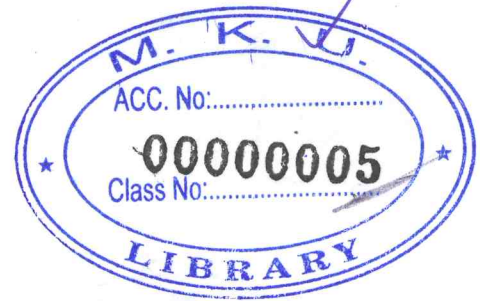


**AN ASSESSMENT OF PASTORS STRESS MANAGEMENT MODELS AMONG
PASTORS IN PRESBYTERIAN CHURCHES OF EAST AFRICA IN MERU
SOUTH AND MAARA DISTRICTS**



CRISPUS MICHENI NDEKE

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ABSTRACT

Stress among the pastors is one of the major hindrances to their performance in their jobs. The pastors are usually loaded with numerous tasks of maintaining the church congregation, as well as acting as the social real life counselor and providing them with spiritual nourishment. Dealing with these numerous people with different problems, aspirations and expectation simultaneously ought to bring about many stressful situations. In the effort to remedy the situation, the study sought to assess the pastors stress management models among full time pastors in Presbyterian churches in Meru South and Maara Districts. The objectives of the study were; to investigate the causes of stress among the full time pastors Presbyterian Churches of East Africa, to establish the coping mechanisms applied by full time pastors to manage stress, to find out the effects of stress among the full time pastors and to propose effective strategies to address the stress problems among the full time pastors Presbyterian Churches in Maara and Meru south districts. The study utilized descriptive survey research design. The target population was all the 27 pastors in the Maara and Meru south District. Census sampling was used to get the sample of the pastors. The study used questionnaires as the research instruments. Piloting was done in 2 churches in the neighboring Meru central district. Reliability of the instrument was tested using Spearman Brown prophesy formula by split half technique and a coefficient of 0.76 was obtained and therefore, the instruments were deemed reliable. Data was collected, analyzed and presented in form of charts, tables and graphs. The study established that the causes of stress among pastors includes personal goals, congregation issues, job related issues, financial constrains, and the pastors family. Among the coping mechanisms, the study established that the pastors did praying, relaxing and resting, consulted fellow workmates, and engaged in other income generating activities. Stress was also found to affect the health of the pastors and their functioning at their jobs, therefore affecting their effectiveness. The study recommends the Presbyterian church management to look into affairs of the pastors, and seminars be conducted to enlighten the pastors on better methods of stress management.