

## **Stress management among female student teachers on Attachment Teaching Practice: The Case of Marymount Teachers College, Zimbabwe**

By

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### **Abstract**

One of the major challenges facing student teachers on attachment teaching practice is coping with stress. This study examines some of the forms of stress, their causes and the means of dealing with the stress from the perceptions of female students, mentors and lecturers. One hundred (100) female students, forty (40) mentors (teachers and school heads) as well as ten (10) male and ten (10) female lecturers were involved in the study. Data were collected through open-ended questionnaires and interviews. The study established three main categories of stress which were home based (socio-economic), school based (academic, professional and socio-economic) and college based (academic, socio-economic). Common forms of stress were inadequate of support from home, ineffective mentorship, high college expectations and harassment by lecturers. 95% of the students considered high college expectations the top most stressor, while the majority of mentors and lecturers were of the opinion that the main causes of stress were not institutional. The study suggests coping mechanism to reduce the ugly effects of stress on students on ATP.