

Workplace Stress and Burnout Among Medical Laboratory Scientists in Public Hospitals in Abuja, Nigeria

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ABSTRACT

Workplace stress and burnout are growing challenges among healthcare professionals, particularly Medical Laboratory Scientists (MLS), whose work is essential to patient diagnosis and treatment. In public hospitals, high workload, inadequate staffing, and poor supervisor support often lead to emotional exhaustion and reduced job satisfaction. This study assessed the prevalence, causes, and effects of workplace stress and burnout among Medical Laboratory Scientist working in public hospitals within the Abuja Municipal Area Council (AMAC), Federal Capital Territory and Bwari. A descriptive cross-sectional study was conducted among 218 Medical Laboratory Scientist, selected through random sampling. Data were collected using a structured questionnaire based on the Perceived Stress Scale (PSS) and the Maslach Burnout Inventory (MBI). Data were analyzed using Power BI for descriptive and inferential statistics. Most respondents were female (60.6%), aged 20–29 years, and had 1–5 years of work experience. The study found moderate levels of burnout (mean = 2.54), with a significant relationship between long working hours and higher burnout ($p < 0.001$). Medical Laboratory Scientist who received supervisor support had lower burnout levels ($p = 0.021$). Heavy workload and lack of managerial support were major contributors to stress and burnout. Workplace stress and burnout among Medical Laboratory Scientist in public hospitals remain moderate but concerning. The main causes are excessive workload, long hours, and inadequate supervision. Addressing these factors through fair scheduling, adequate staffing, and improved staff support can enhance mental well-being and job performance.

