

Occupational stress among workers in the health service in Zimbabwe: causes, consequences and interventions

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Abstract

Occupational stress is a prevalent issue among workers in the health service sector in Zimbabwe. This review paper aims to explore the causes, consequences and potential interventions for occupational stress experienced by healthcare professionals in Zimbabwe. During the compilation of the review literature was wrangled from different databases such as Google Scholar, PubMed, Science Direct and Scopus. The study provide an in-depth analysis of the factors contributing to occupational stress, including workload, lack of resources, organisational factors and personal characteristics. Additionally, the study examine the detrimental effects of occupational stress on the physical and mental well-being of healthcare workers, as well as its impact on job performance and patient care. Furthermore, various interventions and strategies that can be implemented to mitigate occupational stress and promote a healthier work environment for healthcare professionals.

Keywords: Occupational stress, Workers, Health Service, Zimbabwe, Causes, Consequences, Interventions