

INFLUENCE OF DISCIPLINE ON PERFORMANCE OF SECONDARY SCHOOL STUDENTS IN FINLAND

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ABSTRACT

Purpose of the study: The purpose of the study was to analyze the influence of discipline on performance of secondary school students in Finland.

Research Methodology: The study adopted the explanatory research design. The target population included 41 secondary schools in Helsinki. The unit of analysis had school heads, teachers and students. The research instruments used were questionnaires and interviews. The analysis of the data was done using descriptive and inferential statistics.

Findings: The study findings showed that discipline of students is positively and significantly related to performance ($\beta=.027$ $p=0.004$). The discipline of the students is essential in the learning process since the students are well organized and do what is needed for them to do at the right time. Teachers are required to discipline students whose habits are undesirable in the schools, break the learning institution's regulations, or fail to adhere to directions within the institution.

Conclusion: It was concluded that the discipline of the students is positively and significantly related to the students' performance. Students need continuous guidance and supervision from their educators, guardians, and parents to prevent them from being associated with high-risk habits, undoubtedly making them socially and ethically unacceptable in society and school. Moreover, the study concluded that disciplined students commonly remain healthy, balanced, and energetic throughout because they understand what is good or bad for them, which are excellent for doing a particular task. Well-disciplined students often tend to do well in learning and end up being much more educated.

Recommendations: The study recommended consistent sensitization and organization in-service courses for teachers on better approaches to student discipline management, bearing in mind their students' constitutional rights. Schools must create safe atmospheres devoid of intimidation, harassment, physical violence, dangers and disruptive actions that disrupt learning. Reliable discipline is positive and it instructs the child what they can do rather than harshly criticizing or penalizing what they need not do. Discipline must be urged and all the students need to be encouraged to follow the school policies and regulations.

Keywords: *Discipline, performance, secondary school, students, Finland*

BACKGROUND OF THE STUDY

The discipline of the students is fundamental to their performance. Bear (2019) defines discipline as the intentional, or lack of, activity to control habits. It is the technique of frank and rigorous adherence to regulation and standards, and social standards and values, the capability to control one or other individuals, also in difficult circumstances. Discipline implies training acceptable actions and unlearning maladaptive habits with assistance, guidance and also direction in managing habits. It has to do with setting restrictions, clarifying roles, duties and mutual assumptions and creating a predictable, orderly and steady life. Self-control impacts the learning process by developing a stress free environment for allocating time to various activities, boosts planning via observing and preserving a set daily routine, moulds learner character and improves their inspiration, enables the setting of good examples and positively contributes to much better academic grades (Togneri & Anderson, 2018). Components such as stress and anxiety, environment, motivation, and feelings need to be considered when creating models of academics efficiency. Numerous research studies have revealed a favorable link in between discipline in learners and their school performance, with the latter increasing with the increase in discipline levels.

Finland is the 8th most educated nation in the world. In education and learning ranking by countries in 2021, Finland has an overall rating of 1.631 k ranking at third position. Finland has the highest ranking in high school completion rate. World Economic forum's Global Competitive research rates Finland as having the most well developed education and learning in the world. The minimum age of beginning primary education in Finland is 7 years hence Finnish kids get to appreciate their youth and start their learning with their families instead of wasting too much time in schools (Westerlund, Partti & Karlsen, 2017). Finnish teachers develop their own grading systems for the students rather than counting on class exams and also standardized examinations. The only required test that Finnish students offer goes to the age of 16. Every educator in Finland is a master's level holder which is entirely supported by the nation's government. In 2018, the literacy rate in Finland was 99.0%, every student in Finland can talk 2-3 languages. No competition between Finnish schools because every academic establishment has the same facilities as any other.

Although learning institutions have a responsibility to enforce the guidelines or code of conduct directing student actions, parents also has a duty to play to make certain consistency. Unless discipline is tackled from a very early age, attaining high quality education and learning with complete learner influence will continue to be a challenge. Hence, if students whatsoever levels are disciplined, they are probably going to acquire the requisite understanding and abilities easily due to the fact that they are focused and self-driven. A child or young person whose social and spiritual discipline is strong has a high possibility of doing well in school (Nieto, 2020). One of the most vital disciplines is self-control, which the learner ought to cultivate within by establishing criteria and also determining exactly how much they can go in the middle of many barriers. In the learning environment, indiscipline can manifest itself in disobeying set regulations, intimidation, truancy, lateness to institution, cultism, alcohol, drug abuse, disparaging and assaulting, unwanted sexual advances, stealing, rioting, striking, setting institution fires (USER, 2018). If left to proceed, such indiscipline manifests itself later on in life.

