

Abstract

In Homa Bay County of Kenya, there are reported cases of stressful experiences among high school principals. This has made some principals to opt out of their position of responsibilities. The present investigated the relationship between type A personality trait and stress management among high school Principals in Homa Bay County. The study adopted a Convergent Parallel research design within the Mixed Method approach. From a population of 295 principals, the study used stratified random sampling to sample the one hundred and sixty nine (169) high school principals. The Personality Questionnaire and stress management Questionnaire were used to collect data. Pearson Correlation was used to analyse data. The study established a negative ($r = -0.337$) relationship between personality type "A" and stress management. The study concluded that intrapersonal traits assist high school principals to mitigate stressful situations.