

## **Occupational Stress among School Head Teachers: A Case for Hwedza District Secondary Schools' Head Teachers**

### **Abstract**

The purpose of this research study was to investigate the phenomenon of occupational stress amongst secondary schools in head teachers in Hwedza District. The descriptive survey research design was adopted using quantitative and qualitative methods. In this study, a total of thirty secondary school head teachers and thirty secondary school ordinary teachers were picked as participants using the purposive sampling approaches. A questionnaire for school heads and interviews for ordinary schoolteachers were used as instruments for data collection. Collected data was presented in tables and figures. The study findings showed that the phenomenon of occupational stress amongst school heads is a real international issue. It was found out that teachers in general are affected physiologically, psychologically and behaviorally. The study recommended that there be clear definitions of workers' roles and responsibilities for school head teachers. A continuing program by the Ministry of Primary and Secondary Education on the subject of coping with stress at workplaces could be organized for schools head teachers to benefit from.