Punishment is used as a tool to inculcate self-control (Najoli, Runhare & Ouda, 2019). It can be either positive or negative. Physical or corporal punishment consists of caning, physical

labor such as watering school yards or slashing grass, kneeling or strolling on knees, or doing push-ups. As a part of imposing the conventions on children's rights, several nations have actually abolished corporal punishment in learning institutions, although the illegal method is still common in some schools. Those against corporal punishment advocate for a favorable penalty as it lowers the possibility of reappearance in behavior in the future. The effectiveness of punishment depends greatly on timing. A punishment administered right away after an action is likely to be most efficient while the longer the delay in between the action and also the punishment, the greater the opportunity of the penalty associating with other interfering events. Positive and negative reinforcements are essential aspects of changing actions after delivering punishment.

In Finland, education is viewed to be among the basic rights of all people, and the goal of the Finnish education policy is to ensure that all citizens have equal opportunities to obtain education, regardless of age, abode, financial circumstance or mother tongue. Teachers in Finland spend fewer hours at school each day and invest less time in class than American instructors (Hancock, 2018). Teachers use the extra time to build curriculums and examine their trainees. Children invest even more time playing outside; even within the months of winter considering that homework is very little. Finland's most recent curriculum calls for that teachers move far from subject-based, teacher-centered instruction towards interdisciplinary, student-centered mentor. In Finland, teaching is the country's most appreciated career and a very prestigious discipline. Because of this, the Finnish education authorities are dedicated to hiring certified and well experienced teachers and educators are encouraged to take an active duty fit the nationwide educational program. Finnish teachers are supportive given that they rely on equity and inspiration, along with enhancing the students believing abilities along with creating the trainees' confidence and resistance (Mattila, Pitkälä & Eriksson, 2020). Much interaction and therapy are required. The context in Finland likewise adds to teacher's efficiency.

Efficient discipline enhances student's self-worth due to the fact that it teaches self-control. Discipline helps a youngster learn the values and precepts of the household. Reliable discipline is positive in nature; it instructs the youngster what she or he can do as opposed to harshly slamming or punishing for he or she need to refrain from doing. Institution learners are anticipated to respect and accommodate the values inherent in learning institutions, their rules and laws (Arnesen, Elstad & Christophersen, 2018). The ways in which instructors implement their work, such as how they manage their class or explain tough concept, can directly affect students' actions. Some scholars have kept in mind that educator-learner interactions take place within a certain cultural context. Therefore, broader macro-level aspects, social society, and nationwide education policies can influence students' classroom behavior. The wider culture also exerts an influence on learner-educator interactions. Discipline can direct the student's actions or establish restrictions to help them find out to take better care of themselves, other individuals and also the globe around them.

A school system establishes regulations, and if trainees break these guidelines they undergo discipline (Irby, 2021). These guidelines may, as an example, specify the expected standards of school attire, punctuality, social conduct and job principles. The term discipline is put on the punishment that is the consequence of damaging the policies. The focus of discipline is changing and alternate approaches are emerging due to especially high dropout rates, disproportionate penalty upon minority students and other educational inequalities. Discipline occasionally brings complication with classroom administration, yet while discipline is one dimension of class monitoring is a more general term. Discipline is normally believed to have a positive influence on both the individual and the classroom environment (Evans, Harvey, Buckley & Yan, 2019). Making use of disciplinary activities can be a possibility for the class to reflect and learn more about effects instill cumulative values and encourage behavior that is

encouraged in the class. Acknowledgment of the variety of values within neighborhoods can enhance understanding and resistance of various corrective techniques. Specifically, promoting positive modification of doubtful habits within the class, instead of out of class penalties like apprehension, suspension or expulsion, can motivate learning and discourage future misbehavior.

2.1 LITERATURE REVIEW

A study conducted by Curwin and Mendler (2018) notes that discipline increases and encourages students' motivation as far as studies are concerned. Staying disciplined will keep their inspiration greater and most notably help them obtain the best out of education. On the other hand, student who is well disciplined established an example for the others to adhere to whether at home or at the learning institution. Disciplined students act as good example for their schoolmates. This aids other students to admire them, hence strive to have or maintain the very same self-control as their peers. One cannot be well educated without discipline and without it; it can cost one later in their professions. Executions of self-control in pupils' minds help them to attain their goals and dreams later in life. However, when it comes to instilling excellent morals in learners; parents and guardians must play part in it. Students have a tender mind that does not know what is right or incorrect, for that reason, helping in supporting their younger mind is very important. Students need constant guidance from their teachers, guardians and parents, to prevent cases of them being associated with risky actions (Maring and Koblinsky, 2019). The role of institutions is to assist or redirect the students, in institution, in the ideal direction, to ensure that they grow up to end up being socially and ethically educated.

