

Investigation of Stress and Its Effects on Health Workers in Federal Medical Centres in Nigeria

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Abstract : A study on Stress and its' effect on the health of workers in Federal Medical Centres in Nigeria is presented. The aim is to evaluate how much stress related hazards health workers in our tertiary health institutions are exposed to and to create awareness and reduce the rate at which stress affect the health of the working population in Nigeria, using workers in Federal Medical Centre, Umuahia as a case study. The descriptive survey design was adopted with the aid of 100 questionnaires delivered to the respondents in order to obtain first-hand information. From the findings, the major causes of stress were identified as inadequate staffing, unresolved family problems and psychological/cultural factors like the return of a lactating mother to work after three months post-delivery. The effects of stress on the workers were identified as hypertension, poor job performances, depression, asthma, and peptic ulcers. The study recommended instituting counseling units for stress management, holding seminars on stress management and increasing the salary scale (remuneration) and proper roster planning as solutions to stress reduction in our hospitals. This study is important to management in planning staffing, roster, and a rehabilitation programme for her staff.

Keywords : stress, causes, effects, workers

Conference Title : ICOHS 2015 : International Conference on Occupational Health and Safety

Conference Location : Miami, United States

Conference Dates : March 09-10, 2015