

# International Congress of Health and Well-being Intervention

## Emotional Health of Teachers: The Importance of Emotional Intelligence Training

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### Introduction

The professional activity of teachers has associated a high level of attrition in emotional stability, generating negative emotions that appear associated with stress, depression, professional malaise and burnout. The work stress and lack of emotional self-regulation appear as the main reasons for the dissatisfaction of teachers and highly associated with burnout.

### Objectives

This research aimed to carry out a review of publications on health and emotional well-being of teachers and identify lines of interest for future research.

### Materials and Methods

A systematic search in the SciELO resulted in the selection of 10 articles, with the main criteria the selection of research carried out in Portugal.

### Results

The studies indicated the occurrence of stress and negative emotions, both in relation to the pedagogical work and in relation to unruly behavior of students [1]. Faced with continuing exposure to work stress, teachers experience negative consequences on their health and well-being. It is confirmed that the Portuguese teachers experience symptoms of physical fatigue, cognitive fatigue and emotional exhaustion report problems [2], and more than 60% of teachers suffer from emotional exhaustion [3]. The dimension with the greatest potential predictor of burnout is emotional exhaustion [4]. Deficits in emotional abilities are directly related to high levels of burnout and stress [5]. The negative emotions common in teachers: anxiety, frustration, fault and anger.



Figure 1. Emotional health of teachers

### Discussion

The data report a reality of emotional fragility of Portuguese teachers. The teaching profession is currently related to negative emotions and unpleasant experiences of teacher-student conflict, inducing stress and in more severe situations, burnout. Being a teacher in this century implies exercising a profession that, according to social requirements, proves to be an activity of constant wear and tear, with harmful consequences for physical and mental health.

### Conclusion

It is necessary to incorporate in teachers' training spaces times of reflection that provide the awareness and strengthening mechanisms promoters of emotional well-being and emotionally appropriate responses.

### References

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### Organization



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