

Abstract

The purpose of this study was to establish the causes of job stress of sports personnel in Kenyan Universities. Socio-demographic factors of age, gender, marital status and experience in sports administration were correlated with job stress. Data was collected through questionnaires from (n=40) sports personnel working in Kenya universities. Data was analyzed through t-test and One way ANOVA. Results revealed that causes of stress among sports personnel were decreased job mobility, large number of university students who don't take part in sports, lack of relationship between successful sports performance and promotion, and inadequate personnel. The least causes of stress were poor relationship with fellow sports administrators', working under pressure, pressure of university administrators to produce results, supervision of sport programs is low and lack of career development while administering sports. Socio-demographic factors of age and highest academic qualification elicited significant differences ($p < 0.05$) on the causes of job stress. The study recommends that universities need to address some of the institutional sources' of stress among the sport personnel and future studies may unearth coping strategies used by sports personnel to mitigate stress.