Occupational Stress among House Officers in North Colombo Teaching Hospital.

Group C1.4
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Introduction

Occupational stress is related to the workplace which is experienced by an employer when the workplace requirements outrun the person's competency to carry out those requirements in an efficient way. It can be faced by any employee at any occupation. Among them doctors are at high risk of being stressed. Furthermore due to house officers' apprenticeship to the field, high demand of work schedule and the challenging environment, they are the most vulnerable group of doctors who experience occupational stress at high level[1].

It has been known that the period of internship comprises of occupational stress as well as personal stress. House Officer has to prioritize their job over any other occasions and issues in their family or personal lives. This study was conducted in order to assess the occupational stress of House officers during their internship period.

Objective

To assess the prevalence of occupational stress and to determine the contribution of different sub-scales of Occupational Stress Index to occupational stress among House Officers in North Colombo Teaching Hospital.

Materials and Method

❑ **Study design :** Descriptive cross sectional study
❑ **Study setting :** North Colombo Teaching Hospital
❑ **Study period :** January 2020 – February 2020
❑ **Study population :** House Officers in North Colombo Teaching Hospital
❑ **Sample size :** All the consenting House Officers in North Colombo Teaching Hospital were enrolled to the study.
❑ **Sample technique :** All House Officers in North Colombo Teaching Hospital were enrolled to the research by consecutive sampling.
❑ **Data collection :** Self-administered questionnaire based on Occupational Stress Index (OSI).
❑ **Analysis :** Using Pearson Correlation Coefficient in SPSS and Excel

Results

50 participants with mean stress level of 143.72 were studied.

According to Occupational Stress Index (OSI) the score below 115 is considered as low stress whereas between 116 and 161 is of moderate level and above 161 is highly stressed.
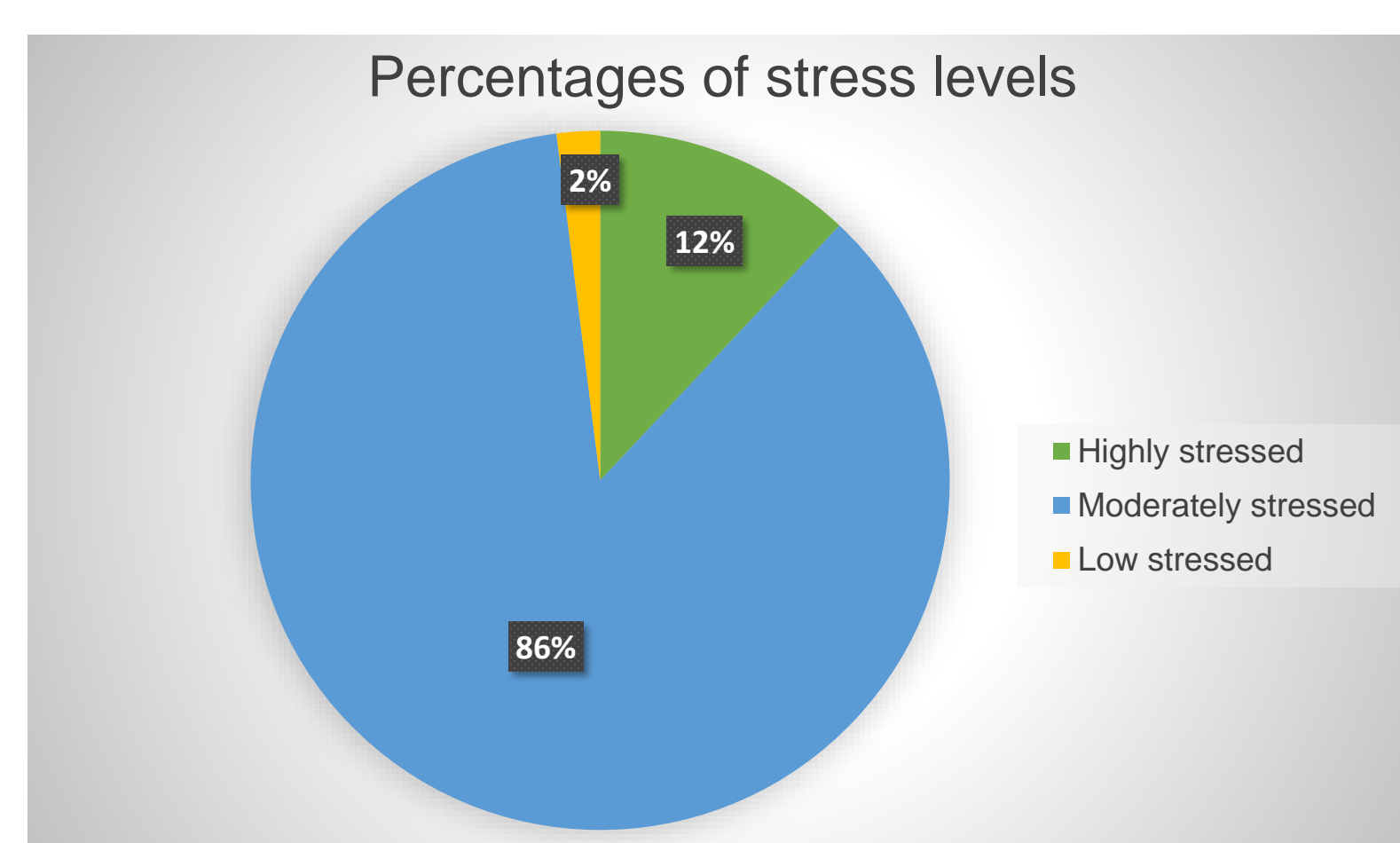

