

Stress in the workplace of Nurses and Midwives in Nigeria

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Stress is one of the most common causes of ill health in the society which is probably the reason for as many as 70% of all visits to health facilities. Stress is an ineffective and unhealthy reaction to change. This study explored stress in the workplace of nurses and midwives in Irepodun Local Government Area of Kwara State, Nigeria. Among the stressors found in the nurses' workplace were long hours of work, use of new technology, job security and promotion, shift work and schedule of duty and work overload. It is then recommended that nurses and midwives must identify their limitations and should develop both quantitative and qualitative adaptive behavioural responses so that they would be able to cope favourably with workplace stressors. If they effectively take care of themselves, then they will be able to take care of their clients/patients and meet the demands of their teeming consumers.

Key words: Adaptive behavioural respokoins, Precursor, Schedule of duty, Stressors.