
CAUSE OF STRESS AND THE STRATEGIES OF MANAGING IT AMONG ADULT LEARNERS IN BORNO STATE AGENCY FOR MASS LITERACY

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***Abstract:** The study examined causes of stress among adult learners and the strategies of managing it. The study has two objectives and two research questions. Self developed questionnaire with Ten (10) items which contain the causes and strategies of managing stress was employed to collect the relevant data from the respondents from two literacy centers in the Agency for Mass Literacy Borno state. 120 questionnaires were distributed to adult learners 60 from each literacy centers through stratified and simple random techniques. The results revealed that combining work with academics causes stress among the adult learners with 98(81.7%) of the respondents. Another finding revealed that organizing work to manage time is another strategy of managing stress with 78(65%). Based on the findings of study, it was recommended that among adults that awareness and seminars should be organized for the category of learners immediately after enrolment exercise to help them manage stress.*

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INTRODUCTION

Adult education is the practice of facilitating and educating adults. It also refers to as training development, educating adults differs from educating children, this is because adults have accumulated knowledge and experience that can either add value to the learning or it can hinder. The stress connection in an individual who is likely to combine different roles may experience a lot of difficulties in handling and coping with these challenges, as he/she goes through

life. Stress management is a lesson that helps adult learners to understand that stress is a part of everyday life. Anxiety and stress in academics can have both negative and positive consequences, if not well managed. People often experience a general state of worry or fear before confronting some challenges such as a test, examination, interview etc. Various studies have shown that stress among adult learners (Dyck, 2001). Stress can have a serious impact on the daily life of an adult learner because of their uniqueness in nature, but they need to cope with psychological and psycho-social changes that are connected to the development of their personal life. Adult learners have to also cope with the academic and social demands that they encountered in their studies and in their preparation for professional career (Goodman, 1993).

The future of any nation lies heavily on the education of its citizens, it is important to identify the causes of stress and its management among the adult learners; this can help the adult learners to cope with the stressors while pursuing their academic careers. Life of an adult is naturally characterized by increased stress as a result of competing demands. Therefore, managing stress becomes a life coping skill which every adult is expected to acquire in order to leave a successful life. According to Bee and Bjorklund (2004), life is stressful for adulthood journey and that stress in life can be both healthy and unhealthy.

Most of these adult learners are workers, married people, socially active individuals and want to improve themselves academically. If learners have been in an adult education class for several weeks they may be feeling some stress with their load, both good and bad event can cause stress in an adult learner daily life. Ogundipe (1976) noted that the long distance to the learning centers in some areas has been disadvantage especially to women. He observed that, in fears of their being mishandled on journey or in sympathy for their physical weakness. These learners have felt stress in their roles as workers, parents and citizens and sometimes they will voice out their frustration. Colbert (2000) stated, stress is a subjecting experience which is not necessarily easy to identify in another person, in other words a very high percentage of stress is highly individualized producing entirely different reactions in different individuals.

The causes of stress in the work environment can be caused by events that are pleasing as well as events that create crisis in our lives; good or bad change can cause stress. The physical stress can be harmful because they force the body system to continuously compensate for conditions that are outside the normal range. Students or worker working on rotating shifts may place the body under the physical stress because of the body natural cycle Kubo, Kanehisa, kawakani and Fukunaga (2000). According to Santrock, (2008), opined that work place stressors can lead to distress because they are in many cases beyond the individual's control. According to Carveth, Gress and Moses (1996), academic stressors include student's perceptions of the extensive knowledge base required and perception of inadequate time. Conflict is another cause of stress. Personal stressor is another major category of stressor that had been identified by psychologist.

Research indicate that routine hassles may have significant effect on our mental and physical health Delongies, Folk man and Lazarus, (1998).It is important to take care of problems that come up in life, be prepared to make good decision, think about the result of an action. This paper therefore intends to identify some of the causes of stress and also to determine the strategies for managing the stress among adult learners enrolled in adult literacy centers.

STATEMENT OF THE PROBLEM

Adult that are involved in adult education programme and also engaged in other activities that can be stress towards achieving academic excellence, because of combining social life and academic together and they have various responsibilities in the home and the society at large. Therefore, the problem of stress is daunting and can affect the academic performance of the learner if not properly managed. Despite the tremendous effect that stress can have on the academic performance of the adult learner. Therefore, this paper intends to find out the causes of stress and anxiety among adult learners in the centers and how to manage it.

OBJECTIVES OF THE STUDY

The following are the objectives of the study;

1. To determine the causes of stress among adult learners
2. To determine the strategies of managing stress used by the adult learners

RESEARCH QUESTIONS

1. What are the major causes of stress among adult learners?
2. What are the strategies of managing stress used by the adult learners that are enrolled in literacy programmes?

METHODOLOGY

Survey research design was adopted for the study. The target population comprised all the 300 adult learners enrolled in the Basic Literacy Programme in the literacy centers in two (2) local governments of Borno state, UMTH literacy classes, State Library and Agency for Mass literacy. Stratified and simple random samplings were adopted to select 120 adult learners for the study. Majority of the adults that attend these centers move for long distance to the literacy centers despite the hustle and bustle nature of the live of people in Maiduguri, Self-developed questionnaire was used with ten (10) items which covered the causes and strategies of managing stress among adult learners.

The researcher administered 120 questionnaires to the respondents and the respondents were given five days to complete the questionnaire and returned.

RESULTS

What are the causes of stress among adult learners?

S/N	Statement	Yes	No
1	Difficulty in combining work with studies	98(81.7%)	22(18.3%)
2	Distance of the literacy center	92(76.7%)	28(23.3%)
3	Insecurity in making frequent travels to learning center	89(74.2%)	31(25.8%)
4	Suspicion of spouse	100(83.3%)	20(16.7%)
5	I am not sure am interested in reading	35(29.2%)	85(70.8%)

The table above shows that 98 (81.7%) of the respondent agree that difficulty in combining house work with studies causes stress among adult learners, and also distance of literacy center causes stress.

What are the strategies of managing stress among adult learners? Who are enrolled in adult literacy centers?

S/N	Statement	Always	Sometimes	Never
1	I make myself happy always by watching films	59(49.2%)	48(40%)	13(10.8%)
2	I get support my house mates	68(56.7%)	37(30.8%)	15(12.5%)
3	I take everything in the world easy	45(37.5%)	62(51.7%)	13(10.3%)
4	I take fruits every evening	48(40%)	61(50.8%)	11(9.2%)
5	I organized my work to manage the time I have	78(65%)	30(25%)	12(10%)

The table above shows that 59(49.2%) adult learners watch film as a way of managing stress, while 68(56.7%) get support from the mates which help in managing stress, more also 62(51.7%) of the adult said sometimes they take everything in the world easy to manage stress and 78(65%) said they organize their work to manage the time they have in other reduce stress.

CONCLUSION

As soon as one knows the causes that lead to stress it becomes easier to deal with it. Individuals with stress from daily hustling may call for attempt to escape from the realities. This is because some would even go for drugs, but the best way to handle such situation is to try to overcome by being in control of one's feelings and behaviors.

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