

Relationship between Stress Management and Leadership Quality among Adolescent School Students

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Abstract: Adolescence Is The Period From The Beginning Of Sexual Maturity To The Completion Of Physical Growth. During This Period Stress Is Very Common. There Is A Relationship Between Stress Management And Various Factors Which Contribute To Success In Life. This Study Analyses The Relationship Between Stress Management And Leadership Quality Among Adolescent School Students. The Results Of The Study Prove That There Is A Positive Relationship Between The Two Variables. The Data Collected Were Analysed Using Statistics Like Correlation, Test Of Significance Of Difference Between Correlations And Chi-Square.

Key Words: Leadership Quality, Stress Management

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I. Introduction

Stress Is Very Common In Adolescents And It May Be Due To Many Factors. Stress Produces Numerous Physical And Mental Symptoms Which May Vary According To Each Student's Situational Factors. The Process Of Stress Management Is One Of The Key Factors For A Happy And Successful Life In A Modern Society. Some Factors Leading To Stress Can Prove Difficult To Handle, But Stress Management Provides A Number Of Ways To Manage Overall Well – Being. Leadership Is An Ability To Get Others To Follow. In School, Students Have The Opportunity To Develop Leadership Quality And Skills Which Will Prepare Them For Success In School Life, College Life And In The Future Life. They Must Have The Qualities Of Planning, Decision Making, Communicating And Working As A Team. A Class Is A Group Of Learners Or A Learning Group. The Basic Objectives Of These Groups Are To Complete The Learning Tasks And Maintain Positive And Effective Relationship Among Group Members.

Many Studies Have Been Conducted On Leadership Style And Stress In Working Places. Hoi Mui Fong (2015)¹ Did A Study To Determine The Relationship Between Leadership Style And Employee Stress Level At Workplace. The Finding Shows That There Is A Relationship Between Autocratic Leadership Style And Employee Stress Level At Workplace. Hsi-Ying Hsieh (2015)² Explored The Influence Of Manager's Leadership Style On Intern's Job Stress And Job Satisfaction And Analysed The Data On The Basis Of Gender, Age, Duties And Unit's Staff In Leadership Style, Job Stress, And Job Satisfaction. The Results Show That Leadership Style Has A Significant Influence On Job Stress. Shobhana (2010)³ Did A Study On Stress Management And Leadership Style Of Executives. The Major Outcome Of The Study Is That Executives Should Resort To Individual Coping Strategies Of Stress Rather Than Allowing Stress To Overrule Them And Wait For Stress Management Interventions At The Organisation Level. Abdul Wahab, Et Al. (2011)⁴ Examined The Role Of Leadership Practices And Job Stress Among Malay Academic Staff. N. Panchanatham, N.Kumarasamy And Vanitha (2006)⁵ Did A Study To Analyse The Stress Pattern Of Coercive And Non-Coercive Leaders. The Findings Proved The Hypothesis That Coercive Leaders Are More Stressful Than Non-Coercive Leaders. The Aim Of The Study Conducted By Gerry Larsson, Et Al. (1998)⁶ Was To Develop A Theoretical Understanding Of Leadership Under Severe Stress, Using A Grounded Theory Approach Among Military Officers. Ramdane Djebarni (1996)⁷ Reports On The Findings Of A Research Work Aimed At Investigating And Analysing The Impact Of Stress On The Effectiveness Of Site Managers As Leaders. It Was Revealed, Among Other Findings, That The Impact Of Stress On Site Managers Followed To A Great Extent The Typical Inverted U-Shaped Pattern.

Even Though Many Studies Have Been Conducted On Leadership, Leadership Style, Stress And Stress Management In Working Places, Only Few Studies Were Done On Leadership Quality Of School Students. Leadership Can Be Described As The Ability Of An Individual To Influence Motivate And Enable Others To Contribute Towards The Effectiveness And Success Of An Organisation Or Group Of Which They Are

Members. A Person Who Can Bring About Change Therefore, Is One Who Has This Ability To Become A Leader. Stress Management Include Different Coping Strategies Adopted By A Person To Reduce Stress. The Main Objective Of The Paper Is To Find Out The Relationship Between Stress Management And Leadership Quality Among School Children.

