

Sources of Occupational Stress among Teachers in Command Secondary Schools of Nigerian Army

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Abstract : Background: Working in a military setting could elicit some amount of stressful doses into ones system because of the attendant peculiar characteristics found in the military environment. Thus, this study was carried out to find out the sources of occupational stress among teachers in various Command Secondary Schools within 2 Division of Nigerian Army. Method: The study employed a survey method. Simple random sampling technique was used to select the schools in the Division. A total of 200 respondents participated in the study. Sources of Teachers' Occupational Stress Questionnaire (STOSQ) was administered to the respondents to collect relevant data. The t-test and Analysis of Variance (ANOVA) statistics were used to test the hypotheses. Findings: From the study, it was discovered that teachers in this setting do experience occupational stress. Their major sources of stress bother on issues relating to salaries and allowances and staff welfare concerns. The findings also revealed that there were no significant differences in the sources of occupational stress among the teachers in respect to gender and marital status. Discussion: Based on these findings, it was recommended that the Appropriate Superior Authority (ASA) should reconstitute the proscribed Armed Forces Schools Management Board (AFSMB) where issues, such as staff salaries and welfare concerns for teachers working in the schools under the three services (Army, Navy, Airforce) will always be addressed. This will go a long way in enhancing the psychological well-being of the teachers.

Keywords : Nigerian army, occupational stress, sources, teachers

Conference Title : ICPP 2015 : International Conference on Psychology and Psychiatry

Conference Location : Los Angeles, United States

Conference Dates : April 03-04, 2015