

Relationship between Job Stress and Work Ability among Mashhad Health centers employed midwives

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Abstract

Background & Aim: Job stress is one of the factors influencing job performance among health workers. It plays an important role in absenteeism from work and early retirement. The aim of this study was to survey the relationship between job stress and work ability of midwives working in health centers of Mashhad City.

Methods: In this descriptive/correlation study, 60 midwives were selected via purposive sampling. Data were collected using Codron Job Stress and Work Ability Index Questionnaires. Data were analyzed with SPSS19 software and using descriptive and inferential statistics.

Results: The mean age and work experience of subjects were 41.2 ± 5.1 and 15.2 ± 5.9 , respectively. The mean total scores of job stress and work ability among midwives working in health centers were 44.1 ± 12.7 and 36.6 ± 1.5 , respectively. There was a weak inverse association between work ability and job stress ($P=0.04$, $r=-0.25$).

Conclusion: It seems that job stress significantly reduces work ability among employed midwives. This research can be conducted in larger sample size and also among other health workers in future studies.

Keywords: Job Stress, Work Ability, Midwife