

Research Paper

## Impact of Stress on Administrative Performance of the School Principal

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**Key Words -** *Stress, Administrative Performance etc.*

### Abstract

*It is stated that 21<sup>st</sup> century is an age of stress and it is common to all people in this world, therefore research topics on impact of stress on administrative performance of school principal has to play effective role even in the absence of every necessary resource and in principal stress inventory and school principal overall performance scale were used for 250 subject of Ahmedabad. The results are school principal having lower stress are performing in administrative better as compare to school principal having higher stress .In the case of variables gender ,having administrative experience of 10 years and more than 10 years having lower stress. It means mental stress impacts negatively on the administration Performance of school principal.*

*Present study therefore male school principal having lower stress are performing in administration In school better as compare to male school principal having higher stress and female school principal having lower stress are performing in administration in school better as compare to the female school principal having higher stress.*

### Introduction

The life 21<sup>st</sup> century has become more complex to live peacefully as day after day new provocations tack place in almost all fields of life. These new innovations and modernization have many changes in all walks of our life. This personal cost is nothing but it is captured by a simple & single that is stress. Many aches and pains are normally resulting from the hectic pace of our life which normally considered as stress. It is stated that 21<sup>st</sup> century is an age of stress and it is common to all people in this world, therefore research topic of stress management in the field of education administrator and management is timely one. The school principal as an academician & administrator has to play effective role even in the

absence of every necessary resource and in the time of explosion of knowledge and various skills.

The role of school principal for whom generally the word principal is being used has become more responsible from the point of school principal are like working in hectic pace of life surrounded with inside and outside school stress. Under many types of functions demanding circumstances the life of school principal has become complex and stressful as there never was so much to do. In current situations the school principal of secondary & higher secondary school has to show their performance in better way even under stressful situations in the school. The performance of school principal in academic, administration, social and other activities, which collectively shows overall performance in the school, depends upon how the school principal reacts or copes or manages with stress inducing situations of the school. Researcher has decided to find how stress impacts the administrative performance of school principal.

### **Statement of the problem**

Impact of stress on administrative performance of the school principal

### **Objectives of the study**

Main objectives of the study are as follows:

- 1 To study the impact of stress on administrative performance of the school principal
- 2 To study the impact on stress on administrative performance of the school principal with reference to the gender and administrative experience school principal.

### **Hypothesis of the study**

Main Hypothesis of the study are as follows:

- 1 There will be no significant difference between mean administrative performance score of school principal of higher stress group and lower stress group.
- 2 There will be no significant difference between mean administrative performance score of Gender school principal of higher stress group and lower stress group.
- 3 There will be no significant difference between mean administrative performance score of school principal having administrative experience up to 10 year and more than 10 year of higher stress group and lower stress group.

### **Limitation of the study**

1 This study is restricted to secondary and higher secondary school principal of Ahmedabad city.

2 This is done on Gujarati medium school principal.

### **Method of Research**

In the Present study, survey method was used because it is proper and feasible too.

### **Variable of the study**

Variables of the study are as follows:

1. Independent variables: There is one independent variable involved in data analysis for the present study and it is causes creating stress.
  - 1 Dependant variables: There was only one dependent variable involved in data analysis for the study and it is administrative performance of school principal.
  - 2 Moderator variables: There were five moderator variables in data analysis for the study. These Moderator variables and their categories were as under.
2. Administrative Experiences (1) up to 10 years (2) more than 10 years

### **Samples**

In the present study 250 schools principal were selected by multistage stratified random sampling. From urban area 55 school principal from semi urban area 57 schools principal and from rural area, 138 schools principal were selected. The total subjects selected for the sample were 250.

### **Tool**

In the Present Study two self made tools were used for collection of data.

1. School Principal Stress Inventory
2. School Principal performances Scale

## Data Analysis and Interpretation

Table No.1

Significance of Mean Difference in Administrative performance Of the school principal

Stress Group	N	Mean	S.D	Mean difference	t-Value	Significance level
HS	100	25.09	6.88	17.44	20.78	0.01
LS	100	42.54	4.84			

As show in table-1 That t -value for significance of mean difference of administrative performance scores of higher stress Group and lower stress group is 17.44 .It is significant at 0.01 level ,so the null hypothesis-1 **There will be no significant difference between mean administrative performance score of school principal of higher stress group and lower stress group was rejected.** Therefore school principal having lower stress are performing in administrative performance better as compare to school principal having higher stress.

Table No.2

Significance of Mean Difference in Administrative performance according to gender of the school principals

Gender	Stress Group	N	Mean	SD	Mean Difference	t-Value	Significance Level
Male	HS	76	25.25	7.38	17.59	17.19	0.01
	LS	77	42.85	5.04			
Female	HS	24	24.48	4.96	16.99	13.04	0.01
	LS	23	41.42	3.94			

As shown in table-2 That t-value For signification of mean difference between administrative performance scores of male school principal of higher stress group and lower stress group for male school principal is 17.19 and female school principal is 13.04.It is significant at 0.01level, so the null hypothesis- 2 **There will be no significant**

**difference between mean administrative performance score of Gender school principal of higher stress group and lower stress group was rejected.**

Male School principals having lower stress are performing in administration in school better as compare to male school principal having stress. Female School principals having lower stress are performing in administration in school better as compare to the female school principals having higher stress.

Table No.3

Significance of Mean Difference in Administrative performance according to administrative experience of the school principals

Administrative Experience	Stress Group	N	Mean	SD	Mean Difference	t-Value	Significance Level
Graduate	HS	47	23.27	6.88	20.18	16.45	0.01
	LS	46	43.97	4.84			
Post – Graduate	HS	53	26.28	6.76	15.09	13.55	0.01
	LS	54	41.38	4.46			

As shown in table-3 That t-value For signification of mean difference between administrative performance scores of higher stress group and lower stress group for school principal having educational experience up to 10 year is 16.45 and more than 10 year is 13.55 .It is significant at 0.01 level ,so null hypothesis -3 **There will be no significant difference between mean administrative performance score of school principal having administrative experience up to 10 year and more than 10 year of higher stress group and lower stress group was rejected.**

Therefore school principals having administrative experience up to 10 year having lower stress are performing in academic function in school better as compare to the same having higher stress. And school principal having administrative experience more than 10 year having lower stress are performing in academic functions in school better as compare to the same having higher stress.

## 11 Finding

1 School principal having lower stress are performing in administrative performance better as compare to school principal having higher stress.

2 Male School principals having lower stress are performing in administration in school better as compare to male school principal having stress. Female School principals having lower stress are performing in administration in school better as compare to the female school principals having higher stress.

3 School principals having administrative experience up to 10 year having lower stress are performing in academic function in school better as compare to the same having higher stress. And school principal having administrative experience more than 10 year having lower stress are performing in academic functions in school better as compare to the same having higher stress .

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