

ABSTRACT

Exploring the Sources and Effects of Work-Related Stress on the Physical and Mental Health of Nurses Who Work at a Public Health Institution in Trinidad and Tobago

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Through interviews with four participants, this study investigated the sources and impact of work-related stressors on the wellbeing of nurses in the public health sector in Trinidad and Tobago. The participants in the study were selected from four different hospitals. The findings revealed that the stress experienced by the nurses were as a result of: a) poor management, b) the lack of resources, and c) increased workload. The impact of these factors on the physical health of the participants was manifested as: 1) elevated blood pressure, 2) headaches, and 3) acid reflux. It was also found that the identified stressors on the nurses' mental wellbeing led to job dissatisfaction and mood alterations.

Keywords: Public health; Nurses; Mental stress; Trinidad and Tobago