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Interview questions

1. What would you say are the causes of stress in workplace?
2. What is stress?
3. As an employee in a hospital, what is the importance of stress management in the workplace?
4. How would you as an employee manage stress in workplace?
5. How would you conclude about stress in the workplace?

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Interviewee's information

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Interview

Interviewer: Good day ma'am, thank you for giving me the opportunity to interview you

Interviewee: No problem, it's a pleasure and thank you too

Interviewer: To not waste or take up much of your time, what position do you hold in

Interviewee: I am a nurse, and one of the stakeholders in the workplace

Interviewer: That seems stressful, as a nurse what could you say stress is in medical definition and in workplace

Interviewee: Stress is a physical, mental, or emotional factor or that causes bodily of mental tension. In workplace, it is the adverse reaction people have to excessive pressures on other types of demand placed on them at work.

Interviewer: Interesting, what would you say are the causes of stress in the workplace

Interviewee: There's many but the top five is heavy work load- having too many responsibilities, long working hours- as a

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nurse, there would be too many patients I have to look into which would take up my lunch break, bullying or harassment- normally full time workers in the hospital take advantage of the interns and would bully them, inadequate training- as a doctor you must know how to use a first aid kit but very few know how to, which is stressful to teach and train them as no one has time and lastly, badly designed shift systems- they would change shifts and takeover for people who went to solve their personal life, in last minute which creates chaos and stress.

Interviewer: To think that I wanted to be a nurse, do you think there's an importance of stress management in the workplace?

Interviewee: Yes, if stress s not managed effectively, it can get out of control and cause staff health issues

Interviewer: How would you as an employee manage stress in the workplace?

Interviewee: As nurses we are told to exercise regularly and keep fit, get enough sleep and relaxation, follow a balanced diet and practice time management, which helps in

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managing stress and minimising extreme emotions

Interviewer: How would you conclude about stress in the workplace?

Interviewee: Workplace stress may have several negative consequences for both workers and employers. Too much stress would become a barrier to success and lowers the performance of employees.

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