STRESS AMONG MEDICAL DOCTORS WORKING IN PUBLIC HOSPITALS
OF THE NGAKA MODIRI MOLEMA DISTRICT
(MAFIKENG HEALTH REGION),
NORTH WEST PROVINCE

BY

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DECLARATION

I, ELIE KIRAGA MUTUNZI, hereby declare that the work on which this research is based is original (except where acknowledgements indicate otherwise) and that neither the whole work nor any part of it has been, is being or is to be submitted for another degree at this or any other university.

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SIGNATURE DATE
DEDICATION

This work is dedicated to my late brother, Ndeze Kiraga.
I thank Almighty God of Rwanda (Imana) for his protection, blessing and guidance throughout my studies and this project.

I am grateful to the South African Government, through the University of Limpopo, for granting me this great opportunity for post graduate studies.

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I would like to thank the North West provincial Government, Department of Health: Policy, Planning and Research Directorate and the management of the four hospitals of Ngaka Modiri Molema district for allowing me to conduct this study in their respective hospitals.

Many thanks to my colleagues, the Ngaka Modiri Molema district doctors who volunteered to participate in this study and the Vryburg district hospital doctors for their co-operation during the pilot study.
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Finally, thanks to members of my extended family, relatives, friends who continuously provided me with their warm support.
ACRONYMS & ABBREVIATIONS

CME: Continuing Medical Education
DoH: Department of Health
GP: General Practitioners
ICN: International Council of Nurses
ILO: International Labor Organization
GHQ: General Health Questionnaire
NMM: Ngaka Modiri Molema
NMMD: Ngaka Modiri Molema district
NWDoH: North West Department of Health
PSI: Public Services International
UK: United Kingdom
USA: United States of America
WHO: World Health Organization
ANOVA: Analysis of Variances
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ABSTRACT

Background

There is growing concern about stress among public hospital doctors. Studies about stress in South Africa are lacking. The aim of our study was to ascertain the prevalence and level of stress among NMM district doctors; establish relationship if any, between stress and working condition, and compare the results with findings of a study done among general practitioners in a private practice.

Methods

A cross-sectional study using a standardized questionnaire was carried out among medical doctors working in 4 hospitals of the Ngaka Modiri Molema (NMM) district, North West Province, from 5th March 2010 to 21st April 2010. The 12-item GHQ was used to measure the prevalence and the level of stress. The data were analyzed using statistical software SPSS 17.0. A variety of statistical analyses were applied to the data, including cross-tabulation, analysis of variance (ANOVA). Duncan’s post hoc was applied to establish relationship between stress and working conditions.

Results

Of the 67 participants in the study, 89.6% claimed feeling stressed, while 50.7% were found to be objectively stressed. The result also revealed that 26.8% of the participants were highly stressed (morbidly).

Despite the evidence of heavy workload among doctors in NMM district, no significant association was found between levels of stress and working conditions.
Conclusion:

The prevalence and level of stress among medical doctors working in NMM district are very high and they are much higher than the prevalence and level of stress found amongst General Practitioners in Kwa-Du kuza.

Doctors were all stressed irrespective of their gender, number of patients seen per day and hours worked per week.
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