

The Importance of Emotional Stability for Nigerian Women in Political Positions

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Abstract: Emotional stability is crucial for Nigerian women in politics, enhancing decision-making, communication, resilience, and creating a positive political culture despite challenges like societal biases and pressure. Emotional stability significantly impacts political leadership, promoting rational decision-making, effective communication, and public trust, while also fostering informed electoral engagement and resisting emotional manipulation in the digital age. In Nigeria, women's involvement in politics is growing, but they face many emotional challenges due to the complexities of the political environment. Strong support systems are essential for the well-being and success of these women. These support systems can be divided into family support, professional networks, mentorship programs, and community organizations. Since Nigeria's independence in 1960, women's representation has increased due to advocacy efforts and a growing awareness of gender issues. Margaret Ekpo, was a pioneer in Nigerian politics, becoming one of the first female politicians and advocating for women's rights. Dr. Ngozi Okonjo-Iweala has held key positions, including Minister of Finance and Director-General of the World Trade Organization, where she focused on economic development. Senator Stella Oduah has improved Nigeria's aviation sector and represents women's interests in the Senate. Dr. Amina Mohammed serves as the Deputy Secretary-General of the United Nations, emphasizing climate change and women's empowerment. Senator Oluremi Tinubu represents Lagos Central and advocates for social justice, community development, and education. Aisha Yesufu is a prominent activist known for her role in the Bring Back Our Girls campaign and advocacy against government corruption. Professor Dora Akunyili, though deceased, is recognized for her work against counterfeit drugs and her role as Minister of Information. Abike Dabiri-Erewa leads the Nigerians in Diaspora Commission, promoting the welfare of Nigerians abroad. Despite these advances, women in Nigerian politics face challenges such as cultural barriers and discrimination. Moving forward, greater support for women's leadership is essential for lasting change, with influential women paving a hopeful path for future generations. Collaborations with male counterparts and women's groups can amplify their voices and create opportunities for policy advancement, as demonstrated by initiatives like the Violence Against Persons Prohibition Act. However, challenges like gender biases and cultural norms persist, hindering women's political opportunities. Addressing these issues will require continued efforts to promote gender equality and support women's rights, making mentoring and education essential for fostering female political leadership in Nigeria's future.

Keywords: Nigerian Women; Emotional Stability; Political Positions.

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I. INTRODUCTION

In recent years, the political landscape in Nigeria has witnessed a gradual yet significant increase in the participation of women in leadership roles. Despite these advancements, female politicians often face unique challenges that can undermine their effectiveness and influence. Among these challenges, emotional stability emerges as a critical factor that not only shapes their decision-making capabilities but also influences their overall leadership style [1]. Emotional stability—the ability to remain calm and composed under stress—enables women to navigate the complexities of political life, from societal expectations to the high-pressure environment of governance. This article explores the

importance of emotional stability for Nigerian women in political positions, highlighting its impact on their leadership effectiveness and the strategies that can foster resilience in the face of adversity. By understanding and promoting emotional health, we can empower women leaders to thrive and inspire future generations in the pursuit of equitable political representation.

II. BACKGROUND

In the world of politics, emotional stability is the unsung hero [2]. Imagine a politician who can juggle multiple crises, diffuse tense situations, and still make time for a good cup of tea (or something stronger) without losing their cool. That's

emotional stability in action! It's not just about keeping a straight face during tough debates; it's about maintaining a steady hand while steering the ship through turbulent waters. For Nigerian women in political positions, cultivating this stability is not only beneficial but essential. Emotional stability can be defined as the ability to maintain a consistent emotional state, regardless of the external chaos unfolding around you [3]. Think of it as your inner Zen – a calm sea amid a stormy ocean. Emotionally stable individuals can handle stress, navigate conflicts, and respond to challenges without spiralling into a dramatic monologue worthy of a telenovela. In the political arena, this translates into clear thinking and sound decision-making, which is vital when the stakes are high.

Emotional stability refers to the ability to maintain a balanced emotional state in the face of stress, pressure, or adversity [4]. For women in politics, this quality is particularly important, as they often encounter unique challenges. These challenges include societal expectations, gender biases, and the pressure of fulfilling both professional and personal responsibilities. Emotional stability allows these women to handle stressful situations calmly, make rational decisions, and remain focused on their goals. This stability becomes essential in Nigeria, where political environments can be tumultuous and fraught with tension.

One major area where emotional stability impacts political performance is in decision-making. Women in positions of power often face pressure to prove their capabilities in a male-dominated environment. Emotional stability enables them to process information effectively, weigh options critically, and analyze situations without being overwhelmed by anxiety or fear of making mistakes [5]. For instance, Aisha Buhari, Nigeria's First Lady, exemplifies the importance of emotional resilience as she engages in various initiatives, advocating for women's and children's rights. Her ability to remain composed in the face of criticism and backlash has allowed her to focus on impactful projects despite challenges.

Moreover, emotional stability fosters effective communication and relationship-building, both essential skills for politicians [6]. Women in politics must navigate complex interpersonal dynamics, whether with colleagues, constituents, or opponents. When emotionally stable, women can engage in negotiations with confidence, listen actively, and respond to others' concerns without becoming defensive or reactive. For example, Governor Ben Ayade's administration in Cross River State included numerous female appointees who demonstrated emotional intelligence and stability [7]. Their capacity to manage relationships positively influenced the smooth implementation of state policies and fostered collaborative governance [8].

Furthermore, emotional stability is linked to resilience [9]. The political arena can be demanding, often exposing politicians to public scrutiny, criticism, and adversity. Women, especially, may face additional challenges due to societal biases that question their leadership capabilities. An emotionally stable woman in leadership can rebound from

setbacks, learn from experiences, and remain committed to her objectives despite opposition [10]. The resilience displayed by women like Senator Olujimi Abiodun, who has fought for women's rights in Nigeria, illustrates how emotional stability aids in overcoming obstacles [11]. Her continued advocacy for gender parity in representation highlights the impact that emotionally resilient leaders can have on societal change.

The role of emotional stability extends beyond individual performance; it also contributes to creating a positive political culture. When women leaders exhibit emotional stability and resilience, they set an example for their peers and constituents. This behaviour can influence the overall work environment, fostering collaboration and reducing hostility in political discussions. The presence of emotionally stable leaders can also inspire a more inclusive space where diverse opinions are valued, reinforcing democratic principles [12]. In Nigeria, where political polarization is often rampant, the promotion of emotionally intelligent leadership can help bridge divides and encourage constructive dialogue.

Nevertheless, it is crucial to acknowledge that while emotional stability is vital, it is not the only factor contributing to the success of women in politics. Access to resources, supportive networks, and capacity-building opportunities also play significant roles. Nigerian women in political positions often require mentorship and training programs that enhance their emotional resilience alongside their technical skills [13]. Initiatives aimed at empowering women, such as the Gender and Equal Opportunities Bill, which aims to promote women's political participation, highlight the importance of systemic support in nurturing emotionally stable leaders [14].

In considering recent developments, initiatives aimed at advocating for the mental well-being of political leaders have begun to gain traction. Addressing mental health issues should be a priority, especially for women in leadership roles who may face unique emotional pressures. Programs that provide psychological support and resources for coping with stress can create a more conducive environment for women in governance. The ongoing conversation around mental health, particularly in the wake of the COVID-19 pandemic, has highlighted the need for emotional support in politics, driving home the point that mental wellness is integral to effective leadership [15].

Looking towards the future, the continued emphasis on emotional stability in the training and development of women in political roles can yield significant benefits. By prioritizing mental wellness and emotional intelligence, political parties and governance structures can cultivate a new generation of women leaders who are resilient and capable of navigating the complexities of Nigerian politics [16]. Furthermore, encouraging emotional stability among political leaders can contribute to more democratic governance, improved public policy outcomes, and a more equitable society overall [17].

III. STATEMENT OF PROBLEM

The political landscape of Nigeria remains predominantly male-dominated, presenting numerous challenges for women

aspiring to hold political office. The underrepresentation of women in politics is a significant issue, perpetuated by various socio-cultural, economic, and structural barriers. Despite the constitutional provisions and global advocacy for gender equality, Nigerian women continue to face substantial hurdles. Traditional beliefs often portray women as caretakers and homemakers, relegating men to positions of authority and leadership. This patriarchal perspective significantly influences the perception of women who aspire to enter politics, often branded as unfeminine or unsuitable for leadership roles. Such cultural stereotypes discourage women from pursuing political careers, and when they do, they are frequently met with resistance and hostility. For instance, examples abound where women politicians have faced public ridicule or have had their qualities questioned solely based on their gender, rather than their capabilities or qualifications.

Women in Nigeria often have less access to financial resources than their male counterparts, which impacts their ability to campaign effectively. Political campaigns in Nigeria require substantial funding for logistics, advertisements, and mobilization efforts. Many women face limitations in accessing funds due to systemic inequalities in economic opportunities. The financial burden is often exacerbated by societal expectations for women to fulfil domestic roles, which can limit their availability to engage in professional or political activities. Additionally, the lack of funding from political parties—a common avenue for campaign financing—further marginalizes women. Political parties typically allocate resources and support to male candidates, often viewing them as more viable options for success.

Political parties often operate within patriarchal systems that prioritize male candidates. Women seeking to enter political offices frequently confront barriers such as limited mentorship opportunities and the absence of female role models within political structures. Established women politicians often encounter difficulties in mobilizing potential candidates, as networks that support women's political aspirations are weak or non-existent. Additionally, the absence of affirmative action policies that mandate the inclusion of women in political decision-making exacerbates the situation. For instance, while the Nigerian Constitution allows for gender equality, there is no robust implementation mechanism to ensure that political parties adhere to gender parity in their candidate nominations.

Gender-based violence against women in politics has become increasingly prevalent and is used as a tool of intimidation. This violence manifests in various forms, including physical assault, harassment, and psychological torment directed toward women candidates. Reports indicate that women politicians often face threats and aggressive tactics aimed at sidelining them from the political arena. This not only discourages potential candidates but also perpetuates a culture of fear that silences women's voices in political discourse. In 2021, some female politicians reported threats to their lives, reflecting an environment that is hostile to women's participation in governance.

