

Impact of Stress and Coping Strategies of Allopathic Medical Practitioners

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Abstract-

A doctor is the one who dedicates his life to the service of the patients. He or she relieves the sufferings and pain of mankind. He cures them from disease and illness. He strives to make the life of others better and healthier. The doctor works to prevent spread of the epidemics. Every now and then dangerous diseases grab the humanity. It is the doctor who finds the cure. Sometimes it may take years of painstaking work and research to find the cure, but ultimately the success is achieved. A doctor's life is hard. Often, he has to visit the patient at off hours foregoing his rest, sleep and even food. Sometimes the doctor has to work throughout the day and night attending to serious patients or victims of war, epidemic or major accident. He has to always treat his patients with a smile and cheer. He motivates and encourages sick person. He is a source of hope and strength. Even in distress his duty is first towards his patient. Always remembering the famous Hippocratic Oath, he pledges his life in alleviating the sufferings of the patients.

Introduction

India has a long tradition of service to the mankind. It is ingrained in its culture and all the religions. Indian doctors are well known for their charitable attitude, dedication, hard work and personal touch. They are in great demand all over the world. Many Indian doctors are working in famous hospitals abroad India is a country having one of the largest reservoirs of doctors. It has about 300 medical colleges, which produce about 30,000 doctors every year. They work all over the country in the cities and villages, in large hospitals or their own clinics. In recent years there has been a great leap forward in the Modernization of our hospitals with latest equipment's. This has facilitated the doctors to undertake complicated operations and treat critically ill patients with success. Besides allopathic systems of medicines, there are doctors who practice Ayurvedic, Unani and Homeopathic system of medicine. Innovative practices of treatment, like the Chinese acupuncture and acupressure, yoga, Nature cure etc. have also gained popularity in the country. The doctors practicing traditional systems are locally available and often called 'barefoot doctors'. There is a revived interest in these systems of treatment and many allopathic doctors combine their treatment with traditional methods like yoga, nature cure and

Ayurveda. The whole purpose is to serve the mankind and remove the pain and sufferings of patients. In this respect, the society is in debted to the profession of doctors. The fields of medicine and surgery have advanced beyond imagination. A damaged organ can be transplanted, in today's medically advanced world. Within medical circles, specialties usually fit in to one of three broad categories: "Medicine", "Surgery", and "Diagnostic".

Internal medicine

is the medical specialty concerned with the diagnosis, management and nonsurgical treatment of unusual or serious diseases, either of one particular organ system or of the body as a whole. There are many subspecialties (or sub disciplines) of internal medicine: Angiology/Vascular Medicine, Anesthesiology, Cardiology, Critical care medicine, Dermatology, Emergency medicine, Endocrinology, Family medicine Gastroenterology, Hematology, Hepatology, Infectious diseases, Nephrology, Neurology, Oncology, Pediatrics, Psychiatry, Pulmonology/Pneumology/Respirology, Rheumatology.

Surgical specialties

employ operative treatment. In addition, surgeons must decide when an operation is necessary, and also treat many non-surgical issues, particularly in the surgical intensive care unit (SICU), where a variety of critical

issues arise. Surgeons must also manage pre-operative, post-operative, and potential surgical candidates on the hospital wards. Surgery has many sub-specialties, including general surgery, cardiovascular surgery, colorectal surgery, neurosurgery, ophthalmology, Obstetrics and gynecology, oral and maxillofacial surgery orthopedic, otolaryngology, plastic surgery, podiatric surgery, transplant surgery, trauma surgery, urology, vascular surgery.

Diagnostic specialties are diagnostic services that apply laboratory techniques to diagnosis and management of patients. They include Pathology, Radiology, Clinical neurophysiology, Nuclear medicine.

Stress in contemporary life, arising from an increase in daily work and the complexity of modern living has become a major problem. Work-related stress can lead to a variety of illnesses, like tension, headache, backache, high blood pressure, disturbance in the functioning of the artery and mental illness. That can lead to addiction to alcohol and drugs. These effects are spreading like contagious diseases, it can lead to absenteeism, low productivity etc. Many situations or activities in organizations are latently stressful.

