

**Abstract:**

*This study examined the electrical energy saving approaches adopted in general hospitals in Kogi State, Nigeria. The study found out the maintenance practices adopted for efficient electrical energy saving, and the attitudes of staff towards electrical energy saving in general hospitals in Kogi State. Two research questions and two null hypotheses guided the study. The study adopted a descriptive survey research design. This study was carried out in Kogi State. The targeted population for the study was 672 respondents. Through multi staged sampling techniques, 26 Doctors, 135 Nurses, 20 Nurse Aides, 9 Electrical Technicians and 11 Laundry staff were sampled given a total number of 201. A structured questionnaire was used for data collection. Cronbach Alpha was used to ascertain the extent of the internal consistency of the instrument and an overall reliability coefficient of 0.80 was obtained for the entire instrument. Mean and standard deviation were used to answer the research questions, while ANOVA was used to test the hypotheses at 0.05 level of significance. Mean of 1.88 was obtained for maintenance practice for efficient electrical energy, an indication that they rarely adopt good energy saving practices; and mean of 2.96 was obtained for staff attitude which indicated that staff adopts proper attitudes towards electrical energy savings. It is recommended that proper and adequate maintenance practices for efficient electrical energy saving should be adopted in general hospitals in Kogi State. Seminars and workshops on maintenance practices for efficient electrical energy should be organized by the hospital management board. The attitude of staff should be improved through promotional energy savings activities such as wall stickers, labels charts and illustration to constantly remind staff and other users of electrical energy about electrical energy savings.*

**Keywords:** Electrical energy saving, maintenance practices, attitude of staff