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## **The stress of the Health Workers at Night Shift in Al Basrah Teaching Hospital**

*Abdulameer Abdulallah Al-Musawi<sup>a</sup>, Zainab Alag Hasan<sup>b</sup>, Doaa Mohammed Bachi<sup>c</sup>*

*<sup>a,b,c</sup> College of Nursing, University of Basrah, Iraq*

### **Abstract**

To assess stress on health workers at night shift to reduce the stress on health workers at night shift in Al Basrah Teaching Hospital. A descriptive, cross-sectional questionnaire-based study was conducted at the College of Nursing of Basrah University from 15 November 2021 – 1 April in 2022. Questionnaire consisted of (25) general knowledge questions related to antibiotic use and antibiotic resistance was given to a sample of 100 students from the third and fourth stage. Data were collected through a questionnaire of 50 samples (35 male 15 female) that included two axes, the first axis of demographic information for nurses. And the second axis there were some questions about assessing stress on health workers at night shift and to reduce the stress all health workers answered about (12) question through interviewing.

The findings of present study revealed that the majority of health workers (76%) suffered from stress during night shift. The stress increases with age of health workers and workload. The stress causes problems to health workers such as physical problems included: impaired sleeping/waking, gastrointestinal disorders, and an increased risk of cardiovascular diseases.

The majority of healthcare workers experience stress while working the night shift. The main cause of stress at night shift according to the opinions of participants in this study is workload. Most of the participants are satisfied with working the night shift but the majority of them think that the amount of their monthly income does not fit with the amount of the submitted effort and hard work.

**Keywords:** stress, night shift, nursing, students, knowledge

\* Corresponding author. Tel.: +0-000-000-0000 .

E-mail address: [abdulameer.yaqoob@uobasrah.edu.iq](mailto:abdulameer.yaqoob@uobasrah.edu.iq)

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