



Review of Literature on Stress in Health Sector

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1. INTRODUCTION

An intricate physiological and psychological response to challenges or threats that are observed. When someone feels they are being asked to do more than they are capable of handling, it occurs. This response can be triggered by a variety of factors, including significant life transitions, interpersonal difficulties, and professional pressure. Stress sets off the body's "fight or flight" reaction, which results in physiological changes like a raised heart rate and heightened attention. While short-term stress can motivate people to take on urgent tasks, prolonged stress can be detrimental to one's health and even be the root cause of diseases like anxiety, depression, and heart disease. Grasp stress requires a grasp of its causes, the effects it has on people, and the techniques for managing and reducing it.

2. OBJECTIVE

To study the existing literature on stress and the coping mechanism adopted in different industries.

3. REVIEW OF LITERATURE ON STRESS IN HEALTH SECTOR

Vishwanath C. Patil Amte.at.el (2021) concentrated on stress among medical professionals. In their study, Stress Level and Its Determinants Among Staff (Doctors and Nurses) Working in the Critical Care Unit, According to the approach, this is an observational study. 51 patients made up the responders. Chi square test was adopted, along with the straightforward percentage computation. The findings show that stress was much higher in women and those who experience difficulty sleeping. Age, exercise, comorbidities, relationship with seniors, and stress level did not differ in a statistically significant way.

Dr. J. Krithika (2021) in their research article entitled The contentment of nurses employed in intensive care units during the COVID-19 pandemic in private hospitals in Chennai. The primary goals of this research project are to investigate respondents' current levels of job satisfaction. To evaluate the elements affecting the respondents' and the ICU nurses' job satisfaction during the state of the COVID-19 epidemic. There were one hundred and ten nurse responders. They started using sampling technique, the main conclusions show that most respondents are content with their employment, and they believed the instruction they received during this time was beneficial. As per the findings of the study, the participants are independent, focused on providing services, and open to embracing new obstacles and modifications. As a result, hospital administration may focus on staff retention and engagement while increasing incentives and pay.

Seshadri Sekhar Chatterjee (2021) in their research article entitled; Stress, Sleep and Psychological Impact in Healthcare Workers during the Early Phase of COVID-19 in India: among 140 healthcare workers using factor analysis to identify four components: insomnia, stress-related anxiety, stress-related irritability, and stress-related hopelessness. This was followed by statistical analysis to determine predictors and compare differences among healthcare worker categories. The respondents were 140 (46 nurses, 20 ward employees, and 18 non-clinical staff). They adopted a stratified random sampling. The study reveals during the early pandemic, doctors had higher stress-related anxiety, nurses showed more stress-related irritability, and both nurses and non-clinical staff experienced greater stress related hopelessness. Different factors impacted insomnia and stress-related outcomes differently.

Shefalee Pai Vernekar (2020) in their research article entitled study of work-related stress among nurses in a tertiary care hospital in Goa. The methodology states that the study is across-sectional study. The respondents were 1000 nurses. They used Chi square test and the Odds Ratio Analysis. The study revealed many nurses were over forty, mostly female, and married, with chronic medical conditions. Most travelled long distances to work, frequently using public transport. According to the study's findings, respondents face significant stress from patient deaths and heavy workloads, affecting their performance. To help, they need emotional support, stress-reduction practices like yoga, and better workload management through increased staffing and improved schedules. Younger nurses should be paired with experienced mentors to better handle stressful situations.

Ms. U. Saradha (2023) A Study of Professional Job Stress Among the Health Care Workers During the Emergency Period. The objectives of the study are to explore stress management practices among healthcare workers, investigate the relationship between workplace stress and health outcomes, analyze how years of work experience influence stress levels, assess the impact of marital status on stress levels, and identify age groups most susceptible to work-related stress. The respondents were 400 participants who received the questionnaire, and 373 of them answered it. Respondents included medical staff from the hospitals clinical, administrative, emergency, and pharmacy areas. The study revealed a significant link between job stress and poor health among healthcare workers, leading to decreased productivity and potentially lower quality of care. It emphasizes the pervasive nature of stress across medical and administrative roles, highlighting the urgent need for supportive workplace strategies .

Rahul Amte.at.el (2015) in their research article entitled, Stress levels of critical care doctors in India a national survey. The objectives states that to evaluate stress levels and factors influencing the stress in critical care doctors in India. They used a questionnaire-based cross-sectional study and analyzed the data using SPSS. The respondents were 401 delegates voluntarily participated in the survey. The results are too much responsibility at times and managing VIP patients ranked as the top two stressors studied, while the difficult relationship with colleagues and sexual harassment were the least. Intensivists were spending longest hours in the Intensive Care Unit followed by pulmonologists and anesthetists.

Tanvir Kaur Sidhu.at.el (2021) in their research article entitled, Stress among doctors: A crosssectional study in a tertiary care hospital, North India. The objectives states that to study the prevalence of stress among doctors. They adopted Chi-square, t-test, and one-way ANOVA were used and analyzed the data using SPSS. The respondents were 201 residents. The results are higher stress levels were found in female doctors. Being away from family the Emergency duties, intra-departmental working environment, not able to have proper personal and family time, sleepless were the main risk factors to cause increased stress among doctors.

