

Occupational stress, social support, and quality of life among Jordanian mental health nurses

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Abstract

Occupational stress affects physical and mental health of mental health nurses. The purposes of this study were to measure levels of occupational stress and to identify the variables that are associated with occupational stress among Jordanian mental health nurses. A descriptive design using a self-reported questionnaire consisted of Mental Health Professionals Stress Scale, Social Support Scale, Short Form (SF-36) Health Survey of Quality of Life (QOL), and demographic characteristic was used. Data were collected from 181 mental health nurses who were recruited from all mental health settings in Jordan. Jordanian mental health nurses showed high levels of occupational stress regarding "Client-related difficulties", "Lack of resources", and "Workload". The highest level of social support as indicated by Jordanian mental health nurses was received from spouse/partner followed by colleagues. Regarding QOL; physical health score was higher than mental health score. Occupational stress correlated significantly and negatively with QOL-physical, QOL-mental, and social support,; while positively correlated with being physically assaulted, verbally assaulted, and having the intention to leave the current job. Social support, QOL-mental, verbal assault, ward, and intention to leave the current job were the best predictors of occupational stress among Jordanian mental health nurses. In conclusion, mental health nurses are under significant occupational stress levels, therefore, comprehensive interventional approaches aimed at minimizing the risk of occupational stress and improving social support and quality of life among mental health nurses are needed.