

## A Study of Job Stress among University Academic Staff

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### Abstract

Job life is one of the important parts of our daily lives which cause a great deal of stress. Due to the competitive nature of the job environment, most of the people in the World are spending their time for Job related work purposes which result to ignore stressors those are influencing their work and life. University academic staffs may face more problems in their job as the managements are facing competitive pressure from other Universities. Therefore it leads to affect their physical or mental health. The research studies job stress of university Academic staff in Eastern University. The data for this study is collected from 120 Academic staff from Eastern University of Sri Lanka. The determinants of job stress that have been examined under this study include, management role, relationship with others, workload pressure, homework interface, role ambiguity and performance pressure. The researchers used the questionnaire to collect the primary data. Descriptive and inferential statistics was used to analyze the data, Mean and standard deviation was used in the descriptive statistics to find out the influence of each factor in the dependent variable, stress. Correlation and regression were done to find out the relationship between independent and dependent variable. The researchers used SPSS 14.0 to analyze the data. The results show that workload pressure, homework interface, role ambiguity, and performance pressure had a significant and direct effect on job stress. Management role and relationship with others had no significant direct effect on job stress.

**Key words:** *Job Stress, Academic Staff.*

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