

The Study of Occupational Stress and its Contributory Factors among Nursing Officers of Government Hospitals in Kurunegala District, Sri Lanka

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Abstract

The Occupational stress is the physical and emotional response to a job when it does not match with the employee's abilities, resources, or needs. The occupational stress affects the behaviour of the nursing officers and it leads to a job dissatisfaction. This study examines the relationship among variables that causes to occur occupational stress of nursing officers in government hospitals in Kurunegala district. The sample comprises 120 nursing officers of government hospitals at Kurunegala district and data were collected using a structured questionnaire. The data were analysed through SPSS and inferential statistical methods such as correlation analysis and regression analysis were used. The results of the research emphasize that nursing officers experience stress when they are dealing with patients. Work-family conflict, conflict at work, lack of staff support and work overload can be identified as the most stressful factors that increase the level of stress of nursing officers. It is also revealed the strategies used by nursing officers to reduce their occupational stress. The healthcare industry is very sensitive and nursing officers need to control their stress in order to achieve the goal of serving society. As recommendations, religious observations and time management strategies can be used to reduce their occupational stress.

Keywords: Health care industry, nursing officers, occupational stress