

Oral Defense Announcement

University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Philosophy in Education with an emphasis in Teaching and Learning Processes

Michelle Leigh Abiyou

B.S. in Education, May 2000, Southwest Missouri State University
M.A. in Education, August 2002, University of Missouri-St. Louis

Stress and the Resiliency of Teachers

Date: July 10, 2017

Time: 9:00 a.m. to 11:00 p.m.

Place: TLC-CR1

Abstract

This study used a mixed methods approach to examine the factors that cause teachers' stress--specifically burnout and the strategies teachers use to become resilient. The study took place in a Midwest, rural school. Previous research suggests that stress is a common predictor of burnout (Torelli & Gmelch, 1992). Researchers have shown that teaching about stress and strategies to cope with stress are effective (Wu et al., 2006). However, there is limited research on the strategies used to cope effectively with teachers' stress and burnout. This study applied Maslach Burnout Inventory Educators Survey (MBI-ES) to a population of 61 rural educators. Along with qualitative interview data, the results of the study show that the population experienced greater Emotional Exhaustion and, therefore, were at a higher risk for burnout. The study concludes with recommendations to manage stress and improve the likelihood that teachers would stay in their jobs.

Defense of Dissertation Committee

Nancy Singer, Ph.D. - Chairperson

Amber Candela, Ph.D.

Vanessa Garry, Ph.D.

Susan Catapano, Ph.D.