Despite these pressing issues, there have been some positive developments regarding women's political representation recently. The increasing visibility of women in leadership positions, such as the appointment of women to key governmental roles, has begun to challenge the existing narrative surrounding women's capabilities. The emergence of organizations advocating for women's rights in politics has also provided platforms for mobilization, education, and support. Initiatives aimed at empowering women through training and funding opportunities are gradually gaining traction. For instance, programs focused on political literacy and campaign skills are equipping women with the necessary tools to navigate the political landscape.

Nonetheless, the implications of these developments remain mixed. While awareness of women's rights in politics is rising, systemic barriers are deeply entrenched, and change is slow. The absence of a strong legal framework to enforce gender equality in political representation continues to hinder substantive progress. Without the implementation of policies that promote gender parity, such as quotas for female candidates, any advancements may prove insufficient. The commitment from male political leaders to support women's participation is crucial, as their endorsement can enhance the acceptance of women in political spaces.

➤ *Aim and Objective of the Study*

This paper seeks to examine the emotional stability of Nigerian women in political positions. The specific objectives are:

- To examine the role of support systems in enhancing emotional stability for Nigerian women in political positions.
- To evaluate the unique challenges faced by Nigerian women in politics.
- To explore the successful emotional journeys of Nigerian women leaders.

IV. REVIEW OF RELATED LITERATURE

➤ *Significance of Emotional Stability in Political Context*

Emotional stability, a psychological construct characterized by consistency in mood, resilience under stress, and a balanced response to challenging situations, holds profound significance in the political context [18]. At the forefront of political significance is the role of emotional stability in ineffective leadership. Leaders who demonstrate emotional stability are better equipped to make rational decisions, particularly in times of crisis [19]. Their ability to remain calm under pressure, objectively assess situations, and thoughtfully consider various perspectives enables them to formulate well-reasoned policies and strategies. For instance, leaders who responded effectively to the COVID-19 pandemic, such as Jacinda Ardern of New Zealand, exemplified emotional stability by communicating, empathizing with the public, and implementing evidence-based policies, which fostered trust and cooperation [20]. Conversely, leaders prone to emotional outbursts or erratic behaviour may make impulsive decisions with detrimental consequences. Historical examples, such as the Cuban Missile

Crisis, underscore the critical importance of maintaining emotional equilibrium during high-stakes situations to prevent escalation and ensure peaceful resolutions [21].

Emotional stability is also crucial for fostering effective communication and building trust with the public. Leaders who exhibit emotional regulation can articulate their vision clearly, address public concerns with empathy, and inspire confidence in their leadership [22]. By maintaining a consistent and measured tone, they can bridge divides, promote unity, and build consensus around important policy initiatives. The ability to manage emotions also allows leaders to engage in constructive dialogue with political opponents, negotiate effectively, and find common ground for compromise. Political figures known for their emotional stability, such as Nelson Mandela, were able to unite divided societies through their capacity for empathy, forgiveness, and reasoned discourse [23].

However, the absence of emotional stability in political leaders can have detrimental effects. Leaders who are easily agitated, prone to anger, or exhibit erratic behaviour can create instability, undermine trust, and polarize public opinion [24]. Such leaders may make impulsive decisions based on emotional reactions rather than rational analysis, leading to policy failures, diplomatic crises, and even armed conflicts. Furthermore, emotional instability can erode public confidence in government institutions, weaken democratic processes, and create an environment of fear and uncertainty [25]. The political landscape is replete with examples of leaders whose emotional volatility has had disastrous consequences, ranging from authoritarian regimes to failed states.

Beyond leadership, emotional stability also plays a vital role in shaping the behaviour of the electorate. Emotionally stable citizens are more likely to engage in reasoned political discourse, critically evaluate information, and make informed decisions about candidates and policies [26]. They are less susceptible to emotional manipulation, propaganda, and extremist ideologies, which can undermine democratic values and institutions. Emotionally stable citizens are also more likely to participate in civic activities, such as voting, volunteering, and advocating for policy changes, which strengthens democratic governance and promotes social progress.

The digital age has further amplified the importance of emotional stability in the political context. Social media platforms have become powerful tools for disseminating information, mobilizing support, and shaping public opinion. However, they can also be breeding grounds for misinformation, hate speech, and emotional manipulation. Emotionally stable individuals are better equipped to navigate this complex information landscape, discern credible sources from unreliable ones, and resist the spread of harmful content [27]. They can also engage in constructive online dialogue, challenge extremist views, and promote tolerance and understanding.

Conversely, emotional instability can make individuals more vulnerable to online manipulation, echo chambers, and radicalization. Social media algorithms often amplify content that evokes strong emotions, such as anger, fear, and outrage, which can reinforce existing biases, polarize opinions, and incite violence [28]. Individuals who lack emotional regulation may be more likely to share misinformation, engage in cyberbullying, and participate in online hate groups. The spread of emotionally charged content can have significant political consequences, from influencing election outcomes to inciting social unrest.

Emotional stability is a critical attribute for political leaders, the electorate, and the overall health of political systems [29]. It enables leaders to make rational decisions, communicate effectively, and build trust with the public. It empowers citizens to engage in reasoned political discourse, critically evaluate information, and resist emotional manipulation. Conversely, emotional instability can lead to poor decision-making, erode public trust, and undermine democratic processes. As political systems become increasingly complex and interconnected, the importance of emotional stability will only continue to grow. Promoting emotional intelligence, resilience, and mental well-being should be a priority for individuals, organisations, and governments seeking to foster a more stable, just, and prosperous world. Future research should explore the interplay between emotional stability, political ideology, and cultural context to gain a deeper understanding of its impact on political behaviour and outcomes. Furthermore, efforts should be made to develop interventions and strategies that promote emotional stability among political leaders, citizens, and online communities, to build more resilient and democratic societies.

➤ *Characteristics of Emotionally Stable Leaders*

Emotionally stable leaders are pivotal in fostering positive organisational environments, driving performance, and navigating the complexities of the modern workplace. Emotional stability, characterised by consistency in mood, resilience under pressure, and a balanced approach to decision-making, is not merely a desirable trait but a critical attribute for effective leadership. One of the foremost characteristics of emotionally stable leaders is self-awareness [31]. They possess a deep understanding of their own emotions, strengths, and weaknesses. This self-awareness allows them to recognize how their emotional state affects their behaviour and interactions with others. For example, a leader who is aware of their tendency to become stressed during periods of high workload can proactively implement strategies to manage their stress, such as delegating tasks or practising mindfulness. This prevents their stress from negatively impacting their team. Self-aware leaders also solicit feedback from their colleagues and subordinates to gain a more comprehensive understanding of their leadership style and its effects. They are open to constructive criticism and use it as an opportunity for personal and professional growth.

Resilience is another hallmark of emotionally stable leaders [31]. They demonstrate an ability to bounce back from setbacks, adapt to change, and maintain a positive outlook

even in the face of adversity. This resilience stems from a belief in their ability to overcome challenges and a strong sense of purpose. When faced with a project failure or a market downturn, resilient leaders do not succumb to despair or blame. Instead, they analyze the situation, identify lessons learned, and develop a plan for moving forward. They also inspire their teams to remain optimistic and focused on solutions, fostering a culture of resilience within the organization. Furthermore, emotionally stable leaders understand that setbacks are inevitable and view them as opportunities for growth and learning.

Empathy is also central to emotionally stable leadership [32]. These leaders possess the ability to understand and share the feelings of others. They are attuned to the emotional needs of their team members and create a supportive environment where individuals feel valued and understood. Empathetic leaders listen attentively to their employees, acknowledge their concerns, and provide them with the support they need to succeed. For instance, a leader who notices that a team member is struggling with a personal issue may offer flexible work arrangements or connect them with resources to help them cope. This demonstrates a genuine concern for their well-being and fosters a sense of loyalty and trust. Empathy also enables leaders to resolve conflicts effectively by understanding the perspectives of all parties involved.

Decision-making is significantly influenced by emotional stability [33]. Emotionally stable leaders make rational, well-considered decisions, even under pressure. They avoid impulsive reactions and take the time to gather information, analyze options, and weigh the potential consequences of their choices. They are also able to separate their personal feelings from the decision-making process, ensuring that their judgments are objective and fair. For example, when faced with a difficult decision such as laying off employees, an emotionally stable leader will consider the financial implications, the impact on the remaining workforce, and the ethical considerations before making a final determination. They will also communicate the decision transparently and compassionately, minimizing the emotional distress of those affected.

Effective communication is a key characteristic of emotionally stable leaders [34]. They communicate, concisely, and respectfully, ensuring that their messages are understood by all members of their team. They are also skilled listeners, paying attention to both the verbal and nonverbal cues of others. Emotionally stable leaders understand the importance of creating an open and honest communication environment where individuals feel comfortable sharing their ideas and concerns. They avoid using inflammatory language or making personal attacks, even when disagreeing with others. Instead, they focus on expressing their opinions constructively and respectfully. For example, in a team meeting, an emotionally stable leader will encourage all members to participate and will ensure that everyone has an opportunity to speak without interruption.

Furthermore, emotionally stable leaders exhibit consistency in their behaviour [35]. They are predictable and

reliable, which fosters trust and confidence among their team members. They avoid mood swings and react calmly to unexpected events. This consistency creates a sense of stability and security, allowing employees to focus on their work without worrying about the leader's emotional state. For example, an emotionally stable leader will treat all employees fairly and consistently, regardless of their personal feelings towards them. This creates a level playing field and ensures that everyone has an equal opportunity to succeed.

The impact of emotionally stable leaders on organizational outcomes is substantial. Studies have shown that emotionally stable leaders are more effective at building high-performing teams, fostering innovation, and driving employee engagement [36]. Their ability to remain calm under pressure, make rational decisions, and communicate effectively contributes to a more positive and productive work environment. Moreover, emotionally stable leaders are better able to navigate organizational change and manage conflict effectively [37]. They inspire trust and confidence, which is essential for leading teams through periods of uncertainty.

