



## IMPACT OF WORKING CONDITIONS ON THE PHYSICAL AND MENTAL HEALTH OF NURSES

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### **Abstract**

Nurses play a vital role in the restoration or improvement of a patient's health. The main objective of the study was to investigate the impact of hospital working conditions on the physical and mental health of nurses working in public and private hospitals. A Cross-Sectional study was conducted in District Rawalpindi and Islamabad, Pakistan. A quantitative method was used to get meaningful and detailed information. For the present study, six government and nine private hospitals were selected using simple random sampling techniques. A random sample of 320 female nurses was taken to explore the research objectives through a pre-designed interview schedule. According to the JD-R model, job strain develops when certain job demands are high while job resources are limited. Stress becomes the reason for numerous physical and psychological problems. Conclusions reveal that working conditions have a significant effect on the physical and mental health of nurses. Unfavorable working conditions badly affected the health of the nurses interviewed

### **Keywords**

Hospital's working conditions, physical health, mental health, problems faced by the nurses