

# EXPLORING BARRIERS TO WORK-LIFE BALANCE OF EARLY CAREER AGRICULTURE TEACHERS

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*Agriculture teaching is a demanding job*



The purpose of this study was to add to existing literature by exploring barriers to work-life balance as reported by early career agriculture teachers in Oregon.



*Few studies have identified specific barriers to work-life balance*

*Negotiating multiple roles results in psychological strain*

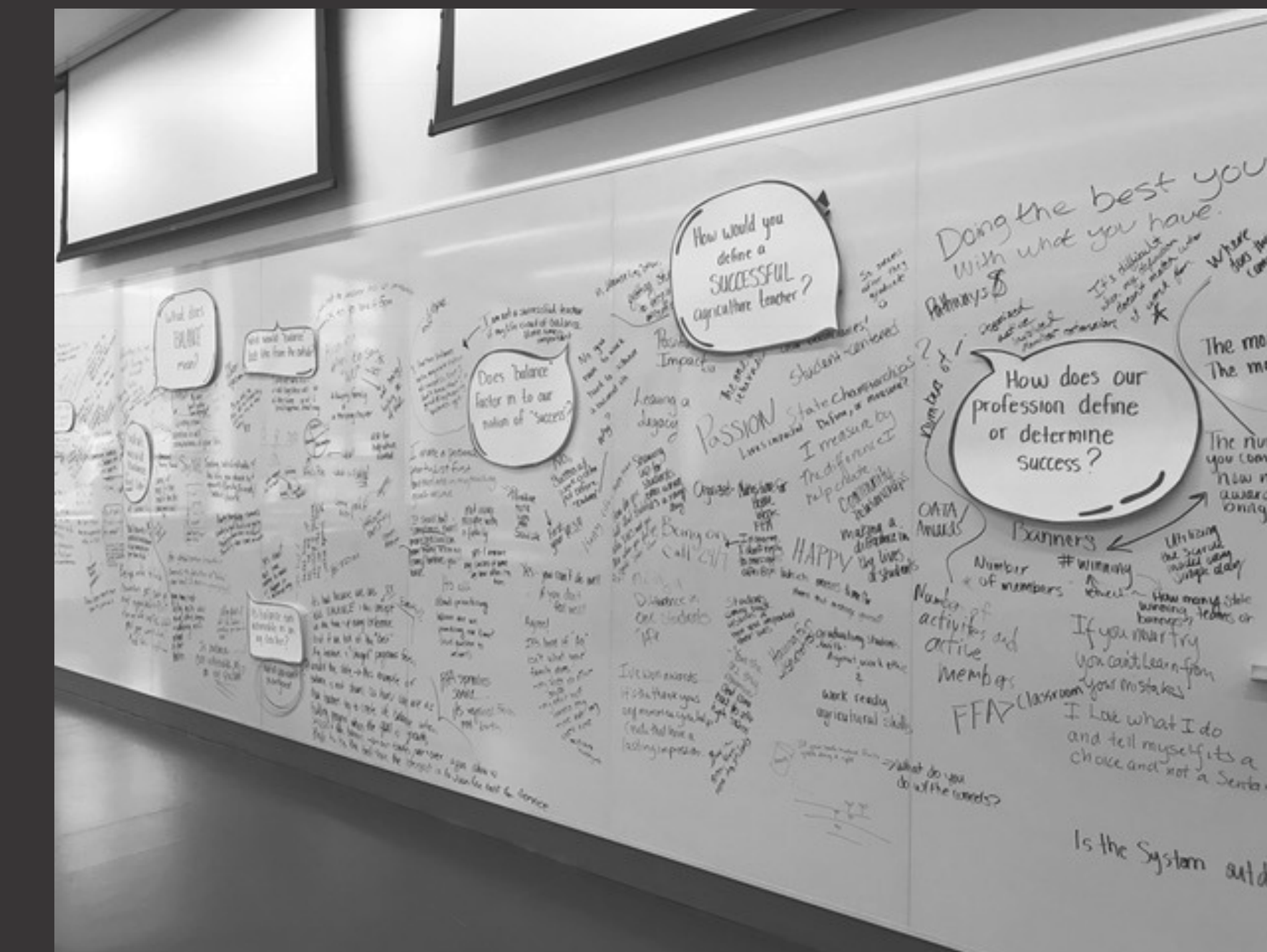
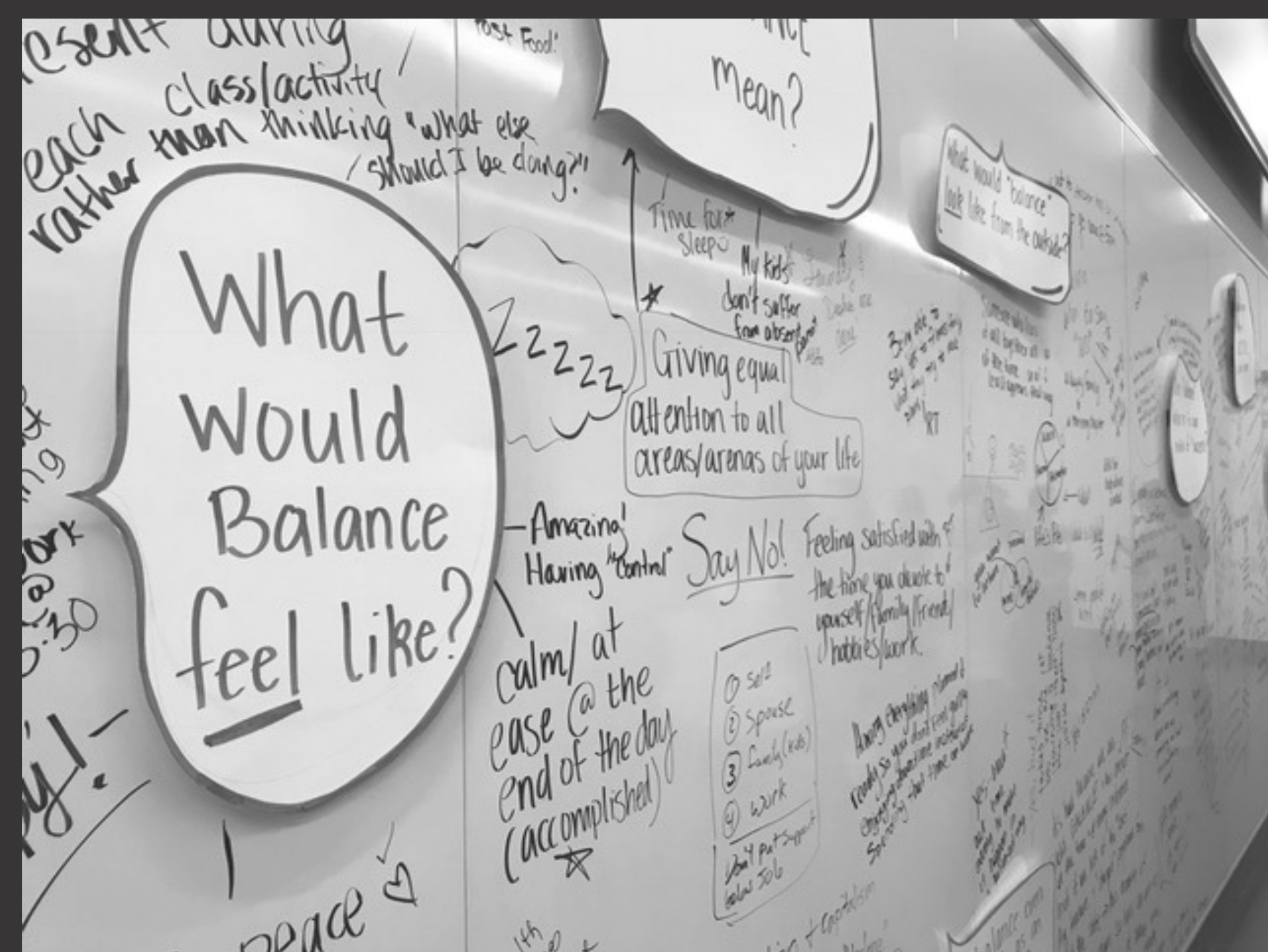


*What would agriculture teachers say in their own words?*

*Qualitative case study*

*Conceptual framework drew from perspectives in organizational psychology*

*50 early career ag teachers*



*Data included: whiteboard responses, discussions, & Padlet responses*

*Converged data & utilized thematic data analysis*

## BARRIER TO BALANCE #1

### *Perfection*

*"my own self. My own want to achieve perfection"*

*"the 'need' to see 'everything' my first year"*

## BARRIER TO BALANCE #2

### *Lack of Support*

*"boss telling me I'm not working hard enough"*

*"community/staff doesn't see everything you do in the program"*

## BARRIER TO BALANCE #3

### *Instructional Tasks*

*"so many grades due each week"*

*"lesson plans/feeling prepared for the week"*