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Eustress and Academic Staff Performance: A Study of a Selected Entrepreneurial University in Nigeria

Peter Adeshola Oluwaseyi, Adeniji Anthonia Adenike, Kehinde Oladele Joseph, Peter Fred Ojochide, Olokundun Maxwell and Inegbedion Henry

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Abstract:

This study critically examined the effect of eustress on academic staff performance. To accomplish this goal, a total of 171 academic staff drawn from covenant university Ogun State, Nigeria, were sampled. The data were analysed using regression analysis. The result showed that eustress has positive significant influence on performance of academic staff in the selected university. An implication of this study is that university management should ensure that academic staff performance appraisal should focus on research output, teaching effectiveness and community service engagement bearing in mind international standards and parameters and more emphasis should be put on adopting an internationally competitive reward mechanism for academic staff commensurate to performance demands.



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