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Stress and bullying, working ability index among academia: A comparative

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Stress is described as the adverse reaction people experience when excessive pressures or other types of demands are placed on them. This is different from usual workplace pressure, which can create a 'buzz' and be a motivating factor. This harmful reaction can extremely affect the mental health of workers, for example through anxiety or depression, and have a significant influence on their physical health. Our objectives were to compare the prevalence of stress and bullying, working ability index among the academic staff among two different Universities in 2015, and risk factors associated with bullying, working ability index and stress among them in 2015-2016. A cross sectional survey of 400 academic staffs in the University has been done using stress and bullying questionnaire. The questionnaire consisted of several sections, collecting demographic data (age, gender, and marital status), work-related information (job title and working hours), Personality Type A/B Questionnaire. The staff were predominately PhD students from both universities representing 33.1 and 32.1%; most of them suffer psychological job stress as 38.3% among University B compared to 29.9% among University A, although University B complain of much stressors at work place but they still have no thing to do with the mobbing at workplace as 86.7% vs. 42.4% among University A, which had more active responses to workplace mobbing as leaving the workplace site. In conclusion, the academia has no difference in the job stressors regardless the country origin. On the other hand, mobbing at workplace has detrimental impact on the institution performance.



Biography

Mona AlSadek has completed her PhD from Zagazig University and Postdoctoral studies from Lund University School of Medicine and School of Social Sciences respectively. She is one of the steering committee of Women in Great Sciences at Lund University; WINGS. She has published in reputed journals and has been serving as an editorial board member of reputed.

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