

THE RELATIONSHIP BETWEEN HEADMASTERS' SELF-AWARENESS AND THEIR MENTAL PRESSURE" IN HIGH SCHOOLS OF DEPARTMENT OF EDUCATION IN 2015 IN KARAJ

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ABSTRACT

This research has been done under the title of "The Relationship between Headmasters' Self-Awareness and Their Mental pressure" in High Schools of Department of Education in 2015 in Karaj. The main hypothesis of the research is that "Mental pressure is lower in headmasters who have high self-awareness in comparison to those who have low self-awareness". There are also four secondary hypotheses as:

1. There is a relationship between headmasters' education level and their self-awareness.
2. There is a relationship between headmasters' education level and their mental pressure.

It is a descriptive survey in which the statistical population is all high school headmasters of the period 1 (previous guidance school) of the district 2, 3, and 4 of Department of Education in Karaj. Sampling method is census and sample size includes 144 headmasters. Data gathering tool is two questionnaires: self-awareness questionnaire and mental pressure questionnaire. Validity of both questionnaires has been tested by content analysis method ; Reliability of both questionnaires has been tested by Cronbach's Alpha Coefficients. Reliability of the self-awareness questionnaire and mental pressure questionnaire are 0.78 and 0.83 respectively. Descriptive statistics (frequency table, frequency percentage, and averages) and inferential statistics (t-test, one-way ANOVA, and Tukey) were used to analyze the data. In addition to confirmation of the main research hypotheses, these results have been obtained: 1. There is a significant relationship between headmasters' education level and their self-awareness. 2. There is a significant relationship between headmasters' education level and their mental pressure.

KEYWORDS: mental pressure, high school education, self-awareness

INTRODUCTION

Most headmasters have mental pressure. They have to do a lot of works in a little time and by limited resources. Low pressure can be tolerated and overcome. Additionally, it helps us to be on our own and love the work more. Mental pressure is not necessarily a negative and ugly phenomenon, but, in some cases, it makes challenges in people and can be followed by positive potential achievements. But high mental pressure is problematic. When the mental pressure is high, or it takes too long, headmaster's energy is gone and he/she loses his/her self-confidence and suspects about his/her strength to succeed. At this moment, mental pressure has led to worry and confusion. People's tolerance and reaction are different and the threshold in which mental pressure leads to worry and confusion is not the same in different people. So, every headmaster has his/her own threshold and when a headmaster is continuously under pressure, he/she will lose his/her efficiency (Ronterry, 1380, translated by Deghani, p.73). Some headmasters face with problems in social and organizational relationships due to not having awareness of their own personality. A person who does not know himself/herself cannot talk about his/her expectations to others, and a person who does not know the others, does not know what to give and ask others so that they get satisfied. A headmaster who knows himself/herself can largely control himself/herself and his/her expectations and behaviors. Such a headmaster has the ability of self-control and can have a good relationship with the environment and others. On the other hand, if a headmaster does not know himself/herself, how he/she can introduce himself/herself to others (Mirkamali, 2000,).

If a headmaster is able to know himself/herself, he/she can know others as well, and since employees have some feedbacks, actions and reactions with each other inside the organization, the works are done with respect to their abilities, and this interweaving decreases mental pressure among the employees of the organization. There is no doubt that in order to achieve "self-improvement", one must be aware of "self-awareness". If the headmasters know about mental pressures and its behavioral, mental, and physical signs such as insomnia, depression, and peptic ulcers..., and on the other hand, if also they know about mental and physical preparation (self-awareness) well, at the time of mental

pressure, they will react appropriately and they do not feel stress or mental pressure or at least these headmasters' stress and mental pressure will be lower than the others.

Researcher's motivation :

The researcher's motivation of doing the research is to satisfy his/her curiosity about the importance of self-awareness and its relationship to the mental pressure.

Research hypotheses :

This research has 1 main hypothesis and 2 secondary hypotheses.

Main hypothesis: "Mental pressure of headmasters who have high self-awareness is lower than mental pressure of headmasters who have low self-awareness."

Secondary hypotheses of the research include:

1. There is a relationship between headmasters' education and their self-awareness.
2. There is a relationship between headmasters' education and their mental pressure.

Research methodology :

This is a non-experimental research regarding the variables, and it is an applied research regarding the goal.

The methodology is a descriptive survey because the researches does not involve in the size of variables and has not changed them, and he/she has just described the relationships between the variables.

Statistical population :

The research statistical population is all high school headmasters of the period 1 (previous guidance school) of the district 2, 3, and 4 (3 of 4 districts) of Department of Education in Karaj. The size of statistical population is 144 headmasters. These are headmasters of public high schools period 1. The headmasters of non-profit and Shahed high schools are not included.

