

Abstract

This research study investigated the occupational stress and coping strategies among secondary school teachers in Mwingi Central Sub County. It looked at the impact of occupational stress on teachers' job performance. The research study employed a descriptive survey design and made use of both qualitative and quantitative approaches to collect information. The target population of the study comprised the secondary school Principals and the subject teachers. Purposive sampling technique was used to select the study area, schools and principals who were involved in the study. Both simple random sampling and purposive sampling were used to select teachers. The sample population consisted of 10 Principals and 60 subject teachers. An interview schedule was used on the Principals and a questionnaire for teachers. Descriptive statistics were used for data analysis where the data was presented by use of frequency tables and percentages. The study also identified various effects of occupational stress on job performance among secondary school teachers. These included; negligence of work related roles, time wastage, strained relations with staff, decrease in administration satisfaction and increased teacher turnover. The study concluded that since there were serious adverse effects of occupational stress among secondary school teachers, the policy makers and implementers should make efforts to moderate and if possible mitigate the effects of the work related stressors among secondary school teachers.