Stress:

Stress is a common human emotion and experience in various situations. The term stress has been used in various disciplines. Stress in engineering is known as “the ratio of the internal force brought into play when a substance is distorted to the area over which the force action.” In medicine, stress is equated with the general sense of hardship.

In fact, stress can be used to refer to the following approaches (Pestonjee, 1987):

1. **External force:** As an external force, stress focuses on circumstances which people experience as stressful. According to Weitz, the stressful stimuli may be a perceived threat, isolation and confinement, blocking, group pressures, frustration, etc.
2. **Psychological function:** Stress is also considered as a response to a situation which demands that the individual adapts to a change physically or psychologically. Response to stress may be in the form of frustration or anxiety.
3. **Interactive approach:** According to this

approach stress is the interaction of external demand (stimulus) and internal responses. Thus, stress is a complex interaction of environmental, organizational and personal feelings and responses. Hans Selye first introduced the concept of stress in the life sciences in 1936. Wolff (1968), describes stress as an inherent character of life. Since stress is a dynamic state of an organism in response to a demand for adaptation, living creatures are constantly in a state of more or less stress. Lazarus (1971) went on to explain stress is a broad class of problems or demands which tax the system (physiological, social, and psychological systems) and the response of that system. As per Parkes (1971), stress can be viewed as a stimulus to growth and achievement to the new balance. Giving psychological emphasis, Clay and Organ (1978) defines stress as “a set of circumstances under which an individual cannot respond adequately or instrumentally to environmental stimuli, or can so respond only at the cost of excessive wear and tear on the organism-for example, chronic fatigue, tension, worry, physical damage, nervous breakdown, or loss of self-esteem.”

Strategies To Increase Satisfaction:

1. **Know Yourself:** One way to increase job satisfaction is to know oneself. What are things that motivate you? Sure the company can do things and implement programs to increase staff motivation especially the companies that know the importance of job satisfaction. But motivation is also from within. It is inside you, only you know what keeps you awake at night and makes you jump out of bed in the morning. When you know yourself, it is easy to increase your own job satisfaction as you will know what works for you.
2. **Keep Challenging Yourself:** Work has to be challenging enough but not so overwhelming that you find it insurmountable. Challenges at an optimum level keep you going. Perhaps you find that your work is not challenging anymore. In that case, learn to get more projects that are challenging now since you know the importance of job satisfaction in your life.
3. **Cross Learn:** Make cross-learning and increasing your competency at work a culture you adopt. That means learn other skills that

are only expected from people in other departments. If you are a salesperson, learn to read financial statements. Cross learning can keep you challenged and will also open doors previously not an option for you. By knowing that options are open you become more relaxed and feel better about yourself. That can increase job satisfaction.

4. **Improve Other Areas of Your Lives:** I have mentioned that the importance of job satisfaction is its contribution to a significant part of your happiness because you spend one-third of your day at work. Interestingly, when you are unhappy with other parts of your life you will also bring it to work. It is usually easy to blame other parts of your life on the low level of job satisfaction you have. But the reverse is also true, if you are unhappy with some parts of your life, you may just blame it on your job. Analyze yourself, are there other parts of your life you can improve?
5. **Remain optimistic:** Where have you not heard this before, right? Stay positive. It's so easy to dish out advice to stay positive. And it is worth mentioning again. Whenever you feel you aren't very satisfied with your job, learn to stay positive. There are many things to be thankful for when you have a job. Remain positive that things can change for the better. Look forward to good things like a possible promotion or salary increase or completion of a project. You may just see your job satisfaction level increase.
6. **Know the Role of Work in Your Life:** Work means different things to different people. Know the role of your job in your life. What does it allow you to do? Pay for the bills? Serve people in the community? Allows you time to pursue your hobby? Know what is the role of your job in your life and you will put it in the right context. That may just raise your job satisfaction level.
7. **Work Allows for the Search of Purpose:** I like to think that work allows me to search for my sense of purpose. Not many people are mindful enough to know what their purpose in this world is. Why not let work become a medium to allow you to search for that purpose? Imagine having eight hours a day just doing an exercise that slowly reveals what you are here in this world to do? As a result, the significance of job satisfaction in

causative to your happiness in life is obvious. These are some steps one can deploy if we want to increase our job satisfaction and indirectly to the happiness in our life.

References-

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