

Managing work stress among agricultural extension workers in some governorates of Egypt

Amr El-Sayed Darwish Tarek Mahmoud Ahmed Taqi Ghati Mikhail

Agricultural Extension and Rural Development Research Institute – Agricultural Research Center

Abstract

This research aimed to identify the respondents' awareness level of the total dimensions of the studied work stress management, as well as to identify the level of their awareness of each dimension of the studied work stress management, and to determine the correlation between the total degrees of the respondents' awareness of the dimensions of work stress management combined and the independent variables studied, and also to determine the relationship Between the degree of awareness of the respondents for each dimension of work stress management and the independent variables studied, and determining the contribution of each of the studied independent variables with a significant correlation in explaining the variation in the total degree of awareness of agricultural extension workers of the dimensions of work stress management, as well as in explaining the variation in the degree of their awareness of each dimension of these dimensions

The data were collected by personal interview during the month of September 2022 using a questionnaire, and used in data presentation and statistical analysis of frequencies, percentages, arithmetic mean, Pearson correlation coefficient, and multiple upward regression correlation analysis.

The most important results are summarized as follows:

1. The respondents' level of awareness of the overall dimensions of work stress management was average in the opinion of half of the respondents 51.4%.

The respondents' level of awareness of all dimensions of work stress management was generally average

There is a direct significant relationship at the level of 0.01 between the total degrees of respondents' awareness of the dimensions of work stress management with all the studied independent variables.

There is a direct significant relationship at the 0.01 level between the degree of respondents' awareness of each dimension of work stress management with all the studied variables.

There are three independent variables that contributed to explaining the total variance of the respondents' total degrees of awareness of the dimensions of managing work stress, and they are formality, centralization, and leadership behavior pattern.