan Oakland, 1995 This study investigates how headteachers react to and attempt to cope with stressful work situations It examines the factors influencing their success or otherwise at handling problems and factors affecting headteacher health The questionnaire and semi structured interview schedule used in the study could be adapted by anyone undertaking similar research Analysis shows that the recent and unprecedented changes in education are a major difficulty for headteachers and that external resource adequacy is a significant determinant of situational outcomes Analyses also reveal that the headteachers psychological health is significantly poorer than that of comparable groups and more closely approximates the health of unemployed subjects Two cognitive styles are identified in coping research as powerful predictors of psychological health and physical symptoms The results are discussed in relation to management and cognitive behavioural training for headteachers and modifying current methodologies for studying stress and coping

A Research Project Into Head Teacher Stress and Coping Strategies Found to be Effective in Greenfields Local Authority Charlotte Laycock, 2001 **School Health Research Monographs**, **Stress, Coping Behaviour and Health** Susan Oakland, 1991 *Stress, coping Behaviour and Health, a Study of Head Teachers* Susan Oakland, 1991 STRESS COPING BEHAVIOUR SOMATIC HEALTH HEADTEACHERS PSYCHOLOGICAL WELL BEING QUANTITATIVE QUALITATIVE Headteacher Stress, Coping Strategies and Supports Martin Luke Howard, 2012

Headteacher Streb Coping And Health A Research Monograph Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Headteacher Streb Coping And Health A Research Monograph**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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