

NBTS
M.A.TS
Fa — 198

CAUSES AND EFFECTS OF STRESS ON MINISTERIAL PERFORMANCE ON
MINISTERS IN LAGOS CENTRAL BAPTIST CONFERENCE

BY

SUNDAY ARAMIDE FAGBEMI

A THESIS PRESENTED TO THE
FACULTY OF THEOLOGY

THE NIGERIAN BAPTIST THEOLOGICAL SEMINARY, OGBOMOSO

2010 — 0609

AFFILIATION WITH UNIVERSITY OF JOS
IN PARTIAL FULFILMENT TO THE REQUIREMENTS
FOR THE AWARD OF THE DEGREE OF
MASTER OF ARTS IN THEOLOGY

JUNE, 2012

ABSTRACT

This essay titled causes and effects of stress on Ministerial Performance on Ministers in Lagos Central Baptist Conference is focused on finding out major causes of stress and its effects on ministers and their ministerial performance or function. In order to achieve this, the targeted population is Lagos Central Baptist Conference ministers as sample. One hundred and twenty questionnaires were distributed, out of which one hundred and two were retrieved. The questionnaire were scored and the data analyzed to evaluate and establish the target of the work from the view of the respondents. The findings from the survey showed that finance is the commonest cause of stress which include low income of the ministers, high domestic, personal and dependent relations needs. Followed by finance, and their causes of stress is Home, where less cooperation is being received from the wives and children of the ministers. Coupled with these is the health condition of the children, wives and ministers themselves. The last causes of stress in the study that was significant is Environmental, and this is majorly from pollution and traffic jam. Another thing from the findings in this study are the impacts of stress on the functions of the ministers. It is revealed in this study that ministers felt the impact of stress mostly in the area of spiritual work like preparation of sermon, delivery of sermon, response of people to sermon, Bible Study and even prayer. This study also gave strategies for reducing stress in the life of ministers which include spiritual, medical, psychological, physical and spiritual. In view of the findings, recommendations were given, one of which is ministers should organize more fellowships for themselves where prayers would be offered, health discussed, finances and the issues of ministers home addressed.

5.2 CONCLUSION

From this study it is generally believed that stress is being caused among ministers in Lagos Central Baptist Conference by the following: finance, home situation and environment. Many of the ministers who responded rated finance as the major

cause of stress for ministers. This is followed by the home situation of the ministers, and even the environment where ministers live is one the causes.

Generally speaking the effects and impacts of stress according to the findings in this study were mostly seen in the spiritual functions of the ministers and the level of this impact or effect is enormous. The spiritual functions examined in this study include preparation of sermons, the delivery and response. Others are Bible study and prayer. The impact of stress on all of the very high. Other functional where the effects of stress are felt by the ministers are: church programs and administrative work. While the level of the effects or impact of stress on administrative work is high that of other church programs is on the average. Ministers involved more in administrative functions, hence they stress experience which and affect their performances in this area.

Findings from this study have shown that stress could be managed and reduced as ministers follow the strategies suggested in the work. These strategies include: spiritual (which is the most effect strategy), followed by medical, psychological, physical and finance. The spiritual strategy includes prayer, fellowship and the study of the word of God, while the medical involves regular check-up, diet and relaxation. Both the psychological and physical involve: contentment, friendship and counselling, with exercise, delegation and clean environment. Finance as another strategy includes budgeting, savings and avoiding debts.

5.3 RECOMMENDATIONS

Based on the findings stated in this study the following recommendations are made:

1. Stress can affect church growth and influence work productivity of the ministers. Hence both the church and ministers should make frantic efforts to minimize and reduce the causes and effects of stress.
2. From the biblical point of view it has been established that workers or labourers deserve their wages hence pastors or ministers should be well remunerated and opportunities to make money from other means apart from salary should be given to the pastors, for example pastors can be involved in the productions and sales of their recording messages on CDS and DVD.
3. For ministers to be at peace and live in good health, free medical should be given to every members of the pastors' family. This will go a long way in reducing the level of demands on pastors' income. Also, ministers should always avail themselves of the opportunity to visit the clinic regularly for medical check-up.
4. To also avoid unnecessary sickness ministers should keep their environment clean and maintain the rule of hygiene. It is also important that the church provide, a good accommodation for the pastor where there would be less pollution and good security. All these would reduce stress in the live of ministers.
5. Stress is evident in the life of ministers because of the workload. This calls for more hands. Looking at the findings in this study very few churches are practicing multi-staff ministry. In a city like Lagos every stable church should have more than a pastor. There should be enough associate ministers depending on the number of members and the location of the church.
6. To reduce stress and make the ministers to perform their ministerial functions very well, ministers should always organize fellowship, seminars and prayer pro-

grams for themselves so as to encourage one another and to share experience that would reduce the burden of the ministry.

7. Rest is sweet after labour, every minister must learn to rest and churches should allow their ministers to have holidays away from their station so as to refresh themselves. This is very biblical, for even Jesus would always withdraw from the crowd and disciples to rest for a while (Luke 5:16).