

# CONTENTS

	PAGE
ABSTRACT.....	(1)
ACKNOWLEDGEMENT .....	(5)
CONTENTS .....	(6)
LIST OF TABLES .....	(8)
LIST OF FIGURES .....	(10)
CHAPTER	
1. INTRODUCTION .....	1
1.1 Background and significance of the research problem .....	1
1.2 Research questions .....	4
1.3 Objectives of the study .....	4
1.4 Hypothesis .....	5
1.5 Scope of research .....	5
1.6 Expected benefits .....	5
1.7 Operational definition .....	5
1.8 Conceptual framework .....	9
2. LITERATURE REVIEW .....	12
2.1 Stress and teacher .....	12
2.2 Stress management .....	26
2.3 Participations .....	36
2.4 Solving problem analytical process .....	38
2.5 Group process .....	45

<b>3.</b>	<b>MATERIAL AND METHOD .....</b>	<b>55</b>
	3.1 Research design .....	55
	3.2 Population and samples .....	58
	3.3 Ethical consideration .....	63
	3.4 Research instruments .....	63
	3.5 Creation and development of study tools .....	64
	3.6 Procedure of participatory action research .....	65
	3.7 Data analysis .....	68
<b>4.</b>	<b>RESEARCH RESULT .....</b>	<b>70</b>
	4.1 Phase 1: Determine the stress situation of elementary teachers In private schools .....	70
	4.2 Phase 2: Study the process of the model development of active measures for reducing and preventing stress of elementary teachers in private schools .....	84
	4.3 Discussion .....	101
<b>5.</b>	<b>CONCLUSION AND RECOMMENDATIONS .....</b>	<b>106</b>
	5.1 Conclusions .....	106
	5.2 Recommendation .....	110
	<b>APPENDICES .....</b>	<b>112</b>
	APPENDIX A Ethical consideration .....	113
	APPENDIX B Data collection instrument .....	120
	APPENDIX C Process plan .....	143
	APPENDIX D Experts in instrument examination .....	258
	APPENDIX E Project proposal .....	260
	<b>APPENDIX F Statistical analysis table .....</b>	<b>318</b>
	<b>BIBLIOGRAPHY .....</b>	<b>319</b>
	<b>BIOGRAPHY .....</b>	<b>327</b>