

# **Postgraduate Program and Research**

## **Department of Health Management**

Prevalence and Associated Factors of Work-related Stress among  
Health Care Workers: Cross-sectional Study in Mogadishu-Somalia  
Turkey Recep Tayyip Erdoğan Training and Research Hospital

This thesis has been submitted in partial requirements for the fulfillment of the Master's Degree in Health Management.

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## ABSTRACT

Work-Related Stress (WRS) is the physical and emotional response that occurs when work requirements do not match the abilities, resources, or needs of employees in the workplace.

The study aimed to determine the Prevalence and Associated Factors of Work-related Stress among Health-care Workers in Mogadishu Somalia – Turkey Recep Tayyip Erdoğan Training And Research Hospital from April to May 2022.

This study was an analytic cross-sectional study to determine the Prevalence and Associated Factors of Work-related Stress among healthcare workers in Mogadishu Somalia –Turkey Recep Tayyip Erdogan Training and Research Hospital. Ethical approval was gained from the Hospital and Mogadishu University to conduct this study. A total of 212 health workers from the hospital were included in this study using probability, stratified sampling technique. A structured questionnaire was used to collect data. Data were entered and analyzed using SPSS version 23.0.

Most of the Respondents, 114 (53.8%) were in the age group 26-30 years. The majority of the respondents, 116 (54.7%), were male. Most of the respondents 113 (53.3) were married. There was no significant statistical correlation between age, gender, marital status, qualification, hospital experience, the relationship between manager or supervisor workers, salary paid on time, and work-related stress, because ( $p$ -value  $>0.05$ ). While, the education level, mild physical pain, and small medical diseases or chronic issues kept you stressed in the previous month, feeling lonely at work, work hours in the week, working shifts & weekends, time pressure, excessive job, satisfied with wage, salary range, and hospital promotions were significantly associated with the stress of the health workers, because ( $p$ -value  $<0.05$ ) respectively.

The study recommends that the administration of healthcare institutions should establish procedures that will rigorously monitor how each staff performs their duties to reduce stress. This might be accomplished by hiring more staff and reducing their workload. Taking into account the resting time of the employee and organizing the working hours. Sharing and rewarding the achievements of healthcare professionals.