

Poster 16

Prevalence of perceived stress & its influencing factors among staff of the urban area Banks in Northern Srilanka

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Background: Nowadays with the fast moving life, rapid moving economy, the competition has also increased. Everyone is trying to fight and lead the competition. These have caused stress.

Methodology: This study was carried out to describe the prevalence of perceived stress and its influencing factors among staff of the banks in Jaffna municipal area in Northern Srilanka. This is a descriptive cross sectional study and be carried out in banks (both state & private) during March 2013 to June 2013. Self-administered questionnaire with Perceived Stress Scale (PSS) was used in the study. 145 bank employees were participated.

Results: Mean age of study participants were 31.5 years. Male female ratio was 0.7:1. Working for more than 8 hours per day was 82%. More than 14% of staff was consuming alcohol and 7% had smoking habit. Mean perceived stress score was 17.26 (SD 4.19). According to PSS 70% of staff had high level of stress and only 10% had low stress level. Around 80% staffs perceive that they have to work for more than allocated time and 63% reported bullying & harassments at work place. But 80% staff satisfied with their works. Perceived stress level had significant negative correlation with family income ($r=-0.219, p=0.038$). But it didn't show significant correlation with age ($r=-0.028, p=0.741$), years of service ($r=-0.032, p=0.707$), duty hours per day ($r=0.016, p=0.848$) & number of dependent ($r=0.081, p=0.386$). And Low educational status also (75%) statistically significant with perceived stress level ($p=0.015$). Sex, marital status and post at bank showed no statistically significant association with perceived stress.

Conclusion: The present study shows high prevalence of high level of stress in the study population. There is an urgent need to educate coping strategies for stress and to conduct program about stress management for staff of the banks in Jaffna municipal area.