



Mental Health Support Programme's Impact on IT Professionals' Stress Levels in Nairobi, Kenya: A Six-Month Survey Analysis

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Abstract

Recent studies indicate a significant prevalence of workplace stress among IT professionals in Nairobi, Kenya. This study aims to evaluate the effectiveness of a newly implemented mental health support programme designed specifically for this demographic. A comprehensive survey was conducted among IT professionals employed by major tech firms in Nairobi, including both quantitative and qualitative elements to gather detailed insights into their mental health experiences and perceptions of the programme. During the six-month study period, there was a notable reduction in reported stress levels among participants who received the mental health support compared to those not involved. Specifically, 75% of respondents indicated an improvement in overall well-being after engaging with the programme. The findings suggest that the mental health support programme is effective in mitigating workplace stress for IT professionals in Nairobi. The results highlight the importance of such initiatives in enhancing employee satisfaction and productivity. Based on these findings, it is recommended that similar programmes be expanded to include more firms and sectors within the tech industry to further benefit workers' mental health and overall job performance.

Keywords: *African Geography, Workplace Stress, Mental Health Interventions, IT Professionals, Quantitative Research, Qualitative Analysis, Psychological Well-being*

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