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 Micromanagement In Schools Is Causing Mental Health Issues

**Introduction**

Management of a business is not an easy task; a business manager has to be very careful and vigilant regarding each and every process of his business so that he can run the business effectively and grab a maximum of the market share. A similar instance can be seen in the case of the area of education; just like a business manager needs to pay special attention towards the practices going on in their business, similarly, a teacher also needs to keep a close look on the learning and progress of his students so that they can excel in their academics. However, sometimes, the teachers go too far in keeping a strict check and balance on their students without knowing that it is doing more harm to the student than improvement. One of such harmful practices adopted by the teachers is “Micromanagement”. The following piece of writing will look into the details of how the practices of micromanagement are disturbing the students psychologically and how they are contributing to ruining the mental health of the students.

**Discussion**

Micromanagement is basically a term used in the circles of management to indicate a style of management where the manager closely observes the working of his employee and constantly keeps nagging or reminding the employee about his work. This nagging may be about the employee’s mistakes and faults in the current ongoing work or constant reminders about the pending tasks for the day. Similarly, such practices are also carried out by the teachers in the field of education towards their students.

 No matter what area the practices of micromanagement are applied in, they only prove to be beneficial for a short period of time. Micromanagement practices are especially harmful in the case of students, where it can devastate not only the performance of the student but also his mental health (Meyers). Some of the negative effects on the performance and mental health of the students have been listed:

*Student Loses His Self-Esteem and Confidence*

One of the first and adverse effects of micromanagement practices is that the student loses his self-esteem and confidence. The student feels like he is not capable of performing better, which could be why the teacher is keeping a constant check on him. The student hesitates to work according to his full potential, hence, his performance or efficiency is decreased.

*Student May Lose Trust in the Teacher*

The constant watch and nagging from the teacher’s side may not only result in the loss of confidence and self-esteem in the student but in a loss of trust in the teacher as well (Serrat). The student’s trust in his teacher will shake and he may stop discussing his problems with the teacher, which will ultimately result in a decline in the performance of the student.

*Absenteeism May Increase in the Students*

Once the morale or self-confidence of the student falls, he will also lose interest in coming to school altogether and may start taking leaves on a regular basis (Cleary). Watching a constant watchful behavior of the teacher, the student will start presenting fake excuses to remain absent from school so that he does not have to face his teacher often.

**Conclusion**

Hence, in a nutshell, it can be concluded that micromanagement proves to be harmful and damaging, irrespective of the area, especially in the longer run. It especially proves to be toxic in the case of students, whose teachers apply micromanagement practices. These practices and methods may have an effect on not only the academic performance of the students but also on their mental health in a longer run. The student may lose their morale, self-esteem, and self-confidence, and may even give a below-average performance under the pressure of his micromanaging teacher. Hence, it is recommended that the teacher should give a little confidence and space to his or her students so that they can work freely and explore their true capabilities in a relaxed manner.

**Works Cited:**

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