



## 24. OCCUPATIONAL STRESS FOR THERAPEUTIC AND SURGICAL DOCTORS. COMPARATIVE STUDY

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**Introduction.** Occupational stress represents a significant problem for doctors in the therapeutic and surgical fields, having a profound impact on their mental health and the quality of the medical act. Occupational stress among doctors is a major problem in the 21st century, where a large part of doctors are subjected to an overload related to the excessive number of night shifts or the large number of patients over a period of time, which denotes the appearance of pathologies such as insomnia, hypertension, diabetes, obesity, the occurrence of cardiovascular diseases, the nervous system, the digestive tract, etc.

**Aim of study.** The comparative study focuses on the impact of occupational stress on doctors in the therapeutic and surgical fields. By looking at factors such as workload, time pressure and patient experiences, the research highlights significant differences between the two specialisms. Deep understanding of these issues can help create a healthier and more balanced professional environment for doctors in both fields.

**Methods and materials.** This research was carried out by applying a questionnaire developed by the author. The questionnaire consisted of the following sections: socio-demographic data, Risk factors at work and their impact on personal health, Knowledge and skills about occupational stress, Measures to combat and prevent occupational stress, which contains 38 questions. The sample included 135 randomly selected patients aged between 25 and 65 years. The survey was confidential and was researched with the consent of each respondent.

**Results.** The research included (40.7%) surgical doctors and (59.3%) therapeutic doctors. The majority of doctors work 51-65 hours per week (25.2%). (50.4%) of doctors have 1-2 shifts per week. (34.1%) of doctors come into contact with 31-40 patients per week. (77%) are not satisfied with the salary received. (25.9%) acquired diabetes, (31.1%) hypertension, (22.2%) gastric ulcer, (46.7%) acquired neurosis, (53.3%) insomnia. (82.2%) of doctors selected that the volume of work is the most frequent source of stress in their work. (66.7%) consider that the workplace caused the emergence of health problems. (48.1%) of doctors had moments when occupational stress had a negative impact on medical decisions.

**Conclusion.** Occupational stress is a major problem in the 21st century that seriously affects the health of surgical and therapeutic doctors. Most doctors, as a result of the effect of stress and over-requests, acquire pathologies that will subsequently decrease the level of quality of life. Occupational stress at work is considered a major cause of early deaths among doctors.