Emotionally stable leaders possess a unique combination of traits that make them highly effective in today's complex and dynamic work environments. Self-awareness, resilience, empathy, rational decision-making, effective communication, and consistency are all essential characteristics. These leaders create positive organizational cultures, inspire their teams, and drive superior performance [38]. As organizations face increasing challenges and disruptions, the need for emotionally stable leaders will only continue to grow. Therefore, investing in leadership development programs that focus on cultivating these traits is crucial for building a strong and resilient workforce. The future of leadership hinges on the ability to foster and promote emotional stability in those who lead.

➤ *Emotional Intelligence vs. Emotional Stability in Nigerian Politics*

In the intricate landscape of Nigerian politics, the qualities of its leaders significantly influence the nation's progress and stability. While numerous attributes are essential, emotional intelligence and emotional stability stand out as critical determinants of effective governance [39]. These two concepts, though related, represent distinct aspects of a leader's psychological makeup, each playing a unique role in shaping political outcomes. Emotional intelligence, as defined by Peter Salovey and John Mayer, encompasses the ability to perceive, understand, manage, and utilize emotions effectively [40]. In a political leader, this translates to recognizing and responding appropriately to the emotions of their constituents, colleagues, and even adversaries. A leader with high emotional intelligence can navigate complex political situations with empathy, fostering collaboration and resolving conflicts constructively [41]. This skill is particularly vital in a diverse nation like Nigeria, where ethnic, religious, and socio-economic differences often fuel political tensions.

In contrast, emotional stability refers to the capacity to remain composed and balanced, especially under pressure [42]. Leaders with high emotional stability exhibit resilience,

maintaining a steady temperament and rational decision-making process, even when faced with crises or criticism. This trait is crucial in the high-stakes environment of Nigerian politics, where leaders are constantly under scrutiny and subject to intense public and media attention. Emotional stability ensures that leaders do not succumb to impulsive reactions or erratic behaviour that could destabilize the political landscape [43].

The interplay between emotional intelligence and emotional stability is essential for effective leadership in Nigeria. A leader may possess high emotional intelligence, and understanding of the emotions of others, but lack the emotional stability to manage their reactions effectively. Conversely, a leader may be emotionally stable, remaining calm under pressure, but lacking the emotional intelligence to connect with and understand the needs of the populace. The ideal leader embodies both qualities, using emotional intelligence to build consensus and emotional stability to provide steady guidance [44].

Several examples from Nigerian political history illustrate the impact of these qualities. Leaders who have demonstrated emotional intelligence, such as Nelson Mandela who mediated peace across South Africa, have often been able to bridge divides and foster national unity [46]. Their ability to empathize with different groups and communicate effectively has helped to mitigate conflicts and promote a sense of shared identity. However, instances where leaders have lacked emotional intelligence have led to increased polarization and social unrest [46]. Inflammatory rhetoric and insensitive policies have exacerbated existing tensions, undermining trust in government and fueling political instability.

Emotional stability has also played a critical role in shaping Nigerian political outcomes. Leaders who have maintained composure during times of crisis, such as economic downturns or security threats, have been better equipped to make rational decisions and implement effective strategies [47]. Their ability to inspire confidence and project an image of strength has helped to reassure the public and maintain stability. Conversely, leaders who have displayed emotional instability, reacting impulsively or panicking under pressure, have often exacerbated crises and eroded public trust. Such behaviour can lead to policy missteps, political instability, and a loss of confidence in leadership.

Despite the clear benefits of emotional intelligence and emotional stability, Nigerian political leaders often face significant challenges in developing and demonstrating these qualities. The highly competitive and often adversarial nature of Nigerian politics can create an environment where emotional intelligence is perceived as a weakness. Leaders may feel pressured to adopt a tough, uncompromising stance to assert authority and maintain control. Additionally, the lack of emphasis on emotional intelligence in leadership training and development programs means that many politicians may not have the opportunity to cultivate these skills.

Moreover, the pervasive corruption and political patronage in Nigerian politics can undermine emotional stability. Leaders may be forced to make difficult decisions that conflict with their values or face intense pressure from powerful interest groups [48]. This can lead to stress, anxiety, and emotional instability, making it difficult for leaders to maintain a balanced perspective and act in the best interests of the nation.

Looking to the future, it is clear that emotional intelligence and emotional stability will become increasingly important for Nigerian political leaders. As the nation faces complex challenges such as climate change, economic inequality, and security threats, the ability to understand and respond to the emotions of the populace will be critical. Leaders who can build consensus, foster collaboration, and inspire hope will be best positioned to lead Nigeria towards a more prosperous and stable future [49].

To cultivate these qualities, several steps can be taken. First, there is a need for greater emphasis on emotional intelligence in leadership training and development programs [50]. Politicians should be provided with opportunities to learn about emotional intelligence and develop the skills necessary to manage their own emotions and understand those of others. Second, efforts should be made to promote a more collaborative and less adversarial political culture [51]. This can be achieved through initiatives that encourage dialogue, compromise, and mutual respect among political actors. Finally, measures should be taken to reduce corruption and political patronage, creating a more transparent and accountable political system [52]. This will reduce the pressure on leaders to make difficult decisions that conflict with their values, promoting greater emotional stability.

Emotional intelligence and emotional stability are vital qualities for effective leadership in Nigerian politics. While emotional intelligence enables leaders to connect with and understand the emotions of their constituents, emotional stability ensures they remain composed and rational under pressure [53]. The interplay between these qualities is essential for navigating the complexities of Nigerian politics and fostering national unity and progress. By prioritizing the development of emotional intelligence and emotional stability, Nigeria can cultivate a new generation of leaders who are better equipped to address the challenges facing the nation and lead it towards a more prosperous and stable future [54].

➤ *The Impact of Emotional Stability on Decision-Making and Leadership*

Emotional stability, a personality trait characterized by consistency in mood, resilience under stress, and a general sense of calm, plays a pivotal role in shaping effective decision-making and leadership [55]. Individuals who exhibit high emotional stability are better equipped to navigate complex situations, maintain clear judgment, and inspire confidence in others. At its core, decision-making involves evaluating options, assessing risks, and selecting a course of action. Emotional instability can significantly impair this process. Individuals prone to anxiety, impulsivity, or mood swings may struggle to approach decisions rationally. Their

judgment can be clouded by fear, leading to risk-averse choices, or by momentary excitement, resulting in impulsive decisions with unforeseen consequences. In contrast, emotionally stable individuals are more likely to approach decisions with a balanced perspective [56]. They can objectively weigh the pros and cons of each option, consider long-term implications, and make choices aligned with their goals and values.

The ability to regulate emotions is crucial for effective decision-making, particularly in high-pressure situations. Studies in neuroscience have shown that the prefrontal cortex, the brain region responsible for executive functions such as planning and decision-making, is heavily influenced by emotional input from the amygdala, the brain's emotional centre [57]. When the amygdala is highly active due to stress or anxiety, it can disrupt the prefrontal cortex's ability to function optimally [58]. Emotionally stable individuals have stronger connections between the prefrontal cortex and the amygdala, allowing them to regulate their emotional responses and maintain cognitive control [59].

Consider the example of a financial trader facing a sudden market downturn. An emotionally unstable trader might panic and sell off assets impulsively, leading to significant losses. An emotionally stable trader, on the other hand, would remain calm, assess the situation rationally, and make calculated decisions based on market analysis and long-term investment strategies.

Emotional stability is equally crucial for effective leadership. Leaders are often faced with challenging situations that require them to make difficult decisions, manage conflict, and inspire their teams. Emotionally unstable leaders can create a toxic work environment, damage morale, and undermine productivity. Their erratic behaviour, emotional outbursts, and inconsistent decision-making can erode trust and confidence among their followers.

Emotionally stable leaders, in contrast, foster a positive and supportive work environment. They remain calm under pressure, provide clear and consistent direction, and treat their team members with respect and empathy. Their ability to manage their own emotions allows them to effectively manage the emotions of others, creating a sense of psychological safety and promoting collaboration.

Research has consistently shown that emotional stability is a strong predictor of leadership success. Studies have found that emotionally stable leaders are more likely to be rated as effective by their subordinates, peers, and superiors [60]. They are also more likely to build high-performing teams, achieve organizational goals, and create a culture of innovation.

The importance of emotional stability in leadership is particularly evident in crises. During a crisis, leaders must be able to remain calm, make quick decisions, and communicate effectively to reassure their stakeholders [61]. Emotionally unstable leaders may become overwhelmed by the pressure, leading to poor decisions, ineffective communication, and a loss of confidence in their leadership.

Consider the example of Jacinda Ardern, the Prime Minister of New Zealand, who has been widely praised for her leadership during several crises, including the Christchurch mosque shootings and the COVID-19 pandemic [62]. Ardern's calm demeanour, empathetic communication style, and decisive decision-making have been attributed to her high level of emotional stability. She has demonstrated the ability to remain composed under immense pressure, inspire confidence in her citizens, and guide her country through challenging times.

In recent years, there has been increasing recognition of the importance of emotional intelligence in leadership development. Emotional intelligence encompasses the ability to understand and manage one's own emotions, as well as the emotions of others [63]. Emotional stability is a key component of emotional intelligence, and it can be developed through self-awareness, mindfulness practices, and emotional regulation techniques.

Organizations are increasingly investing in leadership development programs that focus on enhancing emotional intelligence. These programs typically include training in self-awareness, emotional regulation, empathy, and social skills. By developing these skills, leaders can become more emotionally stable and better equipped to make sound decisions and inspire their teams [64].

Looking ahead, the importance of emotional stability in decision-making and leadership is likely to grow even further. As the world becomes increasingly complex and unpredictable, leaders will need to be able to navigate ambiguity, manage stress, and make difficult decisions under pressure [65]. Emotional stability will be an essential asset for leaders who want to thrive in this environment.

Moreover, as organizations become more diverse and global, leaders will need to be able to effectively manage cross-cultural teams and navigate complex interpersonal dynamics [66]. Emotional stability will be crucial for building trust, fostering collaboration, and creating a sense of belonging among team members from diverse backgrounds.

