Educational Studies > Volume 38, 2012 - Issue 1

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**Articles** 

# Emotion work and emotional exhaustion in teachers: the job and individual perspective

Pages 63-72 | Published online: 12 May 2011

**66** Cite this article ▶ https://doi.org/10.1080/03055698.2011.567026



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## **Abstract**

Teaching requires much emotion work which takes its toll on teachers. Emotion work is usually studied from one of two perspectives, a job or an individual perspective. In this study, we assessed the relative importance of these two perspectives in predicting emotional exhaustion. More than 200 teachers completed a questionnaire comprising the DISQ (Demand-Induced Strain Compensation Questionnaire), the Dutch

abour (D-OFL) and the UROS (Ut-Question

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