

Stress in Nursing

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Stress is higher in nursing. Despite various pressures, there is little cause for alarm. Many variables contribute to nurses' stress at work. Thus, low production and morale. Extreme stress and mental health issues can harm nurses and their patients by increasing medical errors. Stress in nursing has adverse effects. It should receive the proper attention, and relevant staff should pursue appropriate measures to limit its occurrence and negative repercussions.

Work stress in nurses contributes to increased rates of depression and anxiety, according to Bai & Ravindran (2019). Their paper examines patient-related, occupational, organizational, ecological, and personal causes of job stress. They also highlight coping measures that might help nurses reduce stress, exceptionally professional understanding and teamwork, job rotation, managing stress, and social support. This peer-reviewed article cites numerous scholarly sources. Their comprehensive knowledge of the topic makes their opinion valuable. I'll utilize the essay to explain nursing stress, its origins, and coping techniques.

Stress affects many nurses, which can lower care quality. Veda & Roy (2020) studied nurse job stress. They studied hospital workers and found many stressors—money, underappreciated work, time strain, negative organizational cultures, competing priorities, and role expectations. Several research experts did this study. Their study and opinions are respected. The article will assist by providing information on nurse occupational stress.

Okuhara et al. (2021) argue that occupational stress amongst nurses is critical, thus, their research. Their article is an interrelated literature study to identify, assess, and summarise the components and outcomes of nursing staff work-related stress published between 2009 and 2019. The authors recognized in their study that changes in health care, client relations, policies and legislative frameworks could impact the job stress and related elements experienced by nurses over time. The 132 studies were peer-reviewed and found in reputable databases like PubMed,

CINAHL, and PsycINFO. They observed scholarly articles and experts in the field for guidance. I plan to use this article as a springboard for further research on the nature and evolution of occupational stressors experienced by nurses.

Stress negatively impacts healthcare practitioners' overall quality of life by influencing their physical and emotional well-being, thus curbing their efficiency. It's exceptionally paramount to understand healthcare professionals' mental and emotional status and find the best strategies to help those who are stressed cope with negative consequences. The stress manifestation is not always workplace stress since various factors may cause workplace stress. Some healthcare professionals are more stressed than others. Stress can be caused by various factors such as financial, social, environmental or emotional. Also, some people know how to cope with stress compared to others. Working in a healthcare facility is considered a stressful environment and can lead to lower quality of care. Moreover, the healthcare workplace is full of anxiety and tension, especially for new professionals, which can lower the quality of the service delivered.

To sum up, the nursing profession is inevitably fraught with stress. There are many causes for the high percentage of stressed nurses. Negative mental health impacts patient safety, increases turnover and decreases productivity in the healthcare industry. Untreated nurse stress can have far-reaching consequences for the nurses' health and patients. Ultimately, it lowers the standard of care that clients receive in hospitals. Nursing has exclusive mental and physical demands, even under the finest conditions. Because of this, it's always going to be the case that you'll experience some form of emotional turmoil. High-stress levels must be managed. Thus, it is essential that this issue receives the attention it deserves and that suitable coping mechanisms be implemented.

References

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