Emotional stability is a critical factor in effective decision-making and leadership. Emotionally stable individuals are better equipped to approach decisions rationally, regulate their emotions under pressure, and inspire confidence in others. Emotionally stable leaders create positive work environments, build high-performing teams, and guide their organizations through challenging times. As the world becomes increasingly complex and unpredictable, the importance of emotional stability in decision-making and leadership is likely to grow even further, making it an essential skill for leaders who want to succeed in the 21st century. Organizations should prioritize the development of emotional stability in their leaders through training programs and coaching initiatives. By investing in emotional intelligence, organisations can cultivate a leadership pipeline that is capable of navigating the challenges of the future and driving sustainable success [67].

➤ *How Emotional Stability Influences Policy Decisions*

Policy decisions are the bedrock of governance, shaping societies and dictating the course of nations [68]. While these decisions are often perceived as products of rational analysis, the emotional stability of policymakers significantly influences their choices. Emotional stability, characterized by the ability to manage emotions effectively, maintain composure under pressure, and avoid erratic behaviour, plays a crucial role in fostering sound judgment and mitigating biases in policy formulation. One of the primary ways emotional stability influences policy decisions is by enhancing rational thinking [69]. Policymakers who are emotionally stable can approach complex issues with a clear and focused mind. They are less likely to be swayed by impulsive reactions or personal biases, allowing them to evaluate information objectively. Cognitive biases, such as confirmation bias (favouring information that confirms existing beliefs) and availability heuristics (relying on easily recalled examples), can distort judgment [70]. Emotionally stable leaders can recognize and mitigate these biases, ensuring that decisions are based on evidence and logical reasoning rather than emotional impulses. For instance, in economic policy, an emotionally stable finance minister can resist pressures to implement short-term, populist measures that may harm the economy in the long run, instead focusing on sustainable fiscal policies based on data-driven analysis.

Risk assessment is another critical area where emotional stability plays a vital role [71]. Policy decisions often involve weighing potential risks and benefits. Emotionally stable policymakers are better equipped to assess risks accurately, avoiding both excessive risk aversion and reckless risk-taking [72]. They can calmly evaluate potential outcomes, considering various scenarios without being overwhelmed by anxiety or fear. During the COVID-19 pandemic, for example, leaders who exhibited emotional stability were more effective in implementing public health measures. They could weigh the risks of the virus against the economic and social costs of lockdowns, making informed decisions based on scientific evidence rather than succumbing to panic or denial. This ability to remain composed under pressure allowed for more balanced and effective policy responses.

Crisis management is perhaps where the influence of emotional stability is most evident [73]. Crises, whether natural disasters, economic downturns, or security threats, demand quick and decisive action. Emotionally stable leaders can maintain composure in the face of adversity, providing a sense of calm and direction. They can coordinate responses effectively, communicate clearly with the public, and make difficult decisions without succumbing to panic. For example, in the aftermath of a major terrorist attack, an emotionally stable leader can reassure the public, prevent widespread panic, and guide law enforcement agencies to respond effectively without overreacting or infringing on civil liberties. This ability to remain level-headed is crucial for maintaining public trust and ensuring an effective response.

Long-term planning is also heavily influenced by the emotional stability of policymakers [74]. Many policy challenges, such as climate change, demographic shifts, and

technological disruptions, require long-term strategies that extend beyond short-term political cycles. Emotionally stable leaders are more likely to prioritize long-term goals over immediate political gains. They can resist the temptation to delay difficult decisions or pass the burden onto future generations. For example, addressing climate change requires significant investments in renewable energy and sustainable infrastructure, which may not yield immediate benefits. Emotionally stable policymakers can champion these initiatives, even in the face of political opposition, because they understand the long-term consequences of inaction.

However, the relationship between emotional stability and policy decisions is not without its complexities. While emotional stability is generally beneficial, excessive emotional detachment can lead to a lack of empathy and an inability to connect with the concerns of the public. Policymakers must strike a balance between emotional stability and emotional intelligence, which involves understanding and responding to the emotions of others. Emotional intelligence allows leaders to communicate effectively, build consensus, and tailor policies to meet the needs of diverse populations. For instance, in designing social welfare programs, policymakers need to understand the lived experiences of vulnerable groups to create policies that are both effective and compassionate.

Moreover, the emotional climate of a society can also influence policy decisions [75]. In times of heightened anxiety or social unrest, policymakers may feel pressured to respond in ways that reflect public sentiment, even if those responses are not necessarily the most rational or effective. This highlights the importance of fostering a culture of reasoned debate and critical thinking, where policy decisions are based on evidence and analysis rather than emotional appeals. Education, media literacy, and open dialogue can help to promote a more rational and informed public discourse, creating an environment where emotionally stable policymaking can thrive [76].

Emotional stability is a critical attribute for policymakers, influencing their ability to think rationally, assess risks accurately, manage crises effectively, and plan for the long term. While emotional intelligence and empathy are also essential, emotional stability provides the foundation for sound judgment and effective leadership. By mitigating biases, promoting clear thinking, and fostering a long-term perspective, emotional stability enables policymakers to make decisions that serve the best interests of society. As policy challenges become increasingly complex and the pace of change accelerates, the importance of emotional stability in policymaking will only continue to grow, underscoring the need for leaders who can remain composed, rational, and focused in the face of adversity [77].

➤ *The Relevance of Emotional Stability in Nigerian Politics*

Nigerian politics, a complex arena characterized by diverse interests, ethnic tensions, and socioeconomic disparities, demands more than just intellectual prowess and strategic thinking from its leaders and participants. Emotional stability, the capacity to manage one's emotions effectively,

cope with stress, and maintain composure under pressure, emerges as a critical attribute for navigating the turbulent waters of Nigerian politics. One of the primary ways in which emotional stability is relevant in Nigerian politics is its impact on leadership [78]. Emotionally stable leaders are better equipped to inspire confidence, foster collaboration, and unite diverse groups towards common goals. They possess the self-awareness to recognize their strengths and weaknesses, the humility to seek advice from others, and the resilience to persevere through setbacks and challenges. By remaining calm and composed in the face of crisis, emotionally stable leaders can instil a sense of security and stability within their organizations and communities.

Conversely, leaders who lack emotional stability may be prone to impulsivity, aggression, and erratic behaviour, undermining their credibility and eroding public trust [79]. In a society as diverse and complex as Nigeria, where ethnic, religious, and regional tensions often run high, emotional stability is particularly important for promoting unity and preventing conflict. Leaders who can empathize with the concerns of different groups, communicate effectively across cultural divides, and mediate disputes impartially are essential for maintaining social cohesion and stability.

Furthermore, emotional stability plays a crucial role in decision-making within the Nigerian political landscape [80]. Politicians are constantly faced with difficult choices that have far-reaching consequences for the country and its citizens. Emotionally stable individuals are better able to approach these decisions with clarity, objectivity, and a long-term perspective, carefully weighing the potential costs and benefits of different courses of action. They are less likely to be swayed by emotions such as fear, anger, or greed, which can cloud judgment and lead to poor outcomes.

In contrast, politicians who lack emotional stability may be prone to making impulsive decisions based on short-term considerations or personal biases [81]. This can result in policies that are poorly conceived, unfairly implemented, or detrimental to the public interest. Moreover, emotionally unstable leaders may be more susceptible to corruption and abuse of power, as they lack the self-control and ethical compass to resist temptation. By prioritizing emotional stability in the selection and training of political leaders, Nigeria can enhance the quality and integrity of its governance institutions.

In addition to leadership and decision-making, emotional stability is also essential for conflict resolution in Nigerian politics [82]. The country has a history of political violence, ethnic clashes, and religious extremism, which often stem from deep-seated grievances and misunderstandings. Emotionally stable individuals are better equipped to engage in constructive dialogue, mediate disputes peacefully, and build bridges between conflicting parties. They possess the empathy to understand the perspectives of others, the patience to listen attentively, and the communication skills to articulate their views respectfully.

Moreover, emotionally stable mediators can create a safe and supportive environment for dialogue, encouraging participants to express their concerns openly and honestly [83]. By focusing on shared interests and common goals, they can help to find mutually acceptable solutions that address the root causes of conflict and promote reconciliation. In a society as diverse and polarized as Nigeria, emotional stability is indispensable for fostering peace, stability, and social harmony.

The relevance of emotional stability in Nigerian politics extends beyond individual leaders and decision-makers to encompass the broader political culture. A society that values emotional intelligence and promotes emotional well-being is more likely to produce responsible, accountable, and responsive leaders. Education, awareness campaigns, and community-based programs can play a vital role in fostering emotional literacy and promoting positive mental health among citizens of all ages. By investing in the emotional development of its population, Nigeria can create a more resilient, inclusive, and democratic society [84].

Emotional stability is of paramount importance in Nigerian politics, influencing leadership, decision-making, conflict resolution, and overall governance. Emotionally stable leaders are better equipped to inspire confidence, foster collaboration, and unite diverse groups towards common goals. They are also more likely to make rational decisions based on evidence, mediate disputes peacefully, and promote social harmony. By prioritizing emotional stability in the selection and training of political leaders, as well as promoting emotional literacy and well-being among citizens, Nigeria can strengthen its democracy, enhance its governance institutions, and build a more prosperous and equitable society for all. As Nigeria continues to navigate the complexities of the 21st century, emotional stability will remain a vital asset for its leaders and citizens alike.

V. METHODOLOGY

The research technique used in this work is the historical technique of data analysis that places significant reliance on primary as well as secondary accountings of information used in the work. In this secondary research study, the researchers employed a systematic pattern of digging out information and collecting the appropriate data by visiting different sources [85]. This involved a rigorous search of academic databases, and peer-reviewed journals among other academic resources to develop content on the research topic. The reviews were comprised of 258 scholarly articles suggested by professionals based on a thorough analysis of journals and scholarly websites. All the selected research was subject to quality and usefulness assessment. None of the topic areas was addressed with fewer than 17 research articles, despite a few studies undertaking extensive survey work that failed to look deeper. The researcher then critically analysed, synthesised and pattern-sifted the current literature, out of the data. Such a method assists the researchers in enhancing the knowledge and understanding of the studies that preceded the current one, yet also reveals the fields that still need research. Overall, this secondary research study, in terms of its methodology,

demonstrates the systematic and comprehensive approach towards the integration of the collective knowledge of a certain scope [86]. The retrospective evaluation and analysis of the various literature allowed the researcher to perform an all-round review of the state of the art in the respective field.