Irfana Rashid (2012) in his research article entitled Workplace stress among doctors in government hospitals: an empirical study. The objectives states that to investigate the causes of role stress in doctors working in government hospitals and to examine the levels of stress among Male and Female doctors. They used a convenient sampling method to select sampled units within the hospitals for the study. The respondents were 73 doctors. The results are doctors are the serious sufferers of organizational role stress.

Ariel Frajerman (2022) in their research article entitled; Mental health in medical, dental and pharmacy students, The respondents out of the 2,340 students who opened the survey, only 1,925 completed the HAD and were included in the results. They adopted a chi square test. The results are out of the students who opened the survey, a subset completed the HAD. Response rates varied among different specialties. Most respondents were women, with observed differences in age and financial issues across specialties. The results of this study, which is the largest of its kind, indicate that medical, dentistry, and pharmacy students have high rates of depression and suicidal thoughts. It highlights the need for better psychological support and action against misconduct. The survey's approach is reliable and will help evaluate future prevention and intervention efforts.

Arasi Senthil.at.el (2015) in his research article entitled Perception and prevalence of work related health hazards among health care workers in public health facilities in southern India. The objectives states that to describe the perception of occupational health hazards and self reported exposure prevalence among HCWs in Southern India. They used cross sectional design with stratified random sampling of HCWs from different levels of health facilities. A total of 482 HCWs participated. 93.9% of those who reported being exposed to biological hazards had direct skin contact with infectious materials, out of the 81.5% who did so. Among HCWs reporting needle stick injury, 70.5% had at least one in the previous three months. Ergonomic hazards included lifting heavy objects (42%) and standing for long hours (37%).

Dr. D. Rajan (2015) in his research article entitled work stress among medical laboratory technicians: a comparative study. The objectives states that identifying and comparing the sources of stress, impact of stress and coping strategies among the medical laboratory technicians working in private multi-specialty hospitals and diagnostic centres. They adopted Mean, standard deviation and coefficient of variation. Respondents were 100 from both hospitals and diagnostic centres. The findings indicate that medical laboratory technicians employed in private hospitals had a higher perception of stress and its effects across all dimensions when compared to diagnostic centers.

3.1 TABLE REPRESENTING THE REVIEWS ON STRESS IN HEALTH CARE

Author/ Affiliation	Year	Contribution
Vishwanath C. Patil Amte.at.el	2021	Understanding how stress levels and associated determinants—specifically, gender and sleep difficulties—affect medical workers in critical care situations has been aided by Vishwanath C. Patil's study.
Dr. J. Krithika	2021	ICU nurses were happy with their jobs during the COVID-19 epidemic, according to Dr. J. Krithika's research, which also emphasized the value of staff engagement and retention in private hospitals.
Seshadri Sekhar Chatterjee	2021	The diverse psychological challenges faced by physicians, nurses, and non-clinical staff during the early COVID-19 pandemic in India were highlighted by Seshadri Sekhar Chatterjee's study, which identified key stress components and their differential impacts on various

		categories of healthcare workers.
Shefalee Pai Vernekar	2020	The impact of patient deaths and high workloads were highlighted in Shefalee Pai Vernekar's study, which also offered recommendations for enhanced workload management, stress-reduction techniques, and emotional support. The study shed light on work-related stress among nurses.
Ms. U. Saradha	2023	In order to increase productivity and raise the standard of care, Ms. U. Saradha's study emphasized the strong correlation between job stress and health outcomes for healthcare professionals.
Rahul Amte.at.el	2015	In his study, Rahul Amte evaluated the stress levels of critical care physicians in India. He identified significant stressors like managing high-profile patients and having a lot of responsibility, as well as variations in stress levels according to work hours and specialization.
Tanvir Kaur Sidhu.at.el	2021	According to Tanvir Kaur Sidhu's research, female doctors experience higher levels of stress. She also identified important stressors like emergency duties, family separation, and a lack of work-life balance.
Irfana Rashid	2012	In her study, Irfana Rashid looked at stress levels in both genders and emphasized the substantial organizational role stress that physicians in government hospitals face.
Ariel Frajerman	2022	Ariel Frajerman's study, the largest of its kind, revealed high rates of depression and suicidal thoughts among medical, dental, and pharmacy students, emphasizing the need for enhanced psychological support and intervention.
Arasi Senthil.at.el	2015	Significant exposure to biological and ergonomic risks was highlighted in Arasi Senthil's study, which examined the prevalence and perception of work-related health hazards among healthcare workers in Southern India.
Dr. D. Rajan	2015	In a study by Dr. D. Rajan, medical laboratory technicians' stressors, effects, and coping mechanisms were examined. Private hospitals had higher stress levels than diagnostic centers.

4. METHODOLOGY

This is a secondary data-based review paper the authors identified already published articles on stress and its impact on health sector first published papers on health sector where carefully selected and accessed summarized as an article under the topic health sector.

5. CONCLUSION

The literature research indicates that stress is a prevalent and intricate matter among healthcare practitioners, having a substantial effect on their mental well-being and productivity at work. Healthcare professionals, particularly those in high-stress settings like intensive care units, high amounts of stress brought on by things like hard work, long hours, and sleep difficulties. Those who have sleep problems and female employees are especially impacted. The unfavorable effects of this Stress can lead to worsening mental health issues and lower productivity, which might jeopardize the standard of patient care. This emphasizes how critical it is to have efficient stress management techniques and institutional assistance. Putting into practice focused treatments and creating strong support networks are vital to reducing stress, improving employee wellbeing, and upholding good patient care standards.

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