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**FACTORS AFFECTING OCCUPATIONAL STRESS MANAGEMENT AMONG  
ACADEMIC STAFF IN PUBLIC UNIVERSITIES IN KENYA**

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**Abstract**

The main aim of this study was to assess the factors affecting occupational stress management among academic staff in public universities in Kenya. Specifically the study sought to determine the effect of organizational communication on occupational stress management among academic staff in public universities in Kenya. This study employed a cross-sectional survey approach. The target population was 5042 academic staff. Purposive cluster sampling was used to select a sample of 149 respondents. Linear regression analysis was used to determine relationship between stress factors and occupational stress management. The study revealed that organization communication affected occupational stress management as ineffective communication hinders employees accomplishing organizational and individual goals. The study recommends that management in learning institutions and other organizations should adopt effective communication to manage occupation stress in institutions.

*Key Words: Occupation Stress, organizational communication and Occupational stress management*