Teachers can as well assist learners absorb different things right from a childhood, to make sure that they mature remembering what is ideal for them. On the other hand learning institutions must have the ability to function together with parents, so that in case of any problem as far as discipline is concerned, it is simple to manage the issue. This stops situations of parents being omitted when it involves disciplining their children. Nonetheless, there must be clear strategies to how students must be disciplined and any type of form of corporal punishment ought to be avoided. Discipline lays a great foundation of being selective, independent, punctual, concentrated, encouraged and well organized in life (Golde, 2019). Self-control is extremely important that lies in inhibiting our headlong needs and interests. As compared to those who neglect discipline, a disciplined child takes a passion in studies. He/she can choose topics and his/her profession a lot more conveniently and independently. An individual with solid objectives is more focused and constantly keeps his work up on schedule in day-to-day life. While, any individual without discipline cannot keep his mind focused on his job or objectives as a result of disturbances.

A well-disciplined student will certainly stay satisfied by relieving stress one faces tension throughout examinations or daily regular job. This is internal stress or unidentified worry regarding the result of the job. Staying disciplined aids to study well ahead and not prior to exams, so students' stays stress free. As a result of discipline in a workplace, the job is planned well and performed in time. Discipline aids one stay tension free and avoids one from getting into depression. Disciplined students frequently remain healthy and energetic throughout the day given that they understand what is good or poor for them which is the best time for doing a specific job (Kohn, 2018). The students do examine, play, consume, rest and wake up well on time, hence remaining energetic the whole day. For this reason, discipline motivates students to stay healthy, energetic and dynamic. It is useful for the development of the body in addition to mind. A disciplined student always obtains time to do added jobs. Discipline in the

learning institution setting has become one of the primary worries of the instructional area given that it is a key sign that the teaching-learning process is going on well.

In creating favorable institution climates for all students, teachers may deal with the tough job of resolving various priorities. Institutions need to produce safe atmospheres that are without intimidation, harassment, violence dangers and disruptive habits that disturb learning (Shariff and Hoff, 2019). When students take part in harmful and also disruptive habits, institutions need to hold students liable for their activities and prevent future incidents. Additionally educators need to produce helpful atmospheres that foster learning for all students, offer youth with area to make errors and pick up from them and maintain students on institutions and taken part in classroom guidelines. However, too many schools are having a hard time to create favorable institution climate and while doing so are over-relying on suspensions, expulsions and court references with ravaging repercussions for students of shade and students with disabilities. A study by (Ritter and Anderson, 2018) shows that a significant variety of students are removed from course yearly even for minor infractions of institution policies as a result of exclusionary discipline methods, which disproportionately affect students of color and students with disabilities.

The prevalent overuse of suspensions and expulsions has incredible costs. Students who are put on hold or eliminated from learning institutions may be unsupervised throughout daytime hours and cannot gain from excellent training, positive peer interactions and grown-up mentorship offered in class and in school (Ward, 2020). Suspending students usually fails to help them establish the abilities and approaches they need to boost their behavior and prevent future issues. Suspended students are much less most likely to graduate on schedule and also most likely to be suspended once again, repeat a quality, quit of school and end up being associated with the juvenile justice system. To aid educators to develop secure and encouraging school climates for all trainees, while preventing extreme or out of proportion use of exclusionary discipline, the Finland department of education recommends that schools ought to do something about it which will make students really feel comfy in schools (Hanhimäki and Tirri, 2019). To enhance awareness and understanding of the problem and supply useful examples of school self-control practices that keep school and classroom safety while guaranteeing scholastic interaction and excellent performance for all students.

Institutions should give students the educational foundation to build effective, independent lives. Class interruptions interfere with student success (Norton, 2020). Teachers and managers must set the discipline standards to create an effective understanding setting. A mix of disciplines used in a consistent and fair way typically offers the very best method to class discipline. From administrators to advice therapists and teachers, institutions must institute high expectations for both scholastic achievement and actions. These expectations should consist of messages of encouragement and also ways of assistance to help all children to become successful. Discipline in schools can evoke the image of administrators stopping battles before they begin or taking care of hostile students in a class setting (Sogunro, 2021). Nonetheless, efficient discipline starts with the execution of institution vast housekeeping policies that all instructors must follow. Students should believe that educators and administrators are reasonable in their corrective activities. While some extenuating situations require managers to make modifications for private students, generally, students that misbehave must be treated similarly.

