

Nurse Occupational Stress and Some Changes in their Health: in Mongolia during the Covid-19

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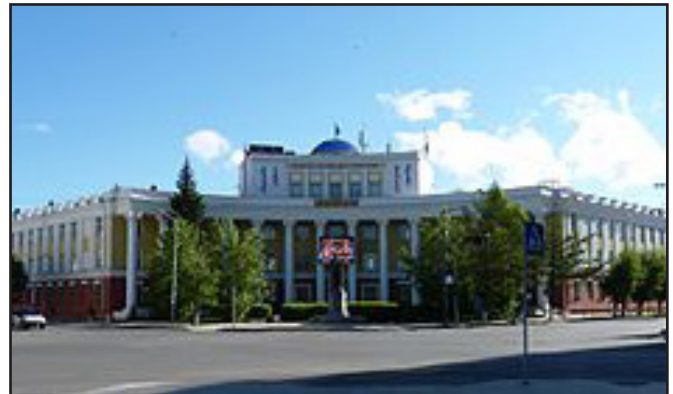
Abstract:

According to researchers from Stanford University in the United States, "Stress plays a key role in the development of behavioral disorders such as poor diet, lack of exercise, alcohol and tobacco use, and addiction. Furthermore, these behavioral disorders play a major role in the development of metabolic disorders and cancer, such as hypertension, cardiovascular disease such as myocardial infarction, and diabetes and obesity. "Stress, in particular, depends on the type of workplace, work environment, and occupation in which the person spends most of their life. The study is covered Totally 473, or 121, 89, 146, and 117 nurses participated from 4 referral hospitals in Mongolia. We determined their perceived work stress by the WPS (3 parts 57 questions) questionnaire of American scientist Rice. The work stress results were analytically analyzed with the cross-sectional method regarding the nurses' arterial blood pressure and salivary alpha amylase. The study was conducted by collecting an age group similar to the age pyramid of nurses working in the hospital. The participants illustrated low levels of work stress in 7.6%, medium levels in 27.1%, and high levels of work stress in 65.3%, respectively. When we examine whether the level of stress exposure of nurses differs between the groups by high, medium, and low levels of workplace stress, the analysis of one factor variance confirms the statistical real difference ($F = 3.071$), ($p = 0.028$). The study results revealed that long lasted accumulated work stress trigger the hypertension. The onset of stress in a nurse's workplace depends on many different social factors, such as age, gender, organizational characteristics, organization, place of work, and years of experiences.

Key words: Chronic stress, Physiology, Satisfaction, Nurse

Biography:

Laila M. Montaser, MD is Professor of Clinical Pathology. She is Chair, of Stem Cell, Regenerative Medicine, Nanotechnol-



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Recent Publications:

1. Otgonbaatar D., Lkhagvasuren Ts., Ariunaa D., Aldarmaa T., Naranbaatar N., Munkhkhand J. OCCUPATIONAL STRESS IN NURSE sAA -The study provided during the urged pandemic COVID-19 quarantine period. *Psychology Journal* 2020;11(5):704-712 (IF:1.26)
2. Otgonbaatar D., Lkhagvasuren Ts., Munkhtuya E., Naranbaatar N., Munkhkhand J. Exposing the changes in work stress levels among the Mongolian nurses by salivary alpha amylase test in the period of covid-19 "Proceedings of the Mongolian Academy of Sciences" (2020(2);69-76)

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