II. Methodology

2.1 Method- Survey Method Was Used In This Study.

2.2 Sample - A Sample Of 100 Adolescent School Students Was Taken From The State School Of Kerala, India.

2.3 Sampling Technique –A Random Sample Was Taken From Different Schools Giving Due Consideration To The Sub-Sections Of The Population.

2.4 Tools Used -

- Rating Scale To Measure Leadership Quality Prepared By Dr. Usha Parvathy And Saritha R.P. And Modified By The Researchers.
- Rating Scale To Measure Stress Management Prepared By Dr. Usha Parvathy And Saritha R.P. And Modified By The Researchers

Both The Tools Were Three Point Rating Scales With 24 Items. Each Tool Had 11 Negative Statements. The Scoring Pattern Was 3, 2 And 1 For Positive Statements And 1, 2 And 3 For Negative Statements.

2.5 Statistics - The Statistical Technique Used Were Mean, Standard Deviation And Correlation [Karl Pearson's Co –Efficient Correlation], T Test To Measure The Significance Of Difference Between Two Correlations And Chi-Square.

Mean,
$$\bar{x} = \frac{\sum x}{n}$$

Standard Deviation,
$$\sigma = \sqrt{\frac{\sum x^2}{n} - \left(\frac{\sum x}{n}\right)^2}$$

Correlation, R =
$$\frac{n\sum xy - \sum x \sum y}{\sqrt{n\sum x^2 - (\sum x)^2} \sqrt{n\sum y^2 - (\sum y)^2}}$$

Standard Error, Se_d =
$$\sqrt{\frac{1}{N_1-3} + \frac{1}{N_2-3}}$$

T Score,
$$T = \frac{Z_1 - Z_2}{SE_D}$$

Chi Square,
$$\chi^2 = \sum \left(\frac{(f_o - f_e)^2}{f_e} \right)$$

(Garrett, 1981)⁸

Hypotheses Of The Study

- There Is A Significant Relationship Between Stress Management And Leadership Quality Among Adolescent School Students In The Total Sample.
- There Is A Significant Relationship Between Stress Management And The Leadership Quality Among Female Adolescent School Students.
- There Is A Significant Relationship Between Stress Management And The Leadership Quality Among Male Adolescent School Students.
- There Is A Significant Difference In The Relationship Between Stress Management And The Leadership Quality Among Male And Female Adolescent School Students.
- There Is A Significant Relationship Between Different Levels Of Stress Management And Different Levels Of Leadership Quality Among Adolescent School Students In The Total Sample.

Objectives Of The Study

- To Find Out The Relationship Between Stress Management And Leadership Quality Among Adolescent School Students In The Total Sample.
- To Find Out The Relationship Between Stress Management And Leadership Quality Among Female Adolescent School Students.

Relationship Between Stress Management And Leadership Quality Among Adolescent School Students

- To Find Out The Relationship Between Stress Management And Leadership Quality Among Male Adolescent School Students.
- To Find Out Whether There Is A Significant Difference In The Relationship Between Stress Management And Leadership Quality Among Male And Female Adolescent School Students.
- To Find Out Whether There Is A Significant Relationship Between Different Levels Of Stress Management And Different Levels Of Leadership Quality Among Adolescent School Students In The Total Sample.

III. Analysis And Interpretation Of The Data

Table- 1: Relationship Between The Values Regarding Stress Management And Leadership Quality Among Adolescent School Students In The Total Sample And Sub Samples Based On Gender

Groups	Number	Variables				R	Level Of Significance
		Stress Management		Leadership Quality			
		Mean	Sd	Mean	Sd		
Total	100	53	5	51	5	0.44	0.01
Male	63	53	5	50	5	0.45	0.01
Female	37	52	5	52	4	0.54	0.01

The Table Above Shows That There Is A Significant Positive Correlation Between The Values Regarding Stress Management And Leadership Quality Among Adolescent School Students In The Total Sample And Sub Samples Based On Gender. The Correlation Values Denote Substantial Or Marked Relationship (Garrett, 1981, P. 176)⁹ Between The Variables.

