

Relationship of Workplace Stress and Mental Wellbeing among Health Professionals

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Abstract : It has been observed that health professionals are at higher danger of stress in light of the fact that being a specialist is physically and emotionally demanding. The study aimed to investigate the relationship between workplace stress and mental wellbeing among health professionals. Sample of 120 male and female health professionals belonging to two age groups, i.e., early adulthood and middle adulthood, was employed through purposive sampling technique. Job stress scale, mindful attention awareness scale, and Warwick Edinburgh mental wellbeing scales were used for the measurement of study variables. Results of the study indicated that job stress has a significant negative relationship with mental wellbeing among health professionals. The current study opened the door for more exploratory work on mindfulness among health professionals. Yielding outcomes helped in consolidating adapting procedures among workers to improve their mental wellbeing and lessen the job stress.

Keywords : health professionals, job stress, mental wellbeing, mindfulness

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