

**RELATIONSHIP OF PERSONALITY CHARACTERISTICS WITH PERCEIVED
STRESS AND STRESS MANAGEMENT IN MILITARY AIRCREW**



BY

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A thesis

Presented to Bahria University, Karachi

In partial fulfillment of the requirement

For the degree of

Masters of Philosophy

2017

BAHRIA UNIVERSITY, ISLAMABAD

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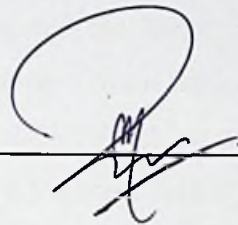
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DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis, to be the best of my knowledge, is my own. All sources used and any help received in the preparation of this thesis have been acknowledged. I hereby declare that, I have not submitted this material, either in whole or in part, for any other degree at this or any other institution.



ACKNOWLEDGEMENT

Finally, I am thankful to Almighty ALLAH, the most Merciful and Beneficent for His mercy and help to complete this study without losing my determination. My profound gratitude to my supervisor and Dean Dr Zainab F Zadeh, for her valuable time and incredible guidance. I am sincerely thankful to her for her trust and confidence in my efforts from start to the final level. She consistently allowed this study to be my own work, but steered me in the right direction whenever she thought I needed it. I would like to thank Mr Khurram Amin for assisting me in Statistical analysis of my data. I must express my deepest love and gratitude to my parents for their prayers and belief in me. My husband Khurram Daud owes my sincere regard for providing me with unfailing support and continuous encouragement throughout my years of study and through the process of researching and writing this thesis. Indeed he is one of the inspirations to conduct this study. I am indebted to my kids, Frawa and Ammar for their unconditional love and care despite my busy routine. This accomplishment would not have been possible without their love, patience and sacrifice which allowed me to push my limits and struggle for excellence. I would acknowledge my friend Ayesha Zahid for her persuasion and motivating gestures that encouraged me to continue my efforts in face of hardships and hurdles. Moreover, I appreciate the cooperation I received from Pakistan Navy in general and specifically from Fleet Headquarters and Commander Naval Aviation at Naval Aviation base. I am humbly thankful to my senior colleagues Commander Logistics Rear Admiral Sajid Wazir Khan and Chief Staff Officer Commodore Sayyed Muhammad Babar for their extraordinary support and assistance. Without their professional participation and input the study could not have been successfully conducted. I am thankful to all officers of naval aviation base for their participation in the survey who supported my work in this way and helped me get results of better quality.

DEDICATION

This thesis work is dedicated to my inspiration for this subject, my life partner and an aviator, "Khurram Daud", who was my constant support throughout this taxing journey. I also dedicate this work to all soldiers, martyrs and ghazis who have fought or currently fighting war against terrorism, as well as the families of martyrs, who are the true heroes of this nation.

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ABSTRACT

This study investigated the relationship among personality characteristics according to Five Factor theory, perceived stress and stress coping strategies in naval/military air crew. The research findings provide better understanding of personality profiles, levels of stress and stress coping strategies of aviators to develop more progressive selection, training and safety programs for naval aviation. The survey included the Big Five Personality Inventory (BFI-44) (John, 2007), Perceived Stress Scale (PSS) (Cohen et al., 1983) and Stress Coping Resource Inventory- A Self Assessment (Kenneth & Christopher, 2000). Sixty aviators including pilots and technical coordinators participated in the research. The sample was obtained through purposive sampling from naval aviation base. All the participants of study were male with different age groups. The hypotheses assumed that there would be a significant relationship between personality characteristics (extroversion, conscientiousness, agreeableness, openness to experience and neuroticism) and perceived stress among naval/military aviators. Secondly there would be a significant relationship between personality characteristics and stress management in naval/military aircrew. The results of study show that personality characteristics not merely influence how people perceive stress, but also affect how people manage their life stress. Pearson Product Correlation Coefficient was used for statistical analysis of data. According to research findings Big Five personality characteristics including Extraversion, Agreeableness and Conscientiousness have significant correlation with perceived stress, $p=0.025$, $p=0.009$ and $p=0.000$ respectively. However no relationship was found between Openness to Experience and Perceived Stress Scale. Whereas a significant relationship was found between Neuroticism and higher level of stress ($p=0.002$). Likewise Extraversion ($p=0.005$), Conscientiousness ($p=0.000$), Agreeableness ($p=0.000$), and Openness to experience ($p=0.002$) are correlated with high scores on Stress Coping Resource Inventory. Whereas Neuroticism is also significantly correlated with low score on Stress Coping Resource Inventory ($p=0.000$). Additional research is required to increase the sample size in this study and to keep track of aviators' performance in their careers in long term.