Table – 2: Data And Results Of The Test Of Significance Of The Difference Between The Correlations Of The Values Regarding Stress Management And Leadership Quality In Adolescent School Students Based On Gender

Gender	Number	Variables				R	T - Value	Level Of Significance
		Stress Management		Leadership Quality				
		Mean	Sd	Mean	Sd			
Male	63	53	5	50	5	0.45	0.55	Not Significant
Female	37	52	5	52	4	0.54		

The Table Value (T -0.55) Shows That There Is No Significant Difference Between The Correlations Of The Values Regarding Stress Management And Leadership Quality In Adolescent School Students Based On Gender. So It Can Be Interpreted That The Correlation Values Related To Stress Management And Leadership Quality Is Same In Male And Female Adolescent School Students.

Table – 3: Relationship Between Adolescent School Students Belonging To Different Levels Of Stress Management And Different Levels Of Leadership Quality

Levels Of Stress Management	Levels Of Leadership Quality				Df (R-1)(C-1)	X ²	Level Of Significance
	Above Average	Average	Below Average	Totals			
Above Average	9	5	0	14	4	27.50628	0.01
Average	7	45	13	65			
Below Average	1	14	6	21			
Totals	17	64	19	100			

Adolescent School Students Were Grouped Into Three On The Basis Of Scores Of Stress Management. The Students Having Score Above $M+1 \Sigma$ Was Considered As Above Average And Students Having Score Below $M-1 \Sigma$ Was Considered As Below Average. Students Having Scores Between $M+1 \Sigma$ And $M-1 \Sigma$ Were Considered As Average. Students Were Grouped Into Three On The Basis Of Scores Of Leadership Quality. The Table Above Shows That There Is A Significant Relationship Between The Number Of Adolescent School Students Belonging To Different Levels Of Stress Management And Different Levels Of Leadership Quality As The Obtained X² Value,27.50628 Is Significant At 0.01 Level.

Conclusions Of The Study

- There Is A Significant, Substantial/Marked, Positive Relationship Between The Stress Management And Leadership Quality Among Adolescent School Students In The Total Sample.(R = 0.44.Significant At 0.01 Level)
- There Is A Significant, Substantial/Marked, Positive Relationship Between The Stress Management And Leadership Quality Among Female Adolescent School Students In The Total Sample.(R = 0.4=54.Significant At 0.01 Level)
- There Is A Significant, Substantial/Marked, Positive Relationship Between The Stress Management And Leadership Quality Among Male Adolescent School Students In The Total Sample.(R = 0.4=45.Significant At 0.01 Level)
- There Is No Significant Difference In The Relationship Between Stress Management And The Leadership Quality Among Male And Female Adolescent School Students.(T =0.55,Not Significant)
- There Is A Significant Relationship Between Different Levels Of Stress Management And Different Levels Of Leadership Quality Among Adolescent School Students In The Total Sample.(X² =27.50628,Significant At 0.01 Level)

Stress And Depression Are Serious Problems Faced By Many Teenagers. According To Stanley Hall Adolescence Is A Period That Is Characterized By Storm And Stresses. The Greatest Health Obstacles Of Students Of This Age Group Are Academic Performance And Academic Stress. Academic Stress May Result In Increase In The Number Of Drop Outs. Achievement Anxiety Is Also One Of The Most Common Cause Of Stress In Adolescent School Students .To Reduce Stress, Schools Should Provide Co-Curricular Activities Like Group Discussion, Seminar, Tour Programmes Etc. Which Will Also Help To Develop Leadership Quality Among Children. The Results Of This Study Have Shown Positive Relationship Between Stress Management And Leadership Quality Among Adolescent School Students.

Acknowledgements

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