VI. RESULTS AND DISCUSSION

A. *The Role of Support Systems in Enhancing Emotional Stability for Nigerian Women in Political Positions*

In Nigeria's dynamic political landscape, women are increasingly occupying positions of influence. However, navigating the complexities of politics can be emotionally taxing, making robust support systems crucial for their well-being and effectiveness. Support systems for women in Nigerian politics can be broadly categorized into several key areas: family support, professional networks, mentorship programs, and community-based organizations. Each of these plays a distinct role in providing emotional, social, and practical assistance. Family support, particularly from spouses, parents, and siblings, provides a foundational sense of security and belonging. This support can manifest in various ways, such as providing encouragement, sharing household responsibilities, and offering a safe space to discuss challenges and frustrations. Studies have shown that women with strong family support are more likely to persevere in their political careers and report higher levels of job satisfaction.

Professional networks, including associations of female politicians, advocacy groups, and professional organizations, offer a platform for women to connect with peers who understand the unique challenges they face. These networks provide opportunities for sharing experiences, exchanging advice, and building solidarity. They also serve as a source of information and resources, helping women navigate the political landscape and advance their careers. For instance, the Nigerian Women Trust Fund and the Women in Politics Forum are instrumental in advocating for gender equality in politics and providing support to female politicians.

Mentorship programs are another critical component of support systems. Experienced politicians, both male and female, can offer guidance, advice, and encouragement to women who are new to politics or seeking to advance in their careers. Mentors can help mentees develop essential skills, build confidence, and navigate the often-opaque pathways to political success. Furthermore, mentors can provide a buffer against the isolation and alienation that some women may experience in male-dominated political environments.

Community-based organizations (CBOs) and non-governmental organizations (NGOs) also play a vital role in supporting women in politics. These organizations often focus on issues such as gender equality, women's empowerment, and political participation. They provide training, advocacy, and resources to help women overcome barriers to political involvement. Additionally, CBOs and NGOs can mobilize community support for female politicians, helping them build a strong base of constituents and counter negative stereotypes.

The impact of these support systems on the emotional stability of Nigerian women in political positions is significant. Access to strong support networks has been linked to increased resilience, improved mental health, and enhanced political effectiveness. Women who feel supported are more likely to remain engaged in politics, contribute meaningfully to policy debates, and advocate for the needs of their constituents. Moreover, emotional stability enables women to withstand the pressures of political life without compromising their values or succumbing to corruption.

Despite the clear benefits of support systems, many Nigerian women in politics face significant challenges in accessing them. Cultural norms, gender biases, and socio-economic constraints can limit women's opportunities to build and maintain strong support networks. For example, women may face resistance from family members or communities who believe that politics is not a suitable career for them. They may also encounter discrimination and harassment in political institutions, making it difficult to build trust and rapport with colleagues. Furthermore, the lack of financial resources can prevent women from participating in professional networks or accessing mentorship programs.

Addressing these challenges requires a multi-faceted approach that involves individual, institutional, and societal changes. At the individual level, women can proactively seek out mentors, join professional networks, and cultivate supportive relationships with family members and friends. They can also prioritize their own mental and emotional well-being by engaging in self-care practices such as exercise, meditation, and counselling.

At the institutional level, political parties, government agencies, and civil society organizations can take steps to promote gender equality and create supportive environments for women in politics. This includes implementing policies that protect women from discrimination and harassment, providing training on leadership and political skills, and creating opportunities for women to network and collaborate. Mentorship programs, specifically designed to support women in political positions, should also be encouraged.

At the societal level, efforts are needed to challenge gender stereotypes and promote a more inclusive and equitable political culture. This can be achieved through public awareness campaigns, educational programs, and legal reforms. It is also essential to address the socio-economic factors that limit women's access to political opportunities, such as poverty, lack of education, and limited access to healthcare.

Looking ahead, the role of support systems in enhancing the emotional stability of Nigerian women in political positions is likely to become even more critical. As more women enter politics and assume positions of leadership, the demands and pressures they face will only increase. Therefore, it is essential to continue investing in and strengthening the support networks that enable women to thrive in this challenging environment. Future research should focus on identifying the most effective

types of support systems and developing strategies for scaling up these interventions to reach more women across Nigeria.

➤ *Family and Community Support*

In Nigeria, women's participation in politics remains a complex and challenging endeavour, often fraught with unique emotional and psychological burdens. While the global push for gender equality has led to some progress, Nigerian women in political positions still face significant hurdles, including cultural biases, patriarchal structures, and outright discrimination. Amidst these challenges, the role of family and community support systems becomes paramount in bolstering their emotional stability. The unique challenges faced by Nigerian women in politics necessitate robust emotional support systems. These women often contend with gender stereotypes that question their competence and leadership abilities. They may encounter resistance from male colleagues and constituents who are entrenched in traditional gender roles. Furthermore, the political arena in Nigeria can be particularly adversarial, with intense scrutiny from the media and the public, personal attacks, and even threats of violence. These factors can contribute to feelings of isolation, stress, anxiety, and burnout.

Family support plays a crucial role in mitigating these emotional challenges. A supportive spouse, parents, siblings, or children can provide a safe space for women in politics to express their frustrations, fears, and anxieties without judgment. This emotional validation can be incredibly empowering, helping them to cope with stress and maintain a sense of self-worth. Family members can also offer practical assistance, such as childcare, household management, and logistical support, which can alleviate the burdens of balancing political responsibilities with personal life. Moreover, family support can serve as a buffer against the negative impact of public criticism and personal attacks, reminding women of their value beyond their political roles.

Community support, encompassing a broader network of friends, mentors, and fellow women in politics, is equally vital. Friends can provide a sense of camaraderie and understanding, offering a listening ear and sharing similar experiences. Mentors, particularly those who have navigated the political landscape successfully, can offer guidance, advice, and encouragement, helping women to develop strategies for overcoming obstacles and advancing their careers. Networks of women in politics can provide a platform for sharing experiences, building solidarity, and advocating for policies that promote gender equality. These support systems create a sense of belonging and empowerment, fostering resilience and emotional well-being.

Several examples illustrate the importance of family and community support for Nigerian women in politics. Dr. Ngozi Okonjo-Iweala, the Director-General of the World Trade Organization and former Nigerian Minister of Finance, has often spoken about the unwavering support she received from her family, particularly her husband and children, throughout her career. This support enabled her to navigate the demanding roles she held while maintaining a strong sense of personal identity. Similarly, the late Professor Dora Akunyili, former

Director-General of the National Agency for Food and Drug Administration and Control (NAFDAC), was known for her courage and integrity in fighting corruption. She often attributed her strength to the support of her husband and family, who stood by her despite threats to her life.

The role of community support is also evident in the rise of various women's political organizations in Nigeria. Groups such as the Nigerian Women Trust Fund and Women in Politics Forum provide platforms for women to network, share resources, and advocate for increased representation in government. These organizations offer training programs, mentorship opportunities, and financial assistance to help women overcome the barriers to political participation. By fostering a sense of solidarity and collective action, these community support systems empower women to pursue their political aspirations with confidence.

However, challenges remain in ensuring that all Nigerian women in politics have access to adequate family and community support. Traditional gender roles and expectations can place a disproportionate burden on women to prioritize family responsibilities over their careers, making it difficult for them to balance the demands of political life with personal life. In some cases, women may face opposition from their families or communities who disapprove of their political ambitions. Moreover, the lack of resources and infrastructure in many parts of Nigeria can limit access to childcare, healthcare, and other essential services, making it more difficult for women to manage their multiple roles.

To address these challenges, several strategies can be implemented. First, there is a need to promote gender equality and challenge harmful stereotypes through education and awareness campaigns. This can help to create a more supportive environment for women in politics by changing attitudes and expectations within families and communities. Second, governments and civil society organizations should invest in programs that provide practical support to women in politics, such as childcare subsidies, mentorship programs, and leadership training. These initiatives can help women to overcome the logistical and financial barriers to political participation. Third, there is a need to strengthen legal frameworks that protect women from discrimination and violence in politics. This can help to create a safer and more equitable environment for women to exercise their political rights.

Looking ahead, the role of family and community support in enhancing the emotional stability of Nigerian women in politics is likely to become even more critical. As Nigeria continues to grapple with political and socio-economic challenges, women's leadership will be essential in finding sustainable solutions. However, without adequate support systems, many talented women may be discouraged from entering or remaining in politics. Therefore, it is imperative that families, communities, and governments work together to create an environment that empowers and supports women to thrive in the political arena. By investing in the emotional well-being of Nigerian women in politics, Nigeria can unlock their

full potential and build a more inclusive and prosperous society.

➤ *Mentorship and Role Models*

In Nigeria's political landscape, women face unique challenges that can significantly impact their emotional stability. Cultural biases, societal expectations, and structural barriers often create an environment where women in political positions experience heightened stress, scrutiny, and isolation. Mentorship and role models emerge as critical support systems that can mitigate these challenges, fostering resilience and enhancing the emotional well-being of female politicians.

One of the primary challenges facing Nigerian women in politics is the prevalence of gender discrimination and bias. Deep-seated patriarchal norms often lead to the undervaluing of women's contributions and capabilities, resulting in their marginalization and exclusion from key decision-making processes. This can lead to feelings of frustration, inadequacy, and emotional distress. Mentors and role models who have successfully navigated these biases can offer invaluable advice and strategies for overcoming these barriers. They can share personal experiences, provide coping mechanisms, and help mentees develop the confidence and assertiveness needed to challenge discriminatory practices. For instance, a seasoned female politician who has broken through gender barriers can mentor a younger colleague on how to effectively advocate for her ideas, negotiate for resources, and build alliances in a male-dominated environment. This guidance can significantly reduce the emotional toll of navigating gender bias.

