

PSYCHOLOGICAL FACTORS CONTRIBUTING TO STRESS IN WORK PLACE

(A CASE STUDY OF CURE INTERNATIONAL HOSPITAL STAFF)

KIJABE, KIAMBU COUNTY, KENYA.

PHOEBE KANINI MUTUA

ADM NO.9350

SUPERVISOR: KENNETH KARIUKI

**A RESEARCH PROPOSAL TO KENYA EXAMINATION COUNCIL PARTIAL
FULFILMENT FOR THE A WARD OF HIGHER DIPLOMA IN COUNSELLING
PSYCHOLOGY.**

DATE: 1/12/2018.

DECLARATION

This research proposal is my original work and has not been presented to any other examination body.no part of this should be produced without my consent or Kenya Institute of Professional Counseling

Name.....Signature.....Date.....

KIPC-9350

Declaration of the supervisor

Name.....Signature.....Date.....

DEDICATION

This research proposal is dedicated to my beloved family for the inspiration they gave me and the support they provided in my life since childhood.

ACKNOWLEDGEMENT

I wish to acknowledge the Almighty God for his plans for my life. Secondly, I would like to recognize the Kenya Institute of Professional Counseling lecturers for imparting great knowledge in my life. My sincere thanks again to my supervisor Mr. Kenneth Kariuki for the guidance and support he provided to ensure this work is done successfully.

Special thanks to Isaac, Rachael, Simon and Gilbert who helped and walked the journey with me throughout the learning period.

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ABSTRACT

Stress is common phenomenon that shows itself among workers and it is as a result of pressures originating from outside or in the workplace affecting ones performance.

Following the great demand of the hospital and the excellent work Cure hospital does hence increased number of clients, there is a possibility of workload, leadership/ managerial change, burnout, bullying, misunderstandings, salary increment demands, that can contribute to stress amongst the staff .

The research seeks to find out the level of stress, investigate psychological factors that cause stress, and determine the preventive measures that can be taken to reduce stress and also improve the services offered by the staff.

The researcher will use qualitative research which is a scientific method of observation to gather non-numerical data. This type of research "refers to the meanings, concepts definitions, characteristics, metaphors, symbols, and description of things" and not to their "counts or measures.

The researcher will use convenience sampling which is a type of sampling where the first available primary data source will be used for the research without additional requirements. In other words, this sampling method involves getting participants wherever you can find them and typically wherever is convenient

Data collection will be done by use of questionnaires. This will consist of both structured and unstructured questions. Questionnaires will be distributed to respondents and collected immediately upon completion.

