

IMPACT OF WORKLOAD ON JOB STRESS AMONG NURSES IN GENERAL HOSPITALS IN KEGALLE DISTRICT WITH THE MODERATING ROLE OF LOCUS OF CONTROL

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The purpose of this research is to identify the impact of workload on job stress among nurses in general hospitals in the Kegalle District. In addition to that, this study intends to contribute to filling the knowledge gap by looking into the relationship between workload and job stress among nurses. Although there is literature on workload, job stress and locus of control in the western context, there is a dearth of research in the Sri Lankan context to test the impact of workload on job stress among nurses in general hospitals. This study explored the relationship and examined the impact of workload on job stress among nurses who work in general hospitals in Kegalle District while considering the locus of control as the moderator. This research is deductive (theory-testing) research. The research was conducted using a survey research strategy and quantitative research method. General hospital nurses in the Kegalle District were chosen as the population of the study. The sample size was 265 and data collection was done through a self-administered questionnaire. Statistical Package for Social Science (SPSS), version 23.0, was used as a tool for data analysis, and both descriptive and inferential statistics, namely correlation and regression were used to analyze data. The results indicate that there is a positive impact of workload on job stress among nurses in general hospitals in Kegalle District, and locus of control does not moderate the relationship between workload and job stress among nurses.

Keywords: *Job Stress, Locus of Control (LoC), Nurses, Workload*

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