

ABSTRACT

The study investigated and evaluated occupational stress and its effects on job performance among faculty members at Jamshoro Education City (JEC). The study sought to find out how work-related stress could affect the productivity of faculty of Jamshoro Education City (JEC) in the dispensation of quality tertiary education. In addition, it identified certain factors which contribute to occupational stress among faculty of the JEC. The systematic sampling technique was used to select participants for the study. The data highlighted several causes of stress among the academicians, and these included excessive workload, insufficient preparation for lectures and difficulties in supervising students' research projects. The study also pointed out that the effects of stress experienced by the faculty members included anxiety, inability to meet deadlines and ill-health. Health-wise, some members of staff of the Jamshoro Education City had developed chronic back pain, an effect of long sitting hours at work. Management commitment to employee-related issues such as paying attention to workload conflict, supervisors' recognition of outstanding output of faculty and the introduction of proper stress management training programmes were perceived as significant steps which if embraced, were identified as major contributory factors that could contribute to improve productivity and boost output of faculty members.