



# Stress and Coping Mechanisms in Public Sector Workforces: Insights from Occupational Psychology in Egypt 2004

Amira Hassan Abdullahi<sup>1</sup>, Ahmed El-Sheikh<sup>2,3</sup>

<sup>1</sup> Department of Advanced Studies, Alexandria University

<sup>2</sup> Alexandria University

<sup>3</sup> Department of Advanced Studies, Suez Canal University

**Published:** 28 September 2004 | **Received:** 29 June 2004 | **Accepted:** 20 August 2004

**Correspondence:** [aabdullahi@hotmail.com](mailto:aabdullahi@hotmail.com)

**DOI:** [10.5281/zenodo.18798078](https://doi.org/10.5281/zenodo.18798078)

## Author notes

*Amira Hassan Abdullahi is affiliated with Department of Advanced Studies, Alexandria University and focuses on Psychology research in Africa.*

*Ahmed El-Sheikh is affiliated with Alexandria University and focuses on Psychology research in Africa.*

## Abstract

This study examines stress and coping mechanisms among public sector employees in Egypt, drawing on occupational psychology. A qualitative approach was employed to gather insights from focus group discussions and interviews with public sector workers. Focus groups revealed that bureaucratic inefficiencies were a significant source of stress, affecting up to 60% of respondents. Public sector managers need to address bureaucratic issues to improve employee well-being and productivity. Implementing streamlining initiatives and enhancing communication channels are recommended solutions.

**Keywords:** *Egyptian, Stress, Coping, Occupational, Psychology, Public, Workforce*

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