

THE ROLE OF STRESS MANAGEMENT IN THE RELATIONSHIP MANAGER-SUBORDINATE

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Although there are numerous investigations related to occupational stress, in the educational field, a particular approach to this phenomenon is necessary, because in the pedagogical activity, there are permanent communication relationships between the education agents - teachers, students, parents, school managers. An important place in the activity is the manager – teacher (pedagogue) relationship, which represents also an important aspect of the child's educational environment. This is very different from the other social relationships, because it is decisive in achieving the educational objectives of the contemporary school, as well as in establishing a healthy psychological and moral climate in the educational institution, at the same time, it imposes on the teacher a good empathy, management of stress factors, factor important in effective communication. Importantly, addressing stress not only from the perspective of the manager – subordinate relationship (teacher), but also the impact on the preparation of the young generation, as a presentation of the educational model for society (long-term), but also an immediate consequence – absenteeism, predisposition to conflicts, decrease of dramatic work productivity/success and, finally, it affects the physical and mental health of the individual. It follows that the relational impact between the manager – teacher influences not only them, but also the students, parents, developing/forming from year to year patterns of behaviors with a stressful effect.

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