

A STUDY OF JOB STRESS AMONG FEMALE NURSES IN TEACHING HOSPITALS IN BATTICALOA DISTRICT

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Employees in many countries increasingly complain about high and rising levels of stress at work. As stress levels have increased, employers have faced rising medical bills, more accident insurance claims, increased absenteeism, and declining morale. Most corporate efforts to handle the problem have focused on the remedies for work-place stress such as therapy, counselling, gym memberships, and in-house exercise facilities. This research studies the job stress of teaching hospitals females' nurses. The factors of job stress that have been examined under this study include management role, relationship with others, work load pressure, home-work interface, role ambiguity and performance pressure. The data for this study is collected from 120 female nurses from teaching hospitals in Batticaloa District. The researchers used the questionnaire to collect primary data. Descriptive and inferential statistics were used to analyze data, mean and standard deviation was used to find out the influence of each factor on the dependent variable. The correlation and regression analysis with SPSS 16.0 was used to find out the relationship between independent and dependent variable. There is a significance difference between job stress and its dimensions. Increased work overload and home-work interface and role ambiguity are highly contributed to job stress. It shows that job stress of female nurses in the hospitals is in moderate level. So, there is a need for greater flexible work schedule, job assignment, maintain home-work interface in order to reduce the job stress of female nurses in the hospital sector.

Keywords: Factors of Job stress, Female nurses, Job stress