

ABSTARCT

The purpose of this study was to identify the stress situation of the elementary teachers in private schools, the second Patumthani Officer of Education Service Area, and participatory development model to reduce and prevent stress in these teachers. The structured questionnaires were sent to 670 elementary teachers and 20 schools administrators in Phase 1 to identify stress situation.

There were voluntarily 21 elementary teachers involving in participatory model development to reduce and prevent stress of these teachers in Phase 2 and 3 school administrators were acting as the advisors and supporters. The researcher was acting as participatory observer and supplier for the documents or what ever needed by the teachers. The teachers demographic characteristics, the levels of stress, continuation of practicing both pre-model and model development to reduce and prevent stress were observed and test before, during and after finishing the program. Statistics were described in percentage, mean, chi square and repeat measure.

The results of situational analysis of stress found that the most (40.79 % and 40.56 %) of elementary school teachers had moderate level of susceptibility to stress and factors of stress. In the other hand, most of elementary school teacher (36.13 %) and the most (70 %and 45 %) of school administrators had mild level of stress. However, most of the school administrators, (45 %) had severe level of symptoms' stress. Moreover, the results of model development indicated that it had effects on preventing stress of elementary school teachers statistically no significant difference ($P < 0.05$) and to reduce stress was statistically significant difference ($P < 0.05$) between pre-model and post-model development process.

It is suggested from the study that this model development process was able to reduce and prevent stress by applying the concepts of participatory action research and integrated concept of group process techniques between informal and formal meeting of

activities. However there should be further study both in other private schools and public schools to see if this model would work in different contexts of stress.