

STRESS MANAGEMENT AMONG HEALTH CARE PROFESSIONALS

ITS NOT STRESS THAT KILLS US, IT IS OUR REACTION TO IT - HANS SELYE

D. SHREEDEVI

Associate Professor, Apollo Institute of Hospital Administration, Apollo Health City, Apollo Hospitals Campus,
Jubilee Hills, Hyderabad, Andhra Pradesh, India

ABSTRACT

Stress has become significant due to dynamic social factors and changing needs of life styles. Stress can have a major impact on relations in organizations and also on work itself. Because of that, the concept of stress and elimination of it should be symbolized as an important guideline towards effectiveness and successfulness in the workplace. Each individual in stressful situation responds and also reacts differently, and because the source of stress is not always the content of work or work itself, each individual must also know how to avoid these situations and be able to control them. Stress is not always negative for the individual and is not always causing negative situations, negative mood or in worst cases psychological disorders or even physical illness. The study shows that although stress is present in the workplace, it is still managed in different ways. This study has been able to identify the proportion of the participants who were affected by work related stress. The study highlights the need for better understanding and management of work related stress both at the organizational and individual level.

KEYWORDS: Burnout, Clinical Staff, Emotional Exhaustion, Eustress, Non-Clinical, Vulnerability