

# Duty boundary cleaning: Escort for teachers' mental health

Rongshan Gan, Mei Huang

South China Normal University, Tianhe 510000, China

**Abstract:** Delving into the strategy of defining responsibility boundaries and its effects on teachers' mental health is of immense practical relevance. Enhancing the clarity of educational objectives, understanding the role of teachers, effectively allocating educational resources, ensuring the safeguarding of teachers' rights, amplifying mental health education, and uplifting the degree of collaboration between home and school are all integral steps in defining these boundaries. This will in turn advance the quality of education. Clear responsibility boundaries can lessen teachers' mental strain, elevate their job satisfaction, foster their personal development, optimize the quality of education, and nurture superior talent.

**Key words:** duty boundary clearing; Teachers' mental health; Quality of education

## Introduction

Teachers are the pillars of the country and the important driving force of education. However, in recent years, with the deepening of education reform, teachers have been under increasing pressure, and mental health problems have become increasingly prominent.

Studies have shown that the level of mental health of primary and secondary school teachers in China is generally low, and the psychological pressure is high. In addition, the unclear boundary of teachers' responsibilities is one of the important reasons leading to teachers' psychological pressure. At the international level, teachers' mental health has also received wide attention. An international study has found that teachers may suffer from anxiety, depression and other psychological problems when faced with job stress. There is also growing concern about the mental health of teachers in the United States, with a study of public school teachers showing that they face more stress and psychological problems in the workplace than other occupational groups. Teachers' mental health problems are not only related to their own health and happiness, but also affect the quality of education and the growth of students. Therefore, it is of great theoretical and practical significance to escort teachers' mental health through duty boundary clearing.

## 1. Analysis of the causes of teachers' psychological stress

### 1.1 The pressure of education reform

As a systematic project, education reform has brought great challenges to education administrators, teachers and students. Especially in recent years, with the deepening of quality-oriented education and curriculum reform, teachers' education and teaching tasks have changed a lot, and they are faced with higher education quality requirements and stricter assessment standards. The pressure of education reform makes teachers adapt to the new curriculum, new textbooks and new methods at the same time, but also need to pay attention to the overall development of students, taking into account classroom teaching, extracurricular counseling and home-school communication and other tasks, psychological pressure is difficult to avoid.

### 1.2 Heavy teaching tasks

With the continuous improvement of China's education level, teachers' teaching tasks have become more and more onerous. Teachers need to provide personalized guidance for students, pay attention to students' mental health, and take charge of curriculum research and development, teaching design, student evaluation and other aspects of work. In this case, teachers often need to invest a lot of time and energy, long-term in a high-intensity work state, psychological pressure gradually accumulated.

### 1.3 Expectations of parents, students and society

As the public figures of the society, teachers' work is concerned by parents, students and the society. As parents pay more attention to their children's education, their expectations for teachers are getting higher and higher, requiring teachers to have higher education level and ability. At the same time, students' learning needs are increasingly diversified, and they expect teachers to provide rich and interesting classroom teaching to stimulate their interest in learning. The demands of society on teachers' professional ethics and ethics are also increasing. These expectations bring great psychological pressure to teachers and make them feel heavy burden in education and teaching.

### 1.4 The handling of interpersonal relationship

Teachers need to establish good interpersonal relationship with students, parents, colleagues and leaders in their work. However, these interpersonal relationships are often complex and subtle. Teachers need to face various complaints from parents, competition among colleagues and expectations from leaders, which undoubtedly puts heavy psychological pressure on teachers. In the process of dealing with interpersonal relationships, teachers need to have certain communication skills and psychological endurance, otherwise it is easy to fall into psychological difficulties, affecting the quality of education and teaching.

### 1.5 Confusion of career development

The uncertainty of teachers' career development is also an important cause of psychological stress. With the deepening of education reform, the path of teacher career development is becoming more and more diversified. How to find the suitable career development path among the numerous choices has become the confusion faced by many teachers. In addition, the competition for teacher promotion and professional title evaluation is becoming increasingly fierce, which makes many teachers feel pressure in the process of career development.

How to find a balance between education and teaching and personal development is an important source of teachers' psychological pressure.

There are many causes of teachers' psychological pressure. To solve the problem of teachers' psychological pressure, we must dig deep into the root of teachers' psychological pressure and take targeted measures to escort teachers' mental health.

## 2. Responsibility boundary cleaning strategy and implementation methods

### 2.1 Clarify educational objectives and teachers' roles

#### 1. Establishment of educational objectives

Educational goals refer to the specific results expected to be achieved in the process of education. Establishing educational objectives is helpful to improve the quality of education and clarify the responsibilities and positioning of teachers. Educational goals should reflect the guidance of the national education policy, pay attention to the all-round development of students, and adapt to the needs of social development.

#### 2. Positioning of the role of teachers

The positioning of the teacher's role should not only focus on teaching, but also cover many aspects such as educational management and psychological counseling. Teachers should constantly improve themselves in professional ability, moral quality, educational research and other aspects, and become all-round development of compound talents.

### 2.2 Rational allocation of educational resources

#### 1. Increase investment in education

Increasing investment in education is the key to solving the problem of insufficient educational resources. The government should increase financial support for education to ensure fair distribution of educational resources and meet the actual needs of teachers and students. At the same time, all sectors of society should also take an active part in the development of education and form an education investment system with joint input from the government, society and families.

