

OCCUPATIONAL STRESS AMONG THE UNIVERSITY ACADEMICIANS OF GHANA

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ABSTRACT

Stress is part of the normal part of human existence. Stress disrupts emotional stability, cognitive functioning, and even the body's normal physiological activities. The relationship between occupation and stress has been established for a long time. The purpose of this paper is to examine the relationship among the factors (variables) of occupational stress in Ghanaian universities. There are more than 50 tertiary institutions (Public and Private) in Ghana. A sample of 100 academicians was selected from 5 tertiary institutions. All the teaching staff and Librarians were considered for this study. The study was conducted in Koforidua, Accra and Tema, major cities in Ghana. The study found out that there were relationship among variables and stress.

KEYWORDS: Occupational Stress, Job Commitment, Academicians