Another significant challenge is the intense scrutiny and public criticism that female politicians often face. Women in the public eye are frequently subjected to harsher judgment than their male counterparts, with their personal lives, appearances, and family choices often becoming targets of criticism. This constant scrutiny can lead to anxiety, self-doubt, and emotional exhaustion. Role models who have weathered similar storms can provide a source of inspiration and resilience. They can demonstrate how to maintain a strong sense of self, manage public perception, and develop a thick skin in the face of criticism. Mentors can also help mentees develop effective communication strategies for addressing public criticism, framing their narratives, and countering negative stereotypes. By learning from the experiences of role models, female politicians can build the emotional fortitude needed to withstand the pressures of public life.

Furthermore, the political arena in Nigeria can be highly competitive and adversarial, with intense pressure to perform and deliver results. This can lead to stress, burnout, and a sense of isolation, particularly for women who may lack strong support networks. Mentorship programs can provide a safe and supportive space for female politicians to share their challenges, receive encouragement, and develop coping strategies. Mentors can offer guidance on time management, stress reduction techniques, and work-life balance, helping mentees maintain their emotional well-being amidst the demands of their political careers. Additionally, mentors can facilitate networking opportunities, connecting mentees with other professionals and organizations that can provide further

support and resources. This sense of community can combat feelings of isolation and enhance emotional resilience.

The effectiveness of mentorship and role model programs in enhancing emotional stability depends on several factors. Firstly, it is essential to ensure that mentors are well-trained and equipped with the skills to provide effective guidance and support. This includes training on active listening, empathy, and culturally sensitive communication. Secondly, mentorship programs should be structured to provide regular and consistent support, with clear goals and expectations. This ensures that mentees receive the ongoing guidance they need to navigate their political careers. Thirdly, it is important to create a supportive environment where female politicians feel safe to share their challenges and vulnerabilities without fear of judgment or reprisal. This requires fostering a culture of trust, respect, and confidentiality within mentorship programs.

Several initiatives in Nigeria have recognized the importance of mentorship and role models in empowering women in politics. Organizations such as the National Democratic Institute (NDI) and the Westminster Foundation for Democracy (WFD) have implemented programs that provide mentorship, training, and networking opportunities for female politicians. These programs often involve pairing aspiring female leaders with experienced politicians, civil society leaders, and business professionals who can provide guidance and support. Additionally, some political parties have established women's wings that offer mentorship and leadership development programs for their female members. These initiatives are crucial for building a pipeline of capable and confident female leaders who can contribute to the political process.

Looking ahead, there is a need for greater investment in mentorship and role model programs for Nigerian women in politics. This includes increasing funding for existing initiatives, expanding their reach to more regions and communities, and developing new and innovative approaches to mentorship. For example, technology can be leveraged to create virtual mentorship platforms that connect female politicians with mentors from across the country and the diaspora. Additionally, efforts should be made to promote the visibility of female role models in politics, through media campaigns, public speaking engagements, and awards programs. By showcasing the achievements and contributions of female leaders, it can inspire and encourage other women to pursue political careers.

➤ *Institutional Support within Political Parties*

Political parties in Nigeria, like their counterparts globally, serve as crucial platforms for political participation, leadership recruitment, and policy formulation. However, the Nigerian political landscape, fraught with challenges such as patriarchal norms, corruption, and political violence, often presents a particularly daunting environment for women aspiring to and holding political positions. Consequently, the emotional stability of these women is frequently undermined, necessitating robust institutional support within political parties.

The under-representation of women in Nigerian politics is a well-documented issue. Rooted in socio-cultural beliefs that prioritize male leadership, women often face significant barriers to entry and advancement. These barriers include limited access to financial resources, lack of mentorship and networking opportunities, and pervasive gender discrimination. Furthermore, the prevalence of political violence, often disproportionately targeting women, creates an atmosphere of fear and insecurity, impacting their emotional well-being. In this context, institutional support within political parties becomes indispensable for fostering an environment where women can thrive without compromising their emotional health.

One of the most critical forms of institutional support is the provision of mentorship and leadership training programs tailored to the specific needs of women. Such programs can equip women with the skills and confidence necessary to navigate the complex political terrain, challenge discriminatory practices, and effectively advocate for their policy priorities. By connecting aspiring female politicians with experienced mentors, political parties can create a supportive network that provides guidance, encouragement, and practical advice. The National Democratic Institute (NDI), in collaboration with Nigerian political parties, has implemented several initiatives aimed at strengthening women's political participation. These programs often include training on campaign management, public speaking, and legislative processes. However, the impact of these programs is often limited by their scale and sustainability, highlighting the need for more comprehensive and sustained institutional investment.

Another crucial aspect of institutional support is the implementation of internal party mechanisms to address gender-based discrimination and violence. Political parties should establish clear codes of conduct that prohibit discrimination and harassment, and create accessible reporting channels for victims. Furthermore, parties must demonstrate a commitment to enforcing these codes of conduct by taking swift and decisive action against perpetrators. The absence of such mechanisms not only perpetuates a hostile environment for women but also undermines the party's credibility and commitment to gender equality. While some parties have begun to address this issue, implementation remains inconsistent, and there is a need for greater transparency and accountability.

Financial support is also paramount. Women often lack the financial resources necessary to compete effectively in elections. Political parties can address this disparity by earmarking funds specifically for women candidates, providing training on fundraising strategies, and facilitating access to micro-loans and other financial resources. Moreover, parties should actively promote policies that address the economic inequalities that disproportionately affect women, such as access to credit, land ownership, and employment opportunities. While the Affirmative Action policy in Nigeria mandates a certain percentage of positions to be reserved for women, enforcement is weak, and many parties fail to meet these targets. A more robust and systematic approach to

financial support is needed to level the playing field and empower women to participate fully in the political process.

Furthermore, political parties must actively promote a more inclusive and gender-sensitive political discourse. This includes challenging patriarchal norms and stereotypes, amplifying women's voices in public debates, and promoting policies that address the specific needs and concerns of women. Parties can also use their platforms to raise awareness about gender-based violence and advocate for stronger legal protections for women. By actively shaping public opinion and promoting a more equitable vision of society, political parties can contribute to creating a more supportive environment for women in politics. Civil society organizations and the media also have a crucial role to play in holding political parties accountable and promoting a more gender-inclusive political discourse.

Looking ahead, there are several strategies that political parties can adopt to further enhance the emotional stability of Nigerian women in political positions. First, parties should invest in research to better understand the specific challenges and needs of women in politics. This research can inform the design of more effective support programs and policies. Second, parties should strengthen their partnerships with civil society organizations and international development agencies to leverage their expertise and resources. Third, parties should prioritize the recruitment and promotion of women into leadership positions within the party structure. This will not only provide women with greater influence and visibility but also send a powerful message about the party's commitment to gender equality. Finally, political parties must be held accountable for their commitments to gender equality. Independent monitoring and evaluation mechanisms can help to track progress and identify areas where further action is needed.

B. The Unique Challenges Faced by Nigerian Women in Politics

The participation of women in politics is crucial for any nation striving for democratic values and equitable representation. In Nigeria, despite the nation's rich cultural diversity and commitment to democratic governance, women face unique challenges in entering and sustaining their presence in politics. To begin, sociocultural factors significantly hinder Nigerian women's political participation. Nigerian society is largely patriarchal, which often translates into the marginalization of women in various sectors, including politics. Traditional beliefs dictate that leadership roles are predominantly reserved for men, often dismissing the capabilities of women. This societal perception can discourage women from aspiring to political offices or participating in electoral processes. For instance, when women perform well in political roles, as seen in the cases of former Minister of Finance Ngozi Okonjo-Iweala and former Minister of Environment Amina J. Mohammed, their achievements frequently face scepticism, emphasizing a lingering belief that men are better suited for positions of authority.

Moreover, the lack of supportive networks and mentorship for women exacerbates their exclusion from

political processes. Many women in Nigeria lack access to the same social capital as their male counterparts, which can be critical for building influence and gaining political office. There are fewer platforms and networks dedicated to empowering female politicians, which could provide the necessary guidance, resources, and encouragement. Consequently, this results in a limited pipeline of qualified women ready to assume leadership roles.

Economically, Nigerian women face additional barriers that restrict their political engagement. Political campaigning in Nigeria can be prohibitively expensive, creating an environment where only individuals with substantial financial resources can successfully run for office. Women often encounter significant economic disparities compared to men, resulting in fewer women being able to finance their political ambitions. The 2023 elections illustrated this challenge, as women candidates struggled to secure funding for their campaigns, with many relying on limited personal savings or family support. Consequently, this economic disadvantage restricts women's ability to compete on an equal footing with men, who often have more readily available financial backing.

Another critical barrier is structural discrimination within political parties. While several political parties in Nigeria have established affirmative action policies to promote women's participation, these policies often lack enforcement. Female candidates are frequently sidelined in party primaries, as male party leaders tend to prioritize the interests of their male colleagues. For example, in the recent primaries leading up to the 2023 general elections, many qualified women were overlooked in favour of male candidates, despite the policies advocating for gender inclusion. This institutionalized discrimination not only diminishes women's representation but also perpetuates the cycle of inequality in political spheres.

In addition to these challenges, violence and intimidation remain significant deterrents for women in political office. Reports of harassment and threats against female politicians and candidates are prevalent in Nigeria. Such incidents often manifest as both physical threats and verbal abuse, creating an atmosphere of fear that can result in women shying away from political competition. The situation is further exacerbated in regions affected by insecurity, where armed groups utilize violence as a means to control political participation. This hostile environment can discourage both aspiring and sitting female politicians, deterring them from engaging in the political process.

Recent developments indicate a growing recognition of the need for increased women's participation in Nigerian politics. The establishment of various organizations and initiatives aimed at empowering women in politics has gained traction in recent years. These organizations provide training programs, advocacy, and resources necessary for women to succeed in the political arena. For instance, initiatives like the "Not Too Young to Run" campaign have helped to mobilize young people, including women, to participate in governance actively, thereby fostering a new generation of female leaders. As a result, there is a gradual increase in the number of women

participating in political roles, underscoring a potential shift in societal attitudes toward women in leadership.

Furthermore, upcoming legislative reforms targeting electoral laws present opportunities for enhancing women's representation. Advocates are pushing for policies that enforce gender quotas, ensuring that women are equally represented in political positions. If successful, these reforms may provide the necessary legal framework to facilitate greater inclusivity and equality for women in Nigerian politics.

