

Stress Und Stressmanagement - , Romina H½lsenbeck

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[...] So finden sich auch in der noch jungen Wissenschaftsbetrachtung dieser körperlichen und psychischen Beanspruchung (erst knapp 50 Jahre alt) diverse Ansätze, angefangen bei dem Physiologen Hans Seyle (1956), der Stress als 'totalen Verschleiß an sich' bezeichnet, über die wohl bekannteste und immer noch am weitesten verbreitete kognitive Stresstheorie von Richard Lazarus (1966) bis hin zu neueren, alternativen Ansätzen von Stevan E. Hobfoll (1988). Die beiden letztgenannten Konzepte werden hier im Folgenden beschrieben, wobei jeweils die aktuellsten überarbeiteten Versionen vorgestellt werden. Den zweiten großen Abschnitt nimmt dann das Thema 'Stress bei Lehrern und Lehrerinnen ein'. Dass dieser Faktor bestimmend ist für den Berufsalltag zeigen Statistiken zu Krankheitsrisiko und vorzeitigem Ruhestand: Das Risiko der Herz- und Kreislauferkrankung ist bei der Berufsgruppe der Lehrerinnen und Lehrern am zweithöchsten - hinter den Transportberufen wie Piloten, Fluglotsen etc. 'Nahezu 55 Prozent der im Jahr 2002 pensionierten Lehrerinnen und Lehrer schieden vorzeitig wegen Dienstunfähigkeit oder Schwerbehinderung aus dem aktiven Dienst aus; jeweils 23 Prozent quittierten den Dienst auf eigenen Antrag vor Erreichen der Regelaltersgrenze von 65 Jahren bzw. auf eigenen Antrag nach dem 63. Lebensjahr.'3 Da der häufigste Grund für das frühe Ausscheiden der Lehrkräfte aus ihrem Beruf das so genannte 'Burnout - Syndrom' ist4, soll es ebenfalls genauer beschrieben werden. Ziel dieser Arbeit ist es, den berufsmitbestimmenden Faktor 'Stress' einmal näher zu beleuchten und Wege aufzuzeigen, diesem besser begegnen zu können. 3

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