

TEACHERS' STATE AND TRAIT ANXIETY LEVELS AT A PHILIPPINE EDUCATIONAL ACADEMY: AN ASSESSMENT FOR THE RECOMMENDATION OF A MANAGEMENT PLAN FOR A TEACHER'S MENTAL HEALTH SUPPORT SYSTEM

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Abstract

School officials, coworkers, and educational institutions all play an important role in supporting teachers' mental health and addressing anxiety-related concerns. Providing professional development programs on stress management, enacting supportive policies and procedures, and providing access to counseling or mental health resources can all contribute to a pleasant and supportive work environment for teachers? Open communication channels, as well as opportunities for collaboration and peer support, can also help teachers reduce anxiety and improve their general well-being. In line with these, this study aimed to measure teachers' state-trait anxiety levels and to develop a management plan for a teacher support system. Based on the results, teacher-respondents show a moderate level of anxiety. In addition, there were no significant differences in A-state anxiety levels based on

Teachers And The State

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