



Stress Management among Heads of Departments in Nigerian Colleges of Education

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Abstract

This study investigated the management of stress among Heads of Academic Departments (HoADs) in Nigerian Colleges of Education. The sample comprised 40 HoADs who were selected from two Colleges of Education (one Federal and one State owned) using simple random sampling technique. Frequency counts, percentage scores and t-test statistics were used to analyse the data. The study revealed that the HoADs were stressed to a large extent. Prominent among the strategies they used to manage stress were sharing feelings with trusted friends; creating time for leisure activities; expressing feelings instead of bottling them up, relaxing from routine work; and saying no to unreasonable demands. It was also found that while the ownership of institution did not significantly influence the management of stress, it made significant difference on the extent to which the HoADs were stressed, in favour of the State College of Education. It was therefore recommended that the HoADs should continue to make use of the various strategies of managing stress, as a way of life. Moreover, HoADs in the Federal College of Education should put in more efforts to manage stress than their counterparts in the State College of Education.