

SSH/PP/08

Psychological Problems That Arise When a Teacher Engages in Teaching Outside of Their Specialised Subject Area (Special Reference to Gampaha Area)

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Background: A teacher, often referred to as a schoolteacher or an educator in formal terms, is a person who utilises the teaching profession to help pupils acquire knowledge, skills, or moral values. This study has focused on teachers' instruction outside of their specific subject area because they are a crucial component of the nation's overall educational system.

Objective: The main objective was to identify the psychological problems that arise when teachers teach outside their specialised subject area.

Methods: A qualitative research methodology was primarily employed for this study. The findings from the primary data analysis of the research were analysed through descriptive analysis along several themes. This research was conducted by selecting a sample of sixteen schoolteachers in the Gampaha region. The collected data was used to separately and in-depth analyse the psychological problems that arise when teachers teach outside their specialised subject area.

Results: According to the data, the primary reason teachers are required to teach subjects other than their own is that the school does not have any openings for the subjects they have studied. Additionally, psychological issues resulting from the teacher's instruction outside of their area of expertise could be identified. Examples include stress, sadness over not being able to apply what they have learned, language issues when teaching a language subject (like English) outside of their field of study, and job dissatisfaction.

Conclusion: A key conclusion that can be drawn from all of this is that these teachers appear to be experiencing significant stress and strain in their daily lives. This can also be further highlighted as a factor that may eventually harm the education of children and the educational system. Recommendations are made to establish a formal committee to investigate the mental health and other issues that these teachers confront and to encourage them to take action to address these issues.

Keywords: Psychological issues, Specialisation, Subject Area, Teacher, Teaching