

## **Factors contributing to stress among teaching staff in special primary schools in Kisumu County, Kenya**

Stress is a major global health challenge affecting the well-being of service providers especially those working in the human service sectors like: teachers, health care providers and media specialists. This study was prompted by emerging information from studies that, stress is a silent killer that affects the health of service providers leading to; mental, physical, and emotional disorders. It is due to this that the study determined factors contributing to stress among teaching staff in special primary schools in Kisumu County which is an area endemic to life challenges including stress. Currently, there are ongoing research studies but little studies have focused on factors contributing to stress among teaching staffs in special primary schools. Specifically the study determined school physical environmental factors responsible for stressful experience among teachers in special primary schools, established social environmental factors responsible for stressful experience among teachers in special primary schools, determined the academic demand factors contributing to stress among teachers in special primary schools and finally examined the gender differences in stressful experience among teachers in special primary schools in Kisumu County. The study employed descriptive research design. The target population was 138 teachers in special primary schools and 4 head teachers. The study used self-administered questionnaires to collect quantitative data from 138 teachers. Qualitative data was collected from the head teachers using interview schedules. Saturated sampling was used to select the respondents. The instruments were validated by experts' judgments by University lecturers in the Department of Psychology and Educational Foundations while reliability was estimated by use of Cronbach Alpha method for internal consistency. The questionnaire yielded a reliability coefficient of 0.94. Quantitative data was analyzed with the aid of Statistical Package for Social Sciences (SPSS) version 22 which yielded descriptive and inferential statistics while qualitative data was analyzed through thematic analysis. The study found a positive significant relationship between social, physical and academic demand factors and stress. The study also found a positive significant relationship between gender and stress. The study recommended that Ministry of Education should ensure immediate review of condition of services and develop a policy on stress management to guide the induction, operations and counselling of teachers on their day to day duties. Stress Management programs in Counties. School committees should address some of the institutional sources' of stress among the teachers