

RESILIENCE AMONG ELEMENTARY EDUCATORS  
AS MEASURED BY THE POQA-R  
AND EQi:S

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ABSTRACT

Purpose: The purpose of this study was to examine the effect of time on the indices within the Personal and Organizational Assessment-Revised (POQA-R, Institute of HeartMath, 1999-2004) among rural, elementary educators (N=26). This study also evaluated an overall emotional intelligence score using the Emotional Quotient inventory; Short form (EQi:S, BarOn, 2002). The time points were fall, spring, and summer over one academic year.

Procedures: Two rural school districts were contacted and elected to participate in the study. POQA-R instruments were proctored three times over the academic year, fall, spring, and summer. During the spring the EQi:S was administered electronically.

Findings: Frequency and descriptive statistics, one-way repeated measures ANOVA, and pairwise comparisons using Bonferroni correction were used to analyze data. All data were tested at the  $p < .05$  level of significance. The null hypothesis that all time points would be similar on all indices was rejected for calmness and freedom of expression. These indices were significantly greater during the summer compared to the fall.