



HANDLING THE OCCUPATIONAL STRESS OF MIDWIVES THROUGH POSITIVE THERAPY

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Abstract

Stress has been emerged as the vital psychological ailment all over the world. The situation in which unable to face a particular environment or problem psychically or mentally is known as stress. Occupational stress can be advantageous or disadvantageous in general. As it is advantageous, it will stimulate the person to achieve the goal. But as it is disadvantages, it will lead for depression or suicide. Therefore Stress should be handled through psycho positive therapy. Psycho positive therapies are considered as the best measures to handle occupational stress. The medical sector is being the well advanced sector in the present world. The midwives who have been serving for the betterments of pregnant ladies and infants has been pushed in to metal stress due to the assigned work load ,rules and regulation of the hospitals, responsibilities beyond the skills and the moral codes of the institutions. In this regards handing the stress of midwives through psychotherapy interviews has been selected as the research topic. Identifying the root course of occupational stress of medical health officers and finding out whether the occupational stress can be reduced through psycho positive therapies are the ultimate focus of this research. The midwives who have been attached at the medical health office in Nalloor area has been selected for this research. As sample fifty midwives randomly and 20 midwives for experimental research on the basis of observation have been selected in two stages. In order to collect data questionnaires, experimental method, observation and interviews have been used as the primary data while Newspapers, books published research articles, magazines, and the data which have been received from social websites have been used as the secondary data. Case study which was prepared by Hemalatha Nadesan(2002) and Occupational stress evaluation questionnaires of Latha Sathees (1997) have been used as the major research tool. In order to analyze the data the software “Package for the social science version 27” has been used. At the conclusion of the research it has been revealed that the root cause of the occupational stress of midwives is their profession. The flexible therapy, counselling, remedial exercises, and cognitive behaviour therapy which are the components of positive therapy are very useful in hailing the occupational stress of midwives. The positive therapy assists to run down the pessimistic emotion and to handle the occupational stress of midwives.

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