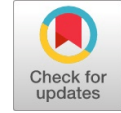


# A Preliminary Exploration on Health Care Professionals (Doctors) Stress due to Competition, Advancement of Technology & Environment at Chennai

K Asokan, G Brindha, S Valarmathi



**Abstract:** Due to the advancement of technological changes in the health care sector, health care professionals such as doctors, nurses, technicians, etc, are expected to work more intensely and successfully deliver more. The present study focuses on stress among young doctors due to rapid technological advent and intense industrialisation, especially in the metropolitan city Chennai. Data was collected from eighty seven young doctors through structured questionnaire. In the modern era, people who reside in the metropolitan city like Chennai are well educated, wealthy and aware of new innovative and sophisticated equipments, medicine, facilities, etc. and these are inevitable part of technological development. Hence the doctors have to update themselves in all field related technologies. They feel stressed physically and mentally when there is a lacuna in the competitive environment.

**Index Terms:** Stress, Technology, Health Care Professionals.

## I. INTRODUCTION

The health care professionals have to equip themselves about the technological advent, especially in the metropolitan cities like Chennai. The Doctors have to update their knowledge and apply new innovative strategies in investigations, handling the equipments, prescribing the medicines, the electronic prescription service etc. As there is a tremendous growth in the Information Technology, the expectations of the people living in the society have a vast knowledge about advances in health care sector. So the expectations of people are much higher, which needs to be fulfilled by the health care professionals. Hence the doctors have to update themselves in all field related technologies. They feel stressed physically and mentally when there is a lacuna in the competitive environment.

## II. REVIEW OF LITERATURE

Healthcare Professionals affected due to various reasons like Technology Development, Competition, Environment,

etc. Many studies were concentrated on the stress and the job environment. Small amounts of stress (eustress) can have positive effects by energizing people towards goal, however excessive stress can seriously and negatively impact a person's health and job performance. (1) Hostile job environment, lack of administrative ability and bureaucratic bottle necks can make the job situation very frustrating. Inadequate infrastructure, unavailable and obsolete equipment make the long years and fortune spent in training unrewarding. Unsecured future, delays in promotion and inappropriate capacity utilization are some of the causes of unfulfillment and stress in the job place (2). A positive attitude reduces the potential for stress and depression.(3). Firth-Cozens(4) noted that the proportion of doctors showing above threshold levels of stress is around 28%, in cross-sectional and longitudinal studies, compared to around 18% in the general working population. This study focuses on stress among healthcare professionals which will help them to take care of themselves and public health. Since most of the studies have been done in the general working population, the outcome of this study will have an impact on training the young adult doctors to make a balance in serving the people and to have stress free life.

## III. PROBLEM STATEMENT

In the recent years due the technology development, completion and environment in the health care field, the health care professionals mainly the younger doctors have to concentrate on their higher studies, knowledge on the advanced equipments, medicines, etc. Accounting for this, the present study implemented for getting responses from the young doctors opinion and their stress planned

To study whether the young doctors gets stress due to technology developments and Competition in the health care in Metropolitan city Chennai. In the present study, higher education, Technology Developments, Competition, Gender, Media, availability of Corporate Hospitals, Society are covered.

## IV. RESEARCH METHODOLOGY

We In this study using purposive sampling technique a structured questionnaire and mainly young doctors were covered and their views obtained.

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In this preliminary study, one hundred questionnaire was used and eighty seven completely filled questionnaire from young doctors in Chennai were included. The respondents are both male and female young doctors and majority were undergraduate. The questionnaire used was statistically analysed using Cronbachs alpha test and secured 74% score which is acceptable one.

## V. RESULT AND DISCUSSION

To Totally 87 respondents were included in the study. Out of them 53(61%) were male and 34(39%) were female.

**Table.1 Distribution of Gender**

Gender	N	Percentage (%)
Male	53	61
Female	34	39

Table.1 clearly shows that male doctors (61%) were participated little higher than the female doctors (39%).

**Table.2 Distribution of Participants Qualification**

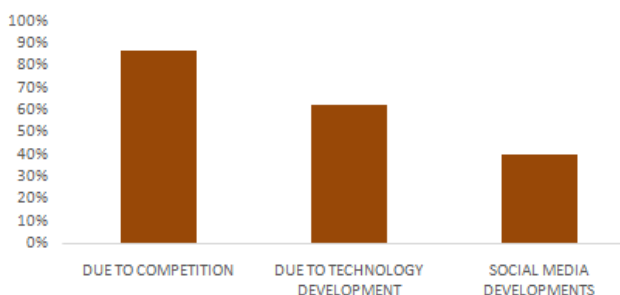
QUALIFICATION	N	Percentage (%)
MBBS	75	86
BDS	11	13
OTHERS (PG)	01	01

Table.2 depicts that majority of the participants were general practitioners, 13% were dental practitioners

**Table.3 Distribution of Stress of Doctors**

Reasons for STRESS	Percentage (%)	95% Confidence Interval	
		Lower Limit	Upper Limit
COMPETITION	86.2%	77.4%	91.9%
TECHNOLOGY DEVELOPMENT	62.1%	51.5%	71.5%
SOCIAL MEDIA DEVELOPMENTS	40.0%	30.5%	50.7%

From the Figure it is clearly understood that among the total participants 86.2% had stress due to competition which more prevalent has compared to the technology and social media developments.



**Fig.1 Distribution of Reasons for Stress among Doctors**

The narrow 95% confidence interval in the table 3 interprets that there is significant stress among young adult doctors.

## VI. CONCLUSION

This preliminary investigation reveals that the young undergraduate doctors feel stressed due to competition,

developments of technology and the impact of social media, especially metropolitan areas like Chennai. This study emphasizes that the doctors have to face the challenges and make they to be competent enough. Beside the sincere and selfless service to people, continuous and up to date knowledge on developments in all aspects are an indispensable tool for the health care professionals. Especially the doctors who are practicing in metropolitan areas like Chennai have to equip themselves to the current technological developments. Further studies will be carried out to explore about physical and mental stress among young adult doctors.

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