

## Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

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### Prevalence and Risk Factors of Work-Related Stress among Employees at Arab Bridge Maritime, Jordan

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#### Abstract

**Background:** Work related stress (WRS) is the feeling of being overwhelmed or unable to cope with work demand, and pressure. WRS comes from a broad spectrum of circumstances like; long hours, heavy workload, or lack of support etc. The Arab Bridge Maritime (ABM) company was founded in 1985, to connect commercial routes in Asia and Africa via the red sea, it was founded by three governments (Egypt, Iraq, and Jordan), its headquarters in Aqaba province, and has 105 employees. Unfortunately, no single study had been done on WRS among the employees of this significant company.

**Objective:** To detect the prevalence and possible risk factor of WRS among the employees of ABM company.

**Method:** A cross-sectional study was conducted, via a face-to-face interviewing of each employee, by using a reliable and validated questionnaire (stress questionnaire) which was adopted from health and safety organization. This questionnaire was composed of two parts. Part A; covering socio-demographic information. Part B; consist of 39 questions, comprising information on the WRS.

**Results:** WRS prevalence was 25.2%. Using a bivariate analysis, a significantly higher rate of WRS was detected among employees; female ( $\chi^2=9.86$ ,  $P=0.001$ ), with high job satisfaction ( $\chi^2=9.425$ ,  $P=0.002$ ), with high work load, ( $\chi^2=5.280$ ,  $P=0.021$ ), inconvenient physical work environment ( $\chi^2=4.046$ ,  $P=0.044$ ), and poor relationships at work ( $\chi^2=4.827$ ,  $P=0.280$ ). Moreover, for measuring the strength of the risk factors, by using the odds ratio (OR) and, 95% CI, we found that; females experienced WRS five times more than males (OR=5.6, C.I.=1.78-17.62). Low job satisfaction has a protective value against WRS (OR=0.22, 95%C.I.=0.08-0.6). High job load was three times (OR=3.33, 95%C.I.=1.16-9.59) more than low job load. Similarly, poor relationship at work was almost three times (OR=2.91, 95%C.I.=1.1-7.69) more than good relationship at work. Inconvenient physical work environment was more than two and a half times (OR=2.72, 95%CI=1.01-7.36) compared to suitable physical work environment. On the other hand, other factors like; age, current work type, marital status, family size, nationality, etc. showed no significant relation. Interestingly, based on multivariate regression analysis, only, being a female act as unconfounding risk factor for WRS among employees of ABM company as the (adjusted OR=0.194, 95%C.I.=0.044-0.859).

**Conclusion:** WRS among ABM company employees is not high, Females are at significant risk. In addition, some other factor like poor relationships at work and high work load increase WRS.



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**Keywords:** gender, work load, job satisfaction, relationships

### Biography

Ahmed Adnan Faleh Al-Abadleh is a fifth-year medical student in Mut'ah university in Jordan. He is interested in research; he had started pursuing research during the end of his 3rd year and he is a co-author in many papers. He has learned several research skills through his journey in research such as: academic writing and statistical analysis. He is also a member in IFMSA; International federation of medical student association. Additionally, he is one of the volunteers which will help in the conference. He enjoys being a medical student, and hopes of becoming a heart surgeon as well as a good researcher in the future.