Looking ahead, fostering women's political representation in Nigeria will require a multifaceted approach. Addressing sociocultural biases through public education campaigns can promote positive perceptions of women as capable leaders. Encouraging men to serve as allies and advocates for women's rights within political circles can help dismantle the deep-rooted patriarchal structures that have long dominated Nigerian politics. Furthermore, efforts towards ensuring economic empowerment for women, such as improved access to funding for campaigns and resources for capacity building, must be prioritized.

C. Successful Nigerian Women Leaders and their Emotional Journeys

Nigerian women have made remarkable strides in leadership across various sectors, shattering glass ceilings and inspiring future generations. Their journeys to success, however, have been deeply intertwined with emotional experiences that have shaped their resilience, empathy, and leadership styles. In contemporary Nigeria, the narrative surrounding women's leadership is gradually shifting from mere representation to active engagement and influence in various sectors. Successful women leaders not only navigate professional landscapes but also face emotional journeys that shape their resilience and effectiveness.

The historical context of women's roles in Nigeria is complex. Traditionally, societal norms often relegated women to subordinate roles, limiting their participation in decision-making. However, in recent decades, this paradigm is changing. Women like Ngozi Okonjo-Iweala, the first female Director-General of the World Trade Organization, embody this shift. Okonjo-Iweala's journey to leadership has been fraught with challenges, including gender biases and institutional resistance. Her emotional resilience stems from a profound commitment to transparency and economic reform in Nigeria. Although she faced considerable criticism and adversity during her tenure as Finance Minister, her ability to remain focused on her goals demonstrates the emotional fortitude essential for leaders in male-dominated spheres.

Another inspiring figure is Amina J. Mohammed, Nigeria's former Environment Minister and the current Deputy Secretary-General of the United Nations. Mohammed's path illustrated the emotional toll of bridging local challenges with international expectations. She has worked tirelessly on sustainable development goals while advocating for climate action. Her journey reflects an emotional balance between ambition and the weight of societal issues. Mohammed's experiences resonate with many women who aspire to balance

personal ambitions with community responsibilities, highlighting that leadership often involves navigating a spectrum of emotional tides.

Further illustrating this emotional journey is the story of Ibukun Awosika, a business magnate and the first female Chairman of First Bank of Nigeria. Awosika's ascent in the corporate world has required her to confront gender prejudices in a challenging business environment. Her emotional journey is marked by determination and resistance against stereotypes that question women's capabilities. Awosika's experience reveals that emotional resilience is not merely about overcoming external challenges but also about fostering self-belief and confidence. She advocates for women to support each other and build networks, emphasizing that collective emotional strength can pave the way for individual success.

Another example is Chimamanda Ngozi Adichie, a renowned author and feminist icon. Through her writing and activism, she has challenged gender stereotypes, promoted cultural understanding, and advocated for social justice. She is known for her courage, her authenticity, and her ability to connect with people from all walks of life. She has used her platform to amplify the voices of marginalized women and inspire them to pursue their dreams.

Despite the notable successes of these leaders, it is crucial to acknowledge the emotional struggles common among women in leadership roles. Research indicates that women often experience higher levels of stress due to the dual pressures of professional demands and societal expectations. For instance, the challenge of achieving work-life balance is particularly pronounced for women leaders, who frequently juggle career responsibilities with familial obligations. This reality can lead to feelings of guilt and inadequacy, influencing their emotional well-being. As these leaders navigate their paths, they often find themselves battling internal doubts and external judgments, which can impact their decision-making and leadership effectiveness.

The emotional journeys of these leaders also reflect broader socio-cultural dynamics in Nigeria. The traditional concept of femininity, which often emphasizes submissiveness and domesticity, clashes with the growing perception of women as leaders. This dissonance contributes to societal scrutiny and criticism, which can be emotionally taxing for women in leadership. However, as more women break through the glass ceiling, they pave the way for future generations, gradually transforming societal perceptions. The intersection of personal resilience and societal change is vital for fostering an environment in which women leaders can thrive.

Moreover, the rise of social movements in Nigeria is further empowering women leaders. Campaigns advocating for women's rights, gender equality, and political participation are gaining momentum. The EndSARS movement, while primarily focused on police reform, has also amplified voices for social justice, including those of women leaders. This collective activism contributes to building emotional solidarity among women, offering a sense of community and shared purpose. Many leaders report that being part of a larger movement has

significantly impacted their emotional journeys, providing strength and motivation to overcome obstacles.

Looking ahead, the implications of these emotional journeys are significant for Nigeria's socio-political landscape. As women leaders continue to emerge and wield influence, their experiences can inform policies that support gender equity in leadership. Advocacy for professional development programs, mentorship opportunities, and mental health resources tailored to women can help alleviate some emotional burdens. Furthermore, as successful leaders share their narratives, they can inspire young women to pursue leadership roles, cultivating a new generation of empowered female leaders.

D. Profiles of Influential Nigerian Women in Politics

The political landscape in Nigeria has historically been dominated by men, yet a significant shift has occurred over the years with the rise of influential women who have made notable strides in various political roles. These women have not only worked to strengthen democracy but have also advocated for policies that address issues such as gender equality, education, healthcare, and poverty alleviation. The participation of women in Nigerian politics has evolved considerably since the country gained independence in 1960. The largely patriarchal government structure began to see female representation due to various advocacy efforts, increasing awareness of gender issues, and international pressure for gender equality. Today, women occupy significant political offices and play pivotal roles in shaping policies.

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➤ *Margaret Ekpo*

Margaret Ekpo was a trailblazer in Nigerian politics. Born in 1914 in the then Calabar Province, she became one of the first female politicians in Nigeria. Ekpo was not only the first female member of the Enugu and Aba city councils but also an active participant in the struggle for independence from British colonial rule. She was a member of the National Council of Nigeria and the Cameroons (NCNC) and fought passionately for women's rights and social justice. Her legacy extends beyond her political achievements; she was a founding member of the Aba Women's Union, which addressed the grievances of women under colonial rule. Ekpo's contribution paved the way for subsequent generations of women in politics, illustrating the potential for women's leadership in Nigeria.

➤ *Dr. Ngozi Okonjo-Iweala*

Dr. Ngozi Okonjo-Iweala serves as a contemporary model of effective leadership in Nigeria and beyond. Born in 1954, she gained international recognition through her roles as the Minister of Finance and the Minister of Foreign Affairs in Nigeria. Her policies during her tenure were pivotal in steering the economy towards growth and stability. Beyond her national

contributions, Okonjo-Iweala became the first female Director-General of the World Trade Organization in 2021. Her leadership focused on global trade and economic development, emphasizing the importance of inclusivity in economic policy. In a nation often hindered by economic challenges, her successful navigation of complex economic issues highlights the indispensable role that women can play in governance.

➤ *Senator Stella Oduah*

Senator Stella Oduah, born in 1962, is another influential figure in Nigerian politics. As a former Minister of Aviation, Oduah initiated significant reforms in the Nigerian aviation sector. She is particularly noted for her efforts in improving airport infrastructure and enhancing aviation safety standards. Oduah has represented Anambra North in the Nigerian Senate since 2019 and has focused on issues such as education, health, and women's rights. Her political journey illustrates the challenges women face in political office, including gender-based discrimination and corruption allegations. Nevertheless, she remains a strong advocate for women's empowerment, insisting on the necessity of women's voices in decision-making processes.

➤ *Dr. Amina Mohammed*

Dr. Amina Mohammed epitomizes the blend of national and international political influence. Serving as the Deputy Secretary-General of the United Nations since 2017, she previously held the position of Minister of Environment in Nigeria. A graduate of the University of Maiduguri and the University of Sussex, Dr Mohammed has been at the forefront of addressing climate change and sustainable development. Her commitment to women's rights and empowerment, especially in climate action, aligns with global efforts outlined in the United Nations' Sustainable Development Goals. Dr. Mohammed's achievements serve as an inspiration for future women leaders in Nigeria, particularly in areas requiring technical expertise and strategic thinking.

➤ *Senator Oluremi Tinubu*

Another influential woman in Nigerian politics is Senator Oluremi Tinubu. As a senator representing Lagos Central Senatorial District, she has been a vocal advocate for women's rights, education, and social justice. Her legislative work has focused on improving the lives of vulnerable populations, including children, women, and people with disabilities. Tinubu's political career is characterized by her dedication to community development and empowerment. She has initiated various programs aimed at providing educational opportunities, healthcare services, and economic support to her constituents. Her longevity in the Senate and her ability to navigate the complex political landscape have solidified her position as a key player in Nigerian politics.

➤ *Aisha Yesufu*

Aisha Yesufu is a prominent socio-political activist known for her fearless advocacy for good governance and human rights. She rose to prominence as a leading figure in the Bring Back Our Girls movement, which campaigned for the release of the kidnapped Chibok schoolgirls. Yesufu's activism extends to various social and political issues, including police brutality, corruption, and electoral reform. She has been a vocal

critic of government policies and actions, often using social media to mobilize public opinion and demand accountability from political leaders. Her involvement in the End SARS protests against police brutality further solidified her reputation as a courageous and unwavering voice for change. Yesufu's influence lies in her ability to galvanize citizens and challenge the status quo, making her a significant force in Nigerian politics.

➤ *Professor Dora Akunyili*

Professor Dora Akunyili, though no longer alive, remains an iconic figure in Nigerian politics. As the Director-General of the National Agency for Food and Drug Administration and Control (NAFDAC), she spearheaded a relentless campaign against counterfeit drugs and substandard food products. Her efforts led to a significant reduction in the prevalence of fake drugs and improved the quality of food and drug products in Nigeria. Akunyili's work at NAFDAC earned her national and international recognition, establishing her as a symbol of integrity and excellence in public service. Later, as the Minister of Information and Communications, she continued to advocate for transparency and accountability in government. Her legacy as a dedicated public servant and a champion of public health continues to inspire many Nigerians.

