



Research on the Occupational Stress and Mental Health Maintenance of Nurses

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Abstract: *The responsibility of nurses is to assist doctors in promoting and maintaining people's physical and mental health. Nursing work is an industry with high work intensity, high pressure, and high risk, especially in recent years when the doctor-patient relationship has become increasingly fierce, nursing work is also facing greater challenges. This study analyzes the sources of professional stress for nurses, specifically examining their work and life pressures. Based on different sources of stress, methods for regulating nurses' occupational stress are proposed, and the importance and methods of maintaining nurses' mental health are further emphasized. By analyzing the occupational stress of nurses, we can promote the maintenance of their mental health and provide reference and guidance for their comprehensive and healthy development.*

Keywords: Nurse; Occupational pressure; Mental health; Psychological maintenance.

1. Introduction

The pressure on nursing staff comes from various factors, including their own factors, safety hazards in their work, insufficient staffing in the department, patient satisfaction evaluation, irregular work and rest schedules, and social factors. Taking into account all these factors, medical staff face significant occupational pressure. Being in a highly tense and stressful work environment for a long time often leads to psychological problems. As a special profession, nurses find it difficult to balance work and life, and they have to handle the relationship between family and work well in the face of occupational pressure, which creates significant psychological pressure. Therefore, in analyzing the factors of nursing occupational pressure, it is necessary to strengthen the psychological health construction and maintenance of nurses, further promoting their physical and mental health, The comprehensive and healthy development of nurses is of great significance.

2. Analysis of Nurses' Occupational Stress

With the increasing demand for health awareness among people, the difficulty of modern nursing work is also becoming greater, which requires nursing staff to have higher quality and occupational pressure is gradually increasing. Facing high-level and high-intensity work, the occupational pressure of nursing staff comes from various sources. In addition to factors such as fast-paced and high-intensity nursing work, there are also pressures from various aspects such as family, oneself, and society. Facing some patients often has a certain emotional impact. It is not only necessary to properly handle the conflicts between medical staff and patients, but also to balance the relationships between colleagues, family and work. The combination of multiple factors often brings significant physical and

psychological pressure to nursing staff. Most of the nursing staff are female. In addition to the above factors, female nursing workers also have to endure physiological discomfort and multiple pressures. Under these circumstances, nursing staff also need to do a good job in patient care, which is the professional ethics and work style of postgraduate nursing staff. The work schedule of medical staff is also irregular, often requiring night shifts or not being able to eat on time, which is a loss of their own physical health. While taking care of patients, they also need to consider the protection of their own health, especially during periods of high incidence of infectious diseases. Not only do they do a good job in patient care, but they also need to take measures to prevent infection. This puts nursing staff in a state of high mental stress for a long time, resulting in physical exhaustion. Nursing staff are exposed to such an environment for a long time, and the people and things they come into contact with are mainly characterized by sadness and negativity. This inevitably causes psychological and emotional depression for nursing staff who have been in such a work environment for a long time. Faced with complex and changing patient conditions, nursing staff are also required to have the ability to adapt to changing situations and improve their professional skills. Having strong professional skills also makes it an inevitable requirement for medical staff. The pressure on nursing staff comes from multiple sources, and the requirements for nursing staff are also multifaceted. It is precisely because of various factors that medical staff are subjected to greater psychological and physiological pressure.

3. Regulation of Nurses' Occupational Stress

3.1 Correct Evaluation

For society and patients, the nursing profession is honorable and arduous, and it is of great significance for safeguarding people's lives and safety. While nursing staff contribute, we should also correctly evaluate the value and significance of their existence, so that nursing staff can feel the value and importance of their own existence. Starting from correctly evaluating the value of medical staff, nursing staff can better feel the recognition of patients and even society for their work, which is of great significance for regulating the professional pressure of nurses.

3.2 Realigning Professional Roles

Nursing staff play an important role in medical work, not as managers, but as important supplements to medical work and auxiliary roles in patient treatment. Medical staff should also fully recognize their role in serving in nursing work, correctly fulfill their responsibilities and obligations, and take patient-centered care of patients patiently and carefully to promote their recovery. An important way to eliminate doctor-patient conflicts, treat patients sincerely, win their trust and understanding, and better promote the development of nursing work.

4. Psychological Problems and Maintenance of Nurses

4.1 Psychological Problems of Nurses

The main problems faced by nursing staff mainly focus on the balance between work and family, the degree of recognition of work in the workplace, the handling of relationships between colleagues, and the handling of relationships with patients. The psychological problems of nursing staff mainly revolve around these aspects. Carefully analyzing the problems that nurses face in the nursing profession is conducive to further improving the construction of nursing staff's mental health.

4.2 Psychological Maintenance

Changing negative emotions in nursing work is a labor-intensive and arduous task. Some nursing staff may feel bored and anxious in the face of heavy work. Therefore, it is recommended that nursing staff face reality in the face of a large amount of work, try to overcome boredom and impatience, adjust their mood to the best state, and be able to work in an orderly and step-by-step manner, ultimately completing each task step by step. When nursing workers encounter various pressures, nursing managers should take effective measures to reduce or eliminate them, ultimately achieving the goal of improving physical and mental health and enhancing management efficiency. Common measures include: 1) Utilize various media to enhance the social status of nurses; 2) There should be a full understanding of the psychological pressure on nurses to alleviate their stress; 3) Provide nurses with opportunities for further education; 4) Pay attention to the physical and mental health issues of nurses and improve their psychological adjustment ability.

5. Conclusion

Nursing is an indispensable component of medical work. In order to ensure that patients can recover their health to a large extent, nurses play an important role in nursing. To ensure the quality of nursing work, nurses should cooperate with their work to the greatest extent possible, actively create a good environment, and reduce their work pressure. Nurses should also have a correct understanding of their job responsibilities, pay attention to maintaining mental health, balance work and life pressures, and achieve comprehensive development in a good working state.

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