

STRESS MANAGEMENT AMONG HEADS OF DEPARTMENTS IN NIGERIAN COLLEGES OF EDUCATION

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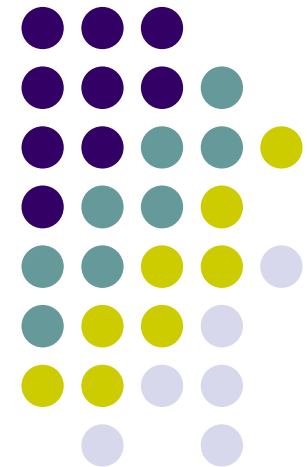




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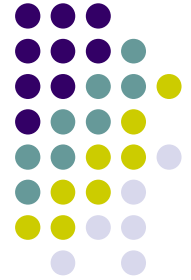
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INTRODUCTION

- HODs occupy strategic position in the administration of tertiary institutions
- The competing roles cause stress for the HODs
- Stress is physical/emotional instability arising from the job's demand.



INTRODUCTION cont'd

- Some symptoms of stress usually exhibited by HODs include:
 - ✓ sleep difficulties, loss of appetite, poor concentration
 - ✓ emotional outbursts, tension, anger, *etc*
- Various strategies are used to cope with stress by HODs



OBJECTIVES

- The extent to which the HODs are stressed
- Strategies used by the HODs to manage stress
- Ownership influence on stress and strategies used to manage stress



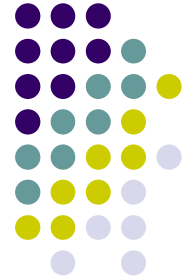
RESEARCH QUESTIONS

- Are the HODs stressed?
- What strategies are used by the HODs to manage stress?



RESEARCH HYPOTHESES

- Ownership of institutions will not significantly influence stress
- Ownership of institutions will not significantly influence the strategies for managing stress



METHODS

- Survey research design
- Two Colleges of Education were selected (1 Federal, 1 State)
- 40 HODs sampled using simple random sampling technique
- A self-designed questionnaire used to collect data



METHODS cont'd

- The instrument was validated and had reliability coefficient of 0.746
- Data were analysed using frequency counts, percentages and t-test statistic
- Hypotheses formulated were tested at 0.05 level of significance



FINDINGS

- The HODs were stressed to a large extent.
- They exhibited the following symptoms of stress:
 - ✓ Hopeless (90%), alcohol or drug abuse (85%), isolated (82%),
 - ✓ pessimistic (82.5%), loss of appetite (75%), poor concentration (72.5%),
 - ✓ emotional outbursts (65%), angry (60%), performance dip (60%)



FINDINGS *cont'd*

- Strategies used by the HODs to manage stress include:
 - ✓ sharing feelings with trusted friends (97.5%)
 - ✓ creating time for leisure activities (97.5%)
 - ✓ expressing feelings instead of bottling them up (92.5%)



FINDINGS *cont'd*

Strategies...cont'd:

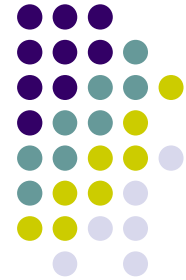
- ✓ forgiving others (90%)
- ✓ relaxing from routine work (87.5%)
- ✓ positive thinking (85%)
- ✓ taking vital medications (85%)

FINDINGS *cont'd*

Strategies...cont'd:

- ✓ keeping sense of humour (80%)
- ✓ getting help from a mentor (75%)
- ✓ non-competitive exercise (75%)

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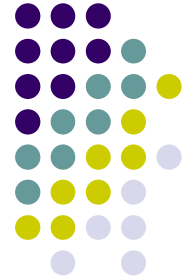
FINDINGS *cont'd*

- Ownership of institution significantly influenced stress among the HODs.
- The finding was in favour of state Colleges of Education
[t-cal (2.41) > t-crit (2.02) *p<0.05]
- Strategies for managing stress not significantly influenced by institutional ownership



CONCLUSION

- The HODs were highly stressed.
- They used appropriate strategies to manage stress
- Ownership of institutions made a difference in the HODs' stress
- Institutional ownership made no difference in strategies for managing stress



RECOMMENDATIONS

- Various strategies of managing stress should be used continuously
- Stressful situations should be considered in HOD's choice of strategies
- FCE's HODs should put in more efforts to manage stress

THANK YOU FOR LISTENING!