



School Headship and Occupational Stress: The Case of Primary School Heads

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ABSTRACT The current study was instituted to explore occupational stress among primary school heads with a view to establishing whether or not these school heads experience occupational stress. The research design employed was survey. A semi-structured questionnaire which consisted of an eleven- point Likert scale to determine the presence or absence of stress, a stress inventory of 65 occupational stressors and follow-up interviews were the instruments used to source data from the participants (n=31; female=45 percent).The study established that primary school heads experience high levels (Mean=6.5) of occupational stress. Among others, high stressors were: too much paper work, work overload, dealing with parents, handling admissions, managing school finances and supervising teachers. t-test analyses of the data revealed that gender, age and experience as school head did not significantly influence overall occupational stress. One of the recommendations is that school heads should be made aware of the fact that their job is potentially stressful and they should be taught how to manage stress in both pre-service and in-service training.