

The effect of occupational stress on teachers' psychological well-being: social support as moderator

Abstract

The main purpose of this research is to examine the effect of occupational stress on teachers' psychological well-being and also to examine the moderator role of social support on the relationship between occupational stress and psychological well among teachers in Kota Kinabalu, Sabah, Malaysia. A total of 112 secondary school teachers took part in this study and the results were analysed using SPSS version 20. The findings of this study indicated a significant effect of occupational stress on teachers' psychological well-being. However, social support did not show a significant moderating effect. In addition, the results also showed that there are no gender differences towards occupational stress and psychological well-being.