#### 2. Optimize the structure of teaching staff

Optimizing the structure of teachers helps to improve the quality of education. Schools should adjust the structure of the teaching staff according to the characteristics of disciplines and educational goals, and give full play to the professional advantages of teachers. At the same time, teacher training and educational research should be strengthened to enhance teachers' educational and teaching ability. In addition, schools should pay attention to teachers' mental health and provide a good environment for their career development.

### 2.3 Protecting teachers' rights and interests

#### 1. Strengthen laws and regulations

To protect the rights and interests of teachers, the government should improve relevant laws and regulations and clarify their rights and obligations. The publicity and training of education laws and regulations should be strengthened to improve teachers' legal awareness and self-protection ability. At the same time, a special administrative department for education has been set up to supervise and manage the protection of teachers' rights and interests.

#### 2. Improve the teacher evaluation mechanism

Establishing a scientific and reasonable teacher evaluation mechanism is conducive to improving the level of teachers' education and teaching. Teacher evaluation should be oriented towards student development and pay attention to teachers' performance in many aspects such as teaching practice, educational research and social service. At the same time, mutual evaluation and learning among teachers should be encouraged to improve the overall level of the teaching staff.

### 2.4 Strengthen mental health education

#### 1. Carry out mental health training

Mental health education is of great significance in promoting students' all-round development. Schools should organize regular mental health training to improve teachers' mental health education level and help students cope with mental problems. At the same time, teachers should also pay attention to students' mental health status in the daily education and teaching process, and find and solve problems in time.

#### 2. Provide psychological counseling services

Schools should set up specialized psychological counseling services to provide psychological counseling and guidance to students. Psychological counseling services aim to help students solve psychological problems and promote their mental health development. In addition, mental health publicity campaigns can be carried out to raise students' and parents' awareness of mental health.

### 2.5 Enhance the level of home-school cooperation

#### 1. Strengthen education for parents

Parents are important partners in the development of children, and schools should pay attention to parent education and increase parents' participation in education. Activities such as parent education lectures and open days for parents should be organized to help parents understand school education, teaching concepts and methods, and enhance communication and cooperation between families and schools. At the same time, parents should be educated to pay attention to their children's mental health and form a positive interaction between family education and school education.

#### 2. Build a harmonious family-school relationship

A harmonious home-school relationship is conducive to the all-round development of students. Schools should advocate a home-school relationship based on equality, mutual trust and cooperation, respect parents' educational rights, and give full play to their role in

education. At the same time, an effective home-school communication mechanism should be established to understand parents' opinions and suggestions in a timely manner and jointly solve problems in education and teaching.

The purpose of this chapter is to discuss the strategies and implementation methods of clearing responsibility boundary, so as to better play the role of teachers in education and promote the all-round development of students. Through the combination of history and theory, it provides some feasible strategies and methods for educators.

In practice, educators need to flexibly use these strategies and methods according to the specific situation, constantly adjust and optimize the education work, in order to achieve the education goal and train more excellent talents. At the same time, education researchers can further study the applicability of responsibility boundary clearing strategies and implementation methods in different educational fields and backgrounds, in order to make greater contributions to the development of education.

### 3. The positive impact of duty boundary clearing on teachers' mental health

#### 3.1 Reduce teachers' psychological pressure

Responsibility boundary cleaning is helpful to reduce teachers' psychological pressure. By clarifying the educational goals and roles of teachers, teachers can understand their duties more clearly and reduce the psychological burden caused by unclear roles. In addition, reasonable allocation of educational resources, increasing educational input, optimizing the structure of teachers, so that teachers can exert their expertise in a better working environment, and further reduce the psychological pressure.

#### 3.2 Improve teachers' career satisfaction

Implementing the protection of teachers' rights and interests, strengthening the construction of laws and regulations, and improving the teacher evaluation mechanism are conducive to improving teachers' career satisfaction. When teachers feel that their rights and interests are protected, they have more confidence and enthusiasm to devote themselves to education.

#### 3.3 Promoting teachers' personal growth

Strengthening mental health education, carrying out mental health training and providing psychological counseling services will help teachers to understand and solve their own psychological problems and promote their personal growth. At the same time, to enhance the level of cooperation between home and school, strengthen the education of parents, and build a harmonious relationship between home and school, is also conducive to teachers in the process of communication with parents, improve their communication ability and education level.

#### 3.4 Optimize the quality of education

Responsibility boundary clearing has a positive impact on the optimization of education quality. With clear education goals and teachers' roles, teachers can focus on their own work and improve the teaching effect. In addition, rational allocation of educational resources and optimization of the structure of teachers are conducive to improving the level of education and thus improving the quality of education.

## Summary

Through the discussion of the strategies and implementation methods of teacher responsibility boundary clearing, and the analysis of the positive impact of responsibility boundary clearing on teachers' mental health, this paper draws the following conclusions: Responsibility boundary clearing can help reduce teachers' psychological pressure, improve teachers' career satisfaction, promote teachers' personal growth, optimize the quality of education, and cultivate more outstanding talents. By clarifying the educational objectives and the role of teachers, rationally allocating educational resources, implementing the protection of teachers' rights and interests, strengthening mental health education, and enhancing the level of cooperation between family and school, the clarity of teachers' responsibility boundary can be realized, so as to improve the quality of education.

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