

# **THE EXAMINATION OF THE INTERACTION BETWEEN PERCEIVED STRESS AND HOPE SCALE FROM PSYCHOLOGICAL CAPITAL SCALE**

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## **ABSTRACT**

The purpose of this research is to examine the interaction between perceived stress and hope scale from psychological capital scale. “Hope Scale” developed by Luthans and his colleagues (2007) and “Perceived Stress Scale” developed by Cohen, Kamarck and Mermelste (1983) were used in order to gather data. Population consists of 108 volunteer teachers with coaching certificates who work at schools affiliated to The Ministry of National Education in Hakkari, Turkey. The interaction was examined by making regression and correlation analyses to hope and perceived stress scales.

**Keywords:** Psychological Capital, Work Stress, Hope, Sport Management

## **INTRODUCTION**

Corporate governance aims to increase activity and productivity of managements and to regulate the relations between it and certain interest groups (Radu, 2012). Organizational stress, which involves how individuals’ personal energy is used when they have any expectations of organization or work and how socio-psychological conditions potentially affect the individuals, has started to be involved in daily lives of organizations and to occupy managers’ agendas much more.

Determination of sources of organizational stress and taking necessary measures are perceived as the driving force supporting production factors. Increase in institutionalization and a growing organization require more attention in taking measures and bring about the need for regulations of mechanisms supporting workers made for every organization in particular.

Emphasize on stress that it is inevitable in life of any individual is because it is defined as a kind of reaction against stimuli and events which have psychological, physical and behavioral consequences (Werther and Davis, 1999).

Psychological capital is an idiosyncratic concept different than traditional economic, humane and social capital (Brandt et al., 2011). Psychological capital aims to make humans understand their positive aspects, feel themselves strong and improve themselves and to make them better, happier and more successful.

Business world pays attention to this concept in work productivity and job performance.

According to Synder (2000), hope involves the necessary skill to wish to be successful, determine and specify the road to success and to walk on this road. The necessary instinctive energy to chase a certain goal constitutes the hope. People with much hope can oversee the obstacles on their roads to success and thus create alternative roads.

## **MATERIALS AND METHODS**

### **The Purpose of the Research**

The research aims to examine the interaction between perceived stress and hope scale from psychological capital scale of individuals with coaching certificates working at schools affiliated to The Ministry of National Education in Hakkari province.

### **The Importance of Research**

Teachers with coaching certificates working at schools affiliated to the Ministry of National Education are also interested in the discovery of talented athletes other than normal teaching activities and this causes them to act more proactively. Since it involves stress and hope together, sports rivalry adds a different dynamism to the teachers who have professionally be involved in sports. From this point of view, it is important that this research investigates the interaction between elements that trigger proactivity.

### **Sample and Research Model**

It was aimed to reach 140 persons out of 189 with coaching certificates working at schools affiliated to The Ministry of National Education in Hakkari Province by simple random sampling. However, in 70 days of application, 108 persons were reached due to geographical transportation problems and terrorist incidents. All the questionnaires done were included in the research as a result of validity and reliability analyses. “Hope Scale” developed by Luthans and his colleagues (2007) in order to investigate hope scale from psychological capital scales and “Perceived Stress Scale” developed by Cohen, Kamarck and Mermelste (1983) were used. It was done by face to face survey method. In the first part of the questionnaire, which was developed in the light of the purpose, demographic questions to use in descriptive statistics are placed, in the second part, there is hope scale and third part contains perceived stress scale.

In the analysis of the obtained data, multivariable statistical analyses and parametric and nonparametric tests were used. For the analyses, IBM –

Statistical Package for the Social Sciences (SPSS) 23.0 program was used. With the help of SPSS, frequency distribution, arithmetic mean, standard deviation, frequency, percentages, regression and correlation analyses were used.

## RESULTS

Descriptive statistics are as follows.

Table 1: Descriptive Statistics

Professional Experience	Frequency	percentage
1-5 years	39	36,11
6-10 years	36	33,33
11-15 years	33	30,56
Total	108	100,00

Age	Frequency	Percentage
Age 18-30	41	37,96
Age 31-40	34	31,48
Age 41-50	33	30,56
Total	108	100,00

Educational Status	Frequency	Percentage
Undergraduate	96	88,89
Graduate	12	11,11
Total	108	100,00

Gender	Frequency	Percentage
Female	21	19,44
Male	87	80,56
Total	108	100,00

Table 1 indicates that majority of the participants are males (80.56%), that 37,96% at the age of 18-30 and 31.48% at the age of 31-40 have a low average of age, that they generally have professional experience of lower than 10 years (36.11+33.33=69.44%) and that the rate of graduate individuals is 11.11%.

Table 2: Results of Reliability Test

Name of Scale	Cronbach's Alpha	N of Items
Hope	,811	8
Stress	,751	6

Table 2 demonstrates that scales are valid and reliable since their Cronbach's Alpha values are higher than .70. (Hair et al., 1998).

“Correlation analysis” is used in order to determine the interaction, whether there is a relation between two or more variables and the direction and power of this relation, if any, and “regression analysis” is used in order to examine how a variable change when the other variable change a unit.

Regression analysis is done in order to determine the relationship between two or more variables that have a causal relationship and make estimations and predictions using this relationship (Altınışik et al., 2010).

Table 3: Regression Analysis

Variables	B	t	p	F	Sig.F	R	R Square	Adjusted R Square
(Constant)	5,549	9,436	,000	14,114	,000	,324	,105	,098
Hope	-,413	-,324	,000					

Dependent Variable: Stress

The table above shows that emotional intelligence and stress have an influence on life satisfaction and that the regression formula for this influence can be written as  $Y(\text{perceived stress}) = 5.459 - 0.413 (\text{hope})$

Correlation analysis is a statistical method used to determine whether there is a linear relationship between two numerical measurements and, if any, determine the direction and power of this relationship. If correlation coefficient is negative, this indicates there is an inverse relationship between them, which means one variable increases while the other decreases (Altınışık et al., 2010).

Table 4: Interpretation of Correlation Coefficients

Criterion	Statement
$r < 0,2$	No correlation
0,2-0,4	Weak correlation
0,4-0,6	Moderate correlation
0,6-0,8	Strong correlation
$0,8 > r$	Very strong correlation

As a result of correlation analysis between hope and perceived stress, it was concluded that there is a negative and bidirectional relationship at the  $-0.417^{**}$  (moderate) level between them. However, correlation coefficient is a coefficient that means two variables change in the same or inverse direction in a given time. Therefore, while correlation coefficient does not refer to causal relationship, it also does not explain why there is such a relationship (Ünal, 1996).

## CONCLUSIONS AND RECOMMENDATIONS

In the research, it was concluded that there is an interaction between hope and perceived stress scales. According to regression analysis, perceived stress is influential in hope as in  $Y(\text{perceived stress}) = 5.459 - 0.413 (\text{hope})$  and there is a negative, bidirectional and moderate correlation ( $-0.417^{**}$ ) between variables.

Successes in sports are mentioned as frequently as economic successes. In advanced countries, sports are involved in every part of life, especially in schools. It is important for success in sports to discover individuals' abilities in early ages and to guide them.

Sports intrinsically involves stress and hope together. It is important establish a good balance between hope and stress.

Teachers who work at schools affiliated to The Ministry of National Education and have coaching certificate will contribute significantly to the country's future in sports by guiding talented students to the fields in which they are talented.

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