

Childhood Education Citizens are the most important treasure of any nation or country. The findings of this systematic review can have significant value in designing intervention programs aiming to foster the personal and professional well-being of kindergarten teachers. The methodological approach consists of a systematic literature review of the well-being dimensions of kindergarten teachers that can be found in the literature and the instruments that are most frequently used to assess the identified dimensions. To achieve that, kindergarten teachers perform an increasing diversity of tasks, which can significantly affect their motivation to teach and their professional and personal well-being. It is of great importance to note that early childhood education can have a positive impact on individual career development and can reduce social problems, emphasizing the importance of investing in quality education for young children. Despite the assumed importance of the personal and professional well-being of kindergarten teachers, previous studies have focused on the school atmosphere and their mental health. However, the absence of enthusiastic and dedicated citizens, all the other resources may go waste and useless. Research has shown that, generally, the children who seek admission directly to Grade I are not prepared for elementary schools both mentally and physically. Early childhood education refers to educational programs and activities designed for children from birth to age eight. Just as learning is essential as readiness for life, similarly early childhood education is necessary as readiness for formal education. Therefore, the child must have the worthwhile welfare and due care. Once this fact dawned on the people, their attention was drawn towards early childhood instruction. Today, there is international desire for providing efficient early childhood education all over the world. For the progress of a nation, human resource development is dependent on good education. Kindergarten teachers play a critical role in building a high-quality education. This period is considered critical for the