

Stress In Nursing

Though it has been a rewarding and satisfying career to many for many years, nursing is a job that is strenuously coupled with high and complicated demands that can put stress on someone. As such, this can result in the individual becoming fatigued and even ill. Besides the health problems, the safety of the nurses and the patients can also be at stake. The job's high demand and the combination of too much responsibility and too little authority have been the key sources of stress for the nursing staff (Broetje et al., 2020). A variety of psychological stimuli associated with our jobs, residences, social interactions, and the many activities we engage in elicit stress. As such, it directly contributes to psychological and physiological disorder and disease, which affects an individual's mental and physical health, eventually reducing the quality of life mostly from an economic perspective. As such, the paper seeks to analyze stress in nursing from a physiological standpoint and the economic issues it relates to.

Stress associated with the job is an interactive situation between the working individual and the job situation in that particular job that causes physiological and psychological changes, affecting normal performance. Stress relating to the job can always damage an individual's physical and mental health, thus resulting in a negative effect on job productivity by increasing stress levels. Our bodies have always been equipped to handle stress in small doses, but when the stress becomes long-term and chronic, this usually harms the body. As an intrinsic or extrinsic stimulus that evokes a biological response, stress can evoke various actions in the body ranging from homeostasis alterations to life-threatening effects and deaths (Srivastava et al., 2020). Many of the pathophysiological complications of diseases have been found to arise from stress and the subjects exposed to stress. For instance, individuals working in stressful environments have been found to have a higher likelihood of developing disorders.

According to Yaribeygi et al., stress can either trigger or aggravate many diseases and pathological conditions (Yaribeygi et al., 2017). Based on the studies carried out over the last five decades, the nervous system is one of the body organs that is worst affected by stress to the extent that they cause structural changes in different parts of the brain. Chronic stress can lead to atrophy of the brain mass and a decrease in weight. As such, this impact an individual's response to stress, cognition, and memory. To memory, a high concentration of stress hormones can cause declarative memory disorders. Besides the nervous system, other body parts that are also affected include the musculoskeletal, gastrointestinal, respiratory, cardiovascular, endocrine, and reproductive systems. Its effects on these body organs cause individuals to develop health problems such as heart disease, diabetes, high blood pressure, obesity, migraines, immune disorders, bloating, declined sex drive or libido, and irregular menstrual cycles. Thus, as work stress and burnout remain a significant problems in nursing, affecting both individuals and nurses, they yield to physiologic reactions that ultimately contribute to illnesses. Therefore, it is paramount to address the issue of nurses' stress due to its repercussions that affect the nurses' health and tilt the balance of economics.

Economic issues relating to stress in nursing is an area that has been neglected for many years, and only a few are willing to talk about it. Generally, nursing activity has always been considered a liability rather than an asset to the healthcare institution. As a result, the profession has remained a constant target for cost reductions, yet they are being given much work that leads to burnout (Alenezi et al., 2019).

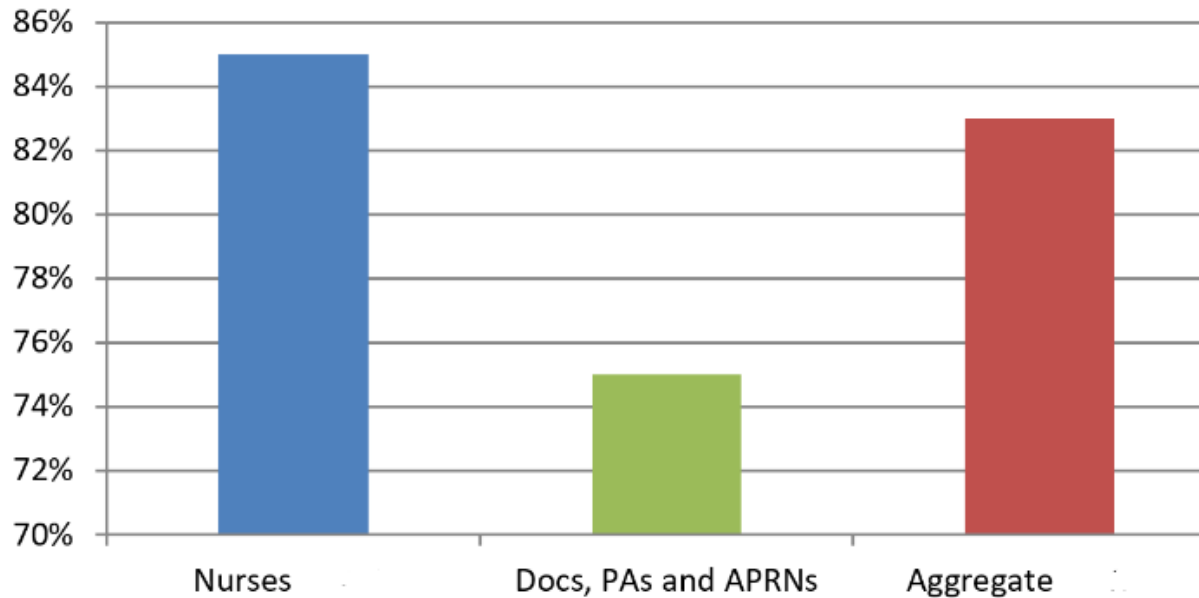


Figure 1: Burnout measured among staff in a healthcare facility

Because institutions are not directly compensated for providing nursing care, unlike physician services, there is little motivation for providing the right "dose" of nursing to meet patients' varying needs. The decrease in the recruitment rate of these professionals always results in active personnel having to attend to a larger number of patients (Ling et al., 2020). For instance, with the inadequate allocation of funds, these institutions may hire fewer nurses while expecting one nurse to cover the work of over 20 nurses. These nurses end up suffering from burnout syndrome, a response to prolonged exposure to work-related stress. It impacts not only the nurse but also the institution and the recipient of the health service as far as negative effects on job performance is concerned. Due to burnout, the nurse may commit medical errors that may result in the institution being closed or forced to compensate the victim (Stehman et al., 2019). Settling the matter might turn out to be expensive, and the institution's name may be destroyed, resulting in it losing clients. Besides the burnout experienced at the hospital, these nurses may also be forced to look for other sources of revenue since their pay is usually unsatisfactory. As such, their bodies

end up being worn out, and since they are still expected to attend to their nursing when they are overworked, the susceptibility to work-related accidents and diseases is always imminent.

In conclusion, the stress in nursing is a topic that needs much attention. The efficient and quality delivery of healthcare services is entirely dependent on the nurses and thus the need to always have them in a sober mind. Everyone can handle a level of stress, but the stress in nursing that leads to various physiological issues and causes economic nose-dives that need to be checked deeply. Health institutions need to have a work schedule tailored to ensure nurses work with moderation.

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