➤ *Abike Dabiri-Erewa*

Another woman making significant strides in Nigerian politics is Abike Dabiri-Erewa. As the Chairman of the Nigerians in Diaspora Commission (NIDCOM), she has been instrumental in addressing the challenges faced by Nigerians living abroad and promoting their engagement in national development. Dabiri-Erewa's work involves advocating for the rights and welfare of Nigerians in the diaspora, facilitating their investment in Nigeria, and harnessing their skills and expertise for the country's benefit. Her efforts have strengthened the relationship between Nigeria and its diaspora community, fostering a sense of belonging and encouraging their participation in national affairs. Her role is crucial in leveraging the resources and talents of Nigerians abroad for the advancement of the country.

These women, along with many others, have demonstrated exceptional leadership and resilience in navigating the complexities of Nigerian politics. They have broken barriers, challenged stereotypes, and paved the way for future generations of women to aspire to leadership positions. Their contributions span various sectors, including economics, law, activism, and public health, reflecting the diverse talents and expertise of Nigerian women. Despite the progress made, women in Nigerian politics still face significant challenges. These include cultural norms that limit women's participation in public life, systemic discrimination in political parties and electoral processes, and the prevalence of violence and intimidation during elections. Overcoming these challenges requires concerted efforts from the government, civil society organizations, and political parties to promote gender equality and create a more inclusive political environment.

Looking ahead, the future of women in Nigerian politics is promising. With increasing awareness of gender equality and growing support for women's leadership, more women are

likely to enter the political arena and assume positions of influence. The passage of legislation promoting gender equality, the implementation of policies that support women's empowerment, and the active engagement of civil society in advocating for women's rights will be crucial in accelerating progress. The contributions of these influential women serve as a testament to the potential of Nigerian women to shape the nation's destiny and contribute to its development. Their stories inspire hope and demonstrate the transformative power of women's leadership in politics.

E. Lessons Learned from their Experiences

Nigeria, a nation brimming with potential and promise, has historically grappled with gender inequality across various sectors, including politics. Despite these challenges, numerous influential Nigerian women have shattered glass ceilings, paving the way for future generations. Their journeys, marked by resilience, determination, and strategic acumen, offer invaluable lessons for aspiring female leaders and provide critical insights into the complexities of navigating the Nigerian political landscape.

One of the most significant lessons gleaned from the experiences of influential Nigerian women in politics is the transformative power of education. Women like Professor Dora Akunyili, the former Director-General of the National Agency for Food and Drug Administration and Control (NAFDAC), exemplified this. Akunyili's unwavering commitment to public service, characterized by her relentless fight against counterfeit drugs, was rooted in her strong academic foundation. Her educational background in pharmacology provided her with the expertise and credibility to challenge entrenched interests and implement effective regulatory policies. Similarly, Ngozi Okonjo-Iweala, the first female Director-General of the World Trade Organization (WTO), leveraged her extensive education in economics from Harvard University and MIT to navigate complex economic challenges as Nigeria's Minister of Finance. Her academic credentials lent her authority and enabled her to implement impactful economic reforms, including debt relief negotiations. These examples underscore that education equips women with the knowledge, skills, and confidence necessary to effectively participate in and lead within the political sphere.

Mentorship and networking emerge as crucial elements in the success stories of many influential Nigerian women in politics. Mentorship provides aspiring female leaders with guidance, support, and access to valuable networks. Women like Sarah Jibril, a veteran politician and advocate for women's rights, actively mentored younger women, sharing her experiences and providing them with the tools to overcome obstacles. These mentorship relationships often extend beyond formal programs, evolving into informal networks of support and collaboration. Networking, both within and across political parties, is essential for building alliances and gaining access to resources. By cultivating strong relationships with other politicians, civil society leaders, and community stakeholders, women can expand their influence and advocate for their policy priorities. The importance of these networks is evident in the ability of women like Senator Oluremi Tinubu to maintain a prominent role in Nigerian politics, leveraging their

connections and experience to navigate complex political dynamics.

Strategic alliances and coalition building are indispensable for women seeking to advance their political careers in Nigeria. Recognizing the inherent challenges posed by a male-dominated political system, many influential women have forged strategic alliances with male counterparts and other women's groups to amplify their voices and advance their agendas. These alliances can take various forms, including cross-party collaborations, partnerships with civil society organizations, and alliances with traditional leaders. For instance, the collaboration between women's rights groups and female politicians played a pivotal role in advocating for the passage of the Violence Against Persons Prohibition (VAPP) Act, a landmark legislation aimed at protecting women and girls from violence. Similarly, women politicians have often formed alliances with male allies who are willing to champion their causes and provide them with opportunities for advancement. These strategic alliances are essential for overcoming systemic barriers and achieving meaningful political representation.

Despite the progress made, influential Nigerian women in politics continue to face significant societal biases and challenges. Gender stereotypes, cultural norms, and religious beliefs often limit women's access to political opportunities and undermine their authority. Women are frequently subjected to discriminatory practices, including being overlooked for leadership positions, facing unequal pay, and experiencing harassment and intimidation. Moreover, the prevalence of patriarchy in Nigerian society often leads to the devaluation of women's contributions and the perpetuation of harmful stereotypes. Overcoming these biases requires a multi-faceted approach, including challenging discriminatory norms, promoting gender equality through education and awareness campaigns, and enacting legislation to protect women's rights. The experiences of women like Senator Aisha Alhassan, who faced significant opposition and ultimately resigned from her position as Minister of Women Affairs due to political manoeuvring, highlight the persistent challenges that women in Nigerian politics must confront.

Looking ahead, the future of women in Nigerian politics hinges on sustained efforts to address the systemic barriers that impede their progress. This includes implementing policies to promote gender equality in political participation, increasing women's access to education and economic opportunities, and strengthening legal frameworks to protect women's rights. Furthermore, it is essential to foster a more inclusive and equitable political culture that values women's contributions and encourages their leadership. Investing in mentorship programs, providing training and resources for aspiring female leaders, and promoting women's representation in decision-making bodies are crucial steps towards achieving gender parity in Nigerian politics. The experiences of influential Nigerian women serve as a testament to the transformative potential of female leadership and offer valuable lessons for creating a more just and equitable society.

VII. CONCLUSION

Support systems play a crucial role in enhancing the emotional stability of Nigerian women in political positions. Family support, professional networks, mentorship programs, and community-based organizations all contribute to creating a supportive environment that enables women to navigate the complexities of political life and maintain their well-being. While challenges remain in accessing these support systems, proactive efforts at the individual, institutional, and societal levels can help to overcome these barriers and ensure that women in politics have the resources they need to succeed. By prioritizing the emotional well-being of women in politics, Nigeria can create a more inclusive, equitable, and effective political system that benefits all its citizens.

Mentorship and role models play a vital role in enhancing the emotional stability of Nigerian women in political positions. By providing guidance, encouragement, and support, they can help female politicians navigate the challenges of gender discrimination, public scrutiny, and political competition. Effective mentorship programs can foster resilience, build confidence, and create a sense of community, empowering women to thrive in their political careers. As Nigeria strives to promote gender equality and inclusivity in politics, investing in mentorship and role model programs is essential for creating a supportive environment where female leaders can flourish and contribute to the country's development. The emotional well-being of female politicians is not only a matter of individual concern but also a crucial factor in promoting effective governance and a more equitable society.

Institutional support within political parties is essential for enhancing the emotional stability of Nigerian women in political positions. By providing mentorship, leadership training, financial resources, and mechanisms to address gender-based discrimination and violence, political parties can create a more supportive and inclusive environment for women to thrive. While some progress has been made in recent years, significant challenges remain. To fully realize the potential of women in Nigerian politics, political parties must adopt a more comprehensive, sustained, and accountable approach to institutional support. This will not only benefit individual women but also strengthen the democratic process and contribute to a more just and equitable society. The emotional well-being of women in politics is not merely a personal issue but a critical factor in ensuring effective governance and sustainable development in Nigeria.

Nigerian women face significant challenges in their pursuit of political involvement, stemming from sociocultural norms, economic limitations, structural discrimination, and violence. While recent developments indicate a growing acknowledgement of the need for increased participation, substantial work remains to be done. The commitment to promoting women's political involvement must be unwavering, encompassing both grassroots activism and legislative reform. As Nigeria continues to strive for true democratic representation, enhancing women's roles in politics is not

merely a moral imperative but a crucial step toward achieving a more equitable society for all.

The emotional journeys of successful Nigerian women leaders are characterized by resilience, struggle, and eventual triumph. Leaders like Ngozi Okonjo-Iweala, Amina J. Mohammed, and Ibukun Awosika exemplify the complexities of navigating their professional landscapes while confronting societal expectations. Their experiences underscore the need for collective support among women and the importance of addressing systemic barriers. The evolving narrative of women in leadership not only enhances representation but also enriches the emotional tapestry of Nigeria's socio-political landscape. As we look to the future, it is essential to continue fostering environments where women can lead with confidence, carving paths for those who will follow. Emotional resilience, coupled with support and advocacy, will play a crucial role in shaping the next chapter of women's leadership in Nigeria.

The profiles of influential Nigerian women in politics illustrate a rich tapestry of leadership and resilience. Women such as Margaret Ekpo, Dr Ngozi Okonjo-Iweala, Senator Stella Oduah, Dr Amina Mohammed, Senator Oluremi Tinubu, Aisha Yesufu, Professor Dora Akunyili and Abike Dabiri-Erewa have made indelible marks on the political landscape, advocating for essential changes and providing robust examples of female leadership. However, continued efforts are necessary to overcome challenges and enhance women's representation in politics. Addressing these issues will not only empower women but also strengthen Nigeria's democratic processes, ultimately leading to a more equitable society. In fostering such an environment, Nigeria can harness the potential of its women leaders to drive sustainable development and positive change for all citizens.

In conclusion, the experiences of influential Nigerian women in politics offer a wealth of insights and lessons for aspiring female leaders and policymakers. The importance of education, mentorship, strategic alliances, and the persistent fight against societal biases emerge as key themes in their success stories. By embracing these lessons and working collectively to address the systemic barriers that impede women's progress, Nigeria can unlock the full potential of its female population and create a more inclusive and prosperous future for all. The journey of these pioneering women serves as an inspiration and a call to action, urging us to continue striving for a society where women have equal opportunities to participate in and lead within the political arena.

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