Finland has built its educational system based on the concept of equity. By concentrating on top notch basic education and learning for all, Finland has actually succeeded in cultivating the individual potential of practically every kid (Halinen and Järvinen, 2018). Learning and education is compulsory, going to school is not. Parents have the right to teach their own kids,

in such situations assessment is carried out by professional educators. Parents and guardians play a central duty in children's emergent proficiency growth. They are the very first instructors, and also form children's language and communication capacities and perspectives to reading by being good reading role models, providing learning and reading materials, and checking out to the kid. Schools play an essential function in supplying a literate atmosphere for students. Schools may promote reading motivation and reading for pleasure by developing school and class libraries, using a variety of books and other reading material in different genres (Moomaw, 2018). Efficient analysis devices upon entrance to primary school will certainly assist instructors determine proficiency abilities from the very start of official education and learning.

Teachers have statutory authority to discipline students whose actions are inappropriate, who do not follow the school rules or who fail to follow a sensible instruction. Teachers can discipline students whose conduct drops below the standard which might reasonably be expected of them. This indicates that if a student misbehaves, breaks an institution policy or falls short to comply with a reasonable direction the educator can impose a punishment on that particular student. A penalty should be proportional. In determining whether a punishment is reasonable (Kolber, 2020). Schools are additionally faced with gang employment, rivalry, drug abuse and trafficking, such problems cause physical violence in and around the school. Students have actually relied on violence not just on fellow students but likewise on educators. A study by Winn and Behizadeh (2019) on the function of teachers in the monitoring of school discipline in the Helsinki Region in Finland and noted that discipline troubles in primary schools includes use of abusive language, absence of focus, late coming and threats by students. Schools need to consider whether the behavior under review offers reason to believe that a kid is suffering, or is likely to endure, significant harm. Where this may be the case, school personnel need to comply with the institutions' safeguarding plan. They ought to additionally take into consideration whether proceeding disruptive actions might be the result of unmet academic or various other requirements.

Self-discipline promotes positive relationships with others and a favorable institution environment, cultivates academic success, and promotes self-worth and psychological health (Bear, 2020). Approaches for establishing self-discipline are commonly part of evidence-based programs for personality education and learning and for social and psychological learning. They include; Implement curriculum tasks that teach social, emotional, behavioral proficiencies, supply several versions of social and ethical issue addressing and accountable actions, and give numerous possibilities for students to use skills of social and moral analytic and accountable behavior and difficulty self-centered reasoning which puts on each of the understanding contexts over but specifically to the context of disciplinary encounters. The effectiveness of an authoritative technique to discipline in the avoidance of actions issues (Gerlinger and Wo, 2020). Reliable teachers set high criteria and hold high assumptions; enforce regulations and criteria in a firm, reasonable, and also consistent way; and promote freedom by encouraging students' active participation in choices concerning their habits.

Nunoo (2018) argues that discipline, most simply specified, is the business of enforcing easy classroom rules that help with learning and minimize interruption. Most scientists and authors appear to agree that no place is it extra genuinely that an ounce of avoidance is worth an extra pound of cure than in disciplining youths in educational settings. Well-disciplined students often tend to be those in which there is a learning institution vast focus on the value of knowing and intolerance of conditions which hinder understanding. Unlike poorly disciplined institutions, staff in well-disciplined institutions share and connect high expectations for proper student's habits. A warm social environment, characterized by a concern for students as individuals, is typical of well-disciplined institutions. Teachers and managers take a passion in

the personal goals, accomplishments, and troubles of pupils and support them in their scholastic and extracurricular activities (Astin, 2019). Principals of well-disciplined institutions often tend to be really noticeable in corridors and class, chatting informally with teachers and students, talking to them by name, and expressing passion in their tasks.

Well-disciplined schools are those which have a high degree of interaction and partnership with the communities they serve (Rafiq, Fatima, Sohail, Saleem & Khan, 2018). These schools have a higher-than-average incidence of parents and guardians involvement in institution features, and communities are maintained informed of institution objectives and tasks. Reliable educators make every effort to establish a positive connection with every student in their class, and seek to promote positive connections and a feeling of neighborhood amongst the pupils themselves. Research on well-disciplined schools shows that a student-centered environment, including teacher-student problem addressing activities, and activities to promote student self-confidence and belongingness is much more efficient in lowering behavior issues than punishment. Also in school environments with outstanding preventative discipline, troubles still emerge and also should be dealt with accordingly.

3.1 RESEARCH METHODOLOGY

The study adopted the explanatory research design. The target population included 41 secondary schools in Helsinki. The unit of analysis had school heads, teachers and students. The research instruments used were questionnaires and interviews. The analysis of the data was done using descriptive and inferential statistics.