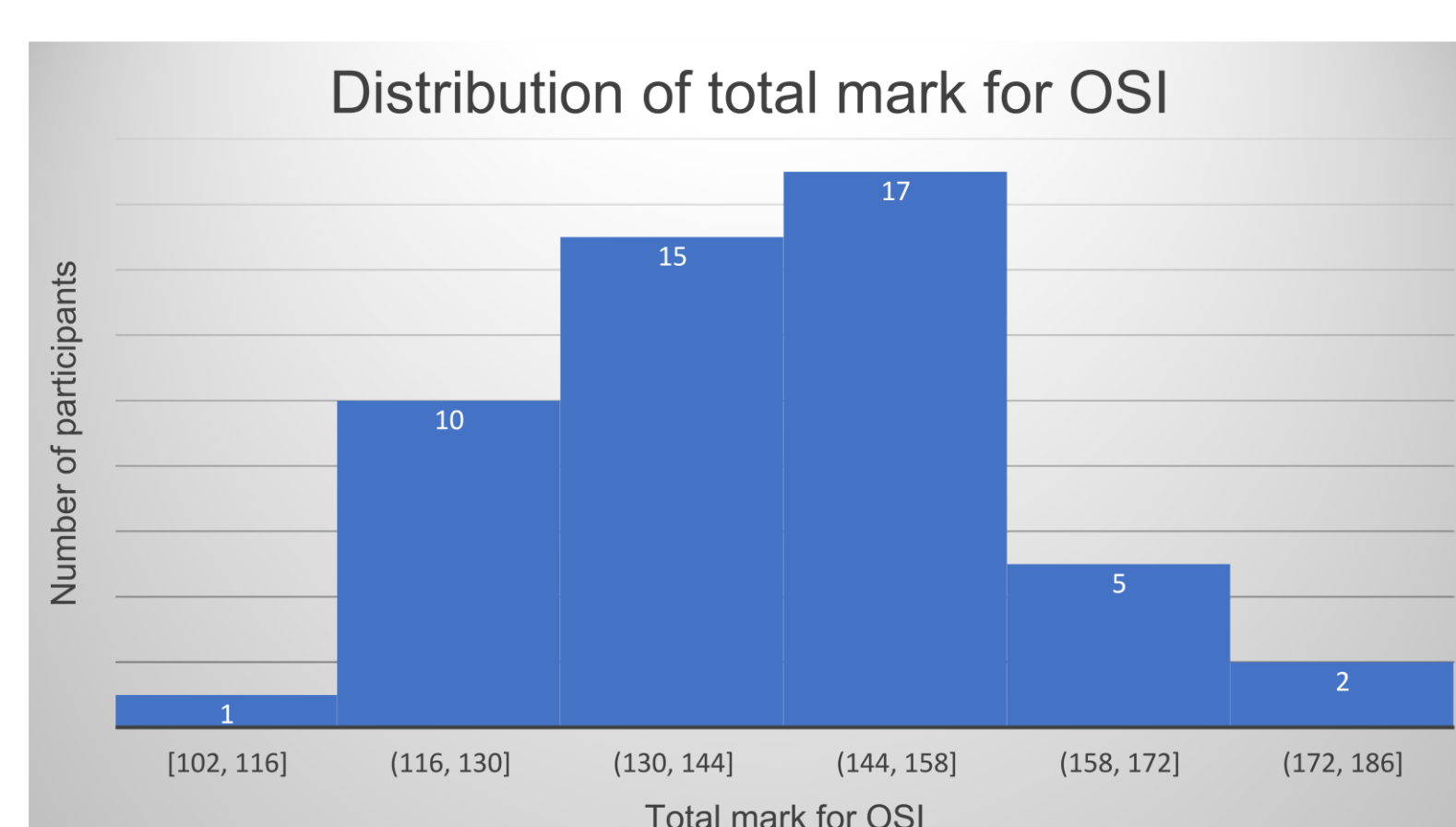Figure 1: Prevalence of occupational stress among house officers according to OSI scale.