Sampling method and size :

Regarding the size of statistical population, census sampling method or census has been used, so, the sample size includes 144 headmasters.

Main hypothesis:

Mental pressure of headmasters who have high self-awareness is lower than mental pressure of headmasters who have low self-awareness.

Table number 1 : "the result of the relationship of self-awareness and headmasters' mental pressure".

	Average	Standard deviation	Average deviation error	T value	Freedom degree	Significance Level	
						95%	99%
Low self-awareness	37.5	4.11	0.48	8.98	124	1.65	2.35
High self-awareness	29.84	4.87	0.67				

As it is clear in table number 1 , the calculated t value 8.98 with the freedom degree of $df = n1 + n2 - 2 = 124$ is bigger than explainer amount 2.35 with one range alpha 0.01. So, the research hypothesis is confirmed. On the other word, by 99% confidence, it can be concluded that mental pressure of headmasters who have high self-awareness is lower than mental pressure of headmasters who have low self-awareness.

First secondary hypothesis:

there is a relationship between headmasters' education and their self-awareness.

Table number 2: “one-way ANOVA test results of headmasters’ education level and self-awareness”.

Sources of Changes	Freedom degree	Total Squares	Mean of squares	F value	Significance Level	
					95%	99%
Between Groups	2	1270.66	635.3	16.69	3.07	4.78
Intragroup	123	4681.46	0.67			
Total	125	5952.13				

Low education level: Associate degree or lower

High education level: Bachelor degree or higher

As it is clear in table number 2, the F value calculated with 16.69 degree of freedom numerator 2 denominators 123 is bigger than explained amount with alpha 0.01. So, the research hypothesis is confirmed. It means that there is a significant relationship between headmasters’ educational level and their self-awareness.

So, it can be concluded that the higher headmasters’ educational level is, the more self-awareness will be among them.

The results of post hoc Tukey test show that self-awareness average of headmasters with secondary school degree, associate degree, and bachelor degree and higher are 46.6, 49.98, and 55.9 respectively. The findings show that it is the big difference between self-awareness of headmasters with bachelor degree and higher and two other groups which has caused such a difference.

Second secondary hypothesis:

there is a relationship between headmasters’ education level and their mental pressure.

Table number 3 : “one-way ANOVA test results of headmasters’ education level and their mental pressure”.

Sources of Changes	Freedom degree	Total Squares	Mean of squares	F value	Significance Level	
					95%	99%
Between Groups	2	653.6	326.8	11.84	3.07	4.78
Intragroup	123	3393.2	27.5			
Total	125	4046.9				

Low education level: Associate degree or lower

High education level: Bachelor degree or higher

The findings in table 3 shows that the F value calculated with 11.84 degree of freedom numerator 2 denominators 123 is bigger than explained amount 4.78. So, the research hypothesis is confirmed. It means that there is a significant relationship between headmasters’ educational level and their mental pressure.

So, it can be concluded that the higher headmasters’ educational level is, the less mental pressure will be among them.

The results of post hoc Tukey test show that mental pressure average of headmasters with secondary school degree, associate degree, and bachelor degree and higher are 35.66, 35.9, and 31.30 respectively. The results indicate high mental pressure in headmasters with secondary and associate degrees. Regarding the mental pressure, headmasters with bachelor and higher degree are at the lowest level.

DISCUSSION AND CONCLUSION

The obtained results, based on the research data analysis, are as follows:

Main hypothesis: the obtained result indicates that mental pressure in headmasters who have high self-awareness is lower than mental pressure in headmasters who have low self-awareness.

This result is consistent with the results of previous research findings of Sirous Khazaiyan, Dariush Soltani Fottovat, Farhad Maleki Ranjbar, Ebrahim Amin Al-Zabayeh, and Mehdi Mohammadi Kaji, and also the researches of Howard-

Garlenington (1992), Kalahain (1989), and Henrimngton et al. (1982). It means that it can be said that there is a significant relationship between self-awareness and mental pressure. First secondary hypothesis: the result shows that there is a significant relationship between headmasters' education level and their self-awareness. Second secondary hypothesis: the result indicates that there is a significant relationship between headmasters' education level and their mental pressure. This result is consistent with the results of Farhad Maleki Ranjbar's research. It means that headmasters with higher education degree have lower mental pressure. Generally, when headmasters' self-awareness is high, their mental pressure is absolutely lower. In fact, the quality of high self-awareness in a headmaster has a positive effect on his/her behaviors and characteristics, and also it helps the headmaster to be successful in his/her organization.

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