

Abstract

The purpose of this study is to investigate the present job stress and its coping strategy for the teachers of Physical Education (PE) of Macao Primary and Middle schools. One hundred fifty-four PE teachers of Primary and Middle schools were recruited and a self-designed questionnaire “Job stress of PE teachers in Macao Primary and Middle schools scale” was used as the research tool. Independent sample t-test, One-way ANOVA Variance Analysis and Pearson Product-moment Correlation were adopted to analyze the data. The results showed that:

1. the PE teachers of Macao Primary and Middle schools perceived slight high job stress of middle level which was mainly from “Laws and Regulations”. The most used way to cope job stress were “Solving Problems” and “Recreation Activity”;
2. the teachers with shorter accumulated teaching years lower educated and income had higher job stress. For coping strategy of job stress, there were significant differences among different teachers in age and marriage;
3. participating in exercise outside school could decrease the job stress of PE teachers of Macao Primary and Middle schools and use positive attitude to solve problems. Moderate exercise could decrease “Laws and Regulations” and did not “Escape problems”;
4. all stress strategies had positive correlation with job stress except “Recreation Activity”.

The results suggest, even for PE teachers of Primary and Middle Schools should do moderate exercise outside schools as the ways of recreation and stress loss.

Key Words : Macao, Primary and Middle School, PE teachers, Job stress, Coping strategy.