

**Abstract:****Identifying and managing stress among teachers in secondary schools**

**RQ:** Is stress among teachers present or not, what are the relationships between the causes of stress, identifying stress and stress management and the impact on the quality of education.

**Purpose:** The purpose and the focus of the research is to determine the presence of stress or stress load with teachers at the vocational secondary school; the purpose was to also determine the largest causes, how to recognize and control them.

**Method:** By reading the literature, answers were found that stress is present everywhere in our life and there are many causes for them. The aim of research study is achieved by doing a qualitative study in vocational secondary schools where teachers are participants in the interview.

**Results:** All eight of the interview participants responded that stress is present. As a reason for stress, five of the participants stated that the reason was due to changes at work, poor discipline of students, and poor teacher student relationships. With two participants, an important cause of stress is talking with parents about problematic students. Three participants identified stress as irritability and agitation, five participants as being tired and low concentration in equal ratios. They control stress with sports or talking in equal ratios.

**Organization:** The contribution of the research study is important for management as answers on possible reasons for frequent sick leaves may be determined in a given period of the school year and leads to reflection of any possible preventive measures to reduce stress activity.

**Company:** The findings of the research study are important for society as a whole. Stress experienced by secondary school teachers are seen as fatigue, irritability and agitation that consequently can lead towards poor quality of teaching and thus long-term impact on the whole environment.

**Originality:** The research was conducted in four vocational secondary schools, i.e., mechanical engineering, civil engineering, electric, and health care. These new findings identify the causes of stressful situations that occur most often because of changes and innovations as well as the poor discipline of students in these schools.

**Limitations:** The study was conducted in the above-mentioned vocational secondary schools, eight teachers interviewed. In the future it would be necessary to investigate when the number of sick leaves is at its maximum and if that is due to stress.

**Keywords:** stress, causes of stress, stressors, recognize stress, stress management, stress symptoms, secondary school teachers, students