

# Professional Experience, Workload, and Stress Perception among Secondary School Teachers: A Cross-Sectional Study in Tetouan, Morocco

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## Abstract

Secondary school teachers often face high levels of stress, which can negatively impact their mental and physical health, as well as their professional performance. This study, conducted in Tetouan, Morocco, aimed to identify the factors associated with perceived stress among secondary school teachers. A cross-sectional survey was carried out in April 2021 with 147 experimental science teachers. The distributed questionnaire included general questions as well as the 10 items of Cohen et al.'s Perceived Stress Scale. Data collection was conducted in accordance with ethical guidelines. Among the teachers who participated in the study, 51.7% were women, with a female-to-male ratio (F/M) of 1.07. Their ages ranged from 24 to 61 years. The majority of the teachers were married (78.2%) and had an average of 2 children. They had a median professional experience of 15 years (Q1-Q3: 10 years – 21 years) and taught an average of 5 classes, with an average of 33 students per class. They provided 20 hours of teaching per week. Only 21.1% of the teachers regularly practiced a sport. Multivariate analysis results showed that perceived stress levels among teachers significantly increased with the number of years of professional experience and the number of classes taught. However, perceived stress significantly decreased with age and regular physical activity. This study highlights the importance of considering these factors in managing occupational stress among teachers. Further studies are needed to propose concrete interventions and healthy habits to reduce the risks of developing work-related stress among teachers.

## Keywords

Perceived Stress, Secondary School Teachers, Associated Factors, Sports Activity, Stress Management