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Towo, Raphael

University of Dar es Salaam

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Raphael Towo.

Masters of Business administration

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Despite the importance of human resource, researchers have agreed that one of the fundamental challenges facing organizations in the area of performance is their inability to put in place strategies capable of recruiting competent employees and retaining them to achieve organizational goals. It was from this challenge the study intended to make an assessment of the causes of labour turnover in public institutions of Tanzania with regard to the Ministry of Labour and Employment. The main objective of this study was to investigate reasons for high labour turnover at the Ministry. The study adopted a case study research design. This type of research design was selected in order to obtain wealth of information. The study was done at the Ministry of Labour and Employment located at Dar es Salaam city. A sample size of 30 employees was selected. Both probability and non-probability sampling techniques were adopted. The study collected secondary and primary data. Questionnaires and interview methods was used to collect primary data. The study found that the major reasons which seems most to contribute to the employs to leave the ministry are: insufficient salaries recognition from the management and limited opportunity for career development. Some of the strategies adopted to control employee attention include: training, promotion and salary increment. These strategies are only used to reduce employee attrition. The study recommends that because labour market is very competitive, there is a need of viewing retention strategies time to time in order to respond the market.