4.1 RESEARCH FINDINGS AND DISCUSSION

The study findings presented the correlation and regression results. The justification of the correlation results was to show the association between variables, while regression results demonstrated the relationship between the variables. The study finding of correlation analysis is presented in Table 1

Table 1: Correlation Analysis

		Performance	Discipline
Performance	Pearson Correlation	1.000	
	Sig. (2-tailed)		
Discipline	Pearson Correlation	.023*	1.000

The results presented in Table 1 show that the discipline of students is positively and significantly associated with student performance. Finland is the 8th most educated nation in the world. In Finland, education and learning is taken into consideration to be one of the fundamental legal rights of all its residents, and the purpose of the Finnish education and learning policy is to offer all its residents equal chances to get an education, no matter age, domicile, economic scenario or mother tongue. Discipline affects the learning process by producing a stress-free setting for apportioning time to different activities. Discipline aids a student find out the values and morals of the family members and the society. Effective discipline is positive in nature. Self-control can lead the student's actions or establish limitations to help them discover to take better care of themselves, other people and the world around them. Furthermore, the study found that there is no competition in Finland between schools given that all of them have exactly the same academic materials. The teachers in Finland are highly informed and appreciated. Disciplined students serve as good examples for

their school friends. There must be clear strategies to just how students need to be disciplined and any kind of form of corporal punishment should be prevented. Punishment is used to inculcate discipline as well as it can be either positive or adverse. A punishment must be proportionate. Discipline lays a great foundation of being discerning, independent, punctual, concentrated, encouraged, and well organized in life, which is positive behavior in society.

Table 2: Regressions of Coefficient

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-0.051	0.103		-.495	0.057
	Discipline	0.027	0.008	0.024	3.375	0.004

Dependent Variable: Performance

The study findings presented in Table 2 indicate that discipline of students is positively and significantly related to performance ($\beta=.027$ $p=0.004$). This implies that a unitary improvement will increase the students' performance by 0.027 units when other factors are held constant. The discipline of the students is essential in the learning process since the students are well organized and do what is needed for them to do at the right time. Discipline must be cultivated from the moment a kid is born throughout their education and learning process to have people who are well supported in the future and culture with great precepts. Teachers are required to discipline students whose habits are undesirable in the schools, break the learning institution's regulations, or fail to adhere to directions within the institution. Students need continuous guidance and supervision from their educators, guardians, and parents to prevent them from being associated with high-risk habits, which will undoubtedly make them socially and ethically unacceptable in society and school.

5.1 CONCLUSION

It is concluded that the discipline of the students is positively and significantly related to the students' performance. The research concluded that discipline is essential in the learning process since the students are well organized and do what they need to do at the right time. Discipline must be cultivated from the moment a kid is born throughout their education and learning process to have people who are well supported in the future and culture with great precepts. Teachers are required to discipline students whose habits are undesirable in the schools, break the learning institution's regulations, or fail to adhere to directions within the institution. Students need continuous guidance and supervision from their educators, guardians, and parents to prevent them from being associated with high-risk habits, which will undoubtedly make them socially and ethically unacceptable in society and school. Moreover, the study concluded that disciplined students commonly remain healthy, balanced, and energetic throughout because they understand what is good or bad for them, which are excellent for doing a particular task. Well-disciplined students often tend to do well in learning and end up being much more educated. Schools are required to create safe atmospheres devoid of intimidation, harassment, physical violence, dangers and disruptive actions that disrupt learning. Those mischievous students need to be put on hold from the school for them to alter their actions and prevent future problems. Reliable discipline is positive and it instructs the child what they can do rather than harshly criticizing or penalizing what they need not do.

6.1 RECOMMENDATIONS

The study recommended consistent sensitization and organization in-service courses for teachers on much better approaches to student discipline management, bearing in mind their students' constitutional rights. Guidance and counseling instructors ought to minimize impulsive and hostile habits among students by teaching them social and psychological skills and construct self-confidence by engaging them in healing programs such as playing video games, breathing workouts and learning to recognize feelings, handle the rage and resolve troubles. Self-discipline needs to be promoted given that it causes positive connections with others and a positive institution environment, supports academic success, and promotes self-worth and psychological wellness. Discipline must be urged since self-disciplined students tend to perform well in school and do not make it teachers challenging to monitor them. Students that break the school policies need to be punished accordingly. Discipline must be stressed in learning institutions since a well-disciplined student sets an example for the rest to comply with, whether at home or school. Disciplined students serve as good examples for their peers.

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