

Work-related stress and associated factors among sanitation workers in public hospitals during COVID 19, Addis Ababa, Ethiopia-An Institution-based cross-sectional study

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Background: Work-related stress is a pattern of reactions to work demands unmatched to worker's knowledge, skills, or abilities. Healthcare institutions considered as a high risk and intensive work area for work related stress. However, there is nonexistence of clear and strong data about magnitude of work-related stress on sanitation workers in hospitals in Ethiopia.

Objective: The aim of this study was to assess the magnitude of work-related stress among sanitation workers in public hospitals during COVID 19, Addis Ababa, Ethiopia.

Methods: Institution based cross sectional study was conducted from October, 2021 to June, 2022 among 494 sanitation workers who were selected from 4 hospitals. HSE standard data collection tool was used and Interviewer administered questionnaire was used to collect the data using Kobo collects application. The collected data were cleaned and analyzed using SPSS version 20.0. Both binary and Multivariable logistic regression analyses were done to identify important factors having association with work related stress. Variables with p-value ≤ 0.25 in the bivariate analysis were entered into the multivariable logistic regression model. Statistically significant level was declared at a p-value ≤ 0.05 .

Results: This study revealed that the magnitude of work-related stress among sanitation workers was 49.2% (95% CI 45-54). Significant proportions (72.7%) of sanitation workers were dissatisfied with their current job. Sex, age, experience and chewing khat were significantly associated with work related stress.

Conclusion: Work related stress is significantly high among sanitation workers. Sex, age, experience and chewing khat were identified as factors associated with work related stress. Intervention program focusing on prevention and control of stress is desired by hospitals.

Biography

Zerubabel Mihret working as a quality officer at Addis Ababa University, Tikur Anbesa specialized hospital. Zerubabel Mihret was MPH specialist in Environmental and Occupational health with 5 years professional experience.