Figure 2: Distribution of total mark of stress for OSI among participants

Table 1: Pearson Correlation Coefficient between total stress and subscales.

Subscale	Pearson Correlation (r)	Sig. (2-tailed) / P value	Result
RA	.692**	.000	Significantly correlate
UGPP	.655**	.000	Significantly correlate
RO	.635**	.000	Significantly correlate
SWC	.616**	.000	Significantly correlate
RC	.613**	.000	Significantly correlate
LS	.587**	.000	Significantly correlate
PL	.510**	.000	Significantly correlate
PPR	.467**	.001	Significantly correlate
UP	.459**	.001	Significantly correlate
IIMP	.450**	.001	Significantly correlate
PT	.446**	.001	Significantly correlate
RFP	.229	.110	Not significant

**. Correlation is significant at the 0.01 level (2-tailed).

RA - Role ambiguity, **UGPP** - Unreasonable group & Political pressure, **RO** - Role overload, **SWC** - Strenuous working conditions, **RC** - Role conflict, **LS** - Low status, **PL** - Powerlessness, **PPR**- Poor peer relations, **UP** - Under participation, **IIMP** - Intrinsic impoverishment, **PT** - Unprofitability, **RFP** - Responsibility for persons

Conclusion

❑ This study indicates that 86% of house officers are having moderate occupational stress whereas 12% are having high occupational stress and 2% are having low stress level.
❑ Based on Pearson Correlation Coefficient results significant correlation can be observed between occupational stress among house officers and 11 out of 12 subscales of OSI.
❑ Highest correlation for occupational stress can be observed in Role ambiguity(RA) subscale and from second highest to least they are as follows; Unreasonable group & Political pressure, Role overload, Strenuous working conditions, Role conflict, Low status, Powerlessness, Poor peer relations, Under participation, Intrinsic impoverishment & Unprofitability.
❑ Responsibility for persons(RFP) subscale has no correlation with occupational stress among house officers.

References

1. Khurshid F, Aurangzeb W, Development of occupational stress scale for medical doctors working in the teaching hospitals. Elixir Psychology 2012;43:6827-6831.