

STRESS AND ITS ASSOCIATED HEALTH PROBLEMS AMONG NON-ACADEMIC STAFF IN NIGERIAN UNIVERSITIES: A CASE STUDY OF UNIVERSITY OF PORT HARCOURT

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ABSTRACT

The quality and health of the workforce of every organization determine its operational efficiency and general organizational success. Therefore, this study examined stress and its associated Health problems among Non-Academic Staff in Nigerian Universities using university of Port Harcourt as a case study. Case study design was used for the study with a sample size of 673 non academic staff of whom 360 were senior staff members and 313 were junior staff. A 20 – item self constructed questionnaire was developed by the researchers. It had a general reliability coefficient of 0.87 using Cronbach alpha statistic four research questions were answered using mean and standard deviation while z-test statistics was used to test the null hypotheses respectively. The findings revealed that friction health challenges and Antagonism with colleagues as key indicators of stressed worker. Stress impacts on productivity. The paper at the end recommended an urgent need to address these issues of poor interpersonal relations and other sources of stress so as to have a healthy workforce.