



# **OCCUPATIONAL STRESS AMONG NURSES IN BUTABIKA NATIONAL REFERRAL MENTAL HOSPITAL**

## **Abstract**

Due to the growing need for occupational stress management in nursing institutions, Butabika National Referral Mental Hospital (BNRMH) has experienced challenges. The study sought to examine the level of occupational stress, its sources and strategies to mitigate its effects on Nurses. The methodology used took the form of a cross-sectional survey design with a study population of 120 respondents whereby stratified proportionate simple random sampling was employed to select the sample population. Self-administered questionnaires were subjected to Enrolled and Registered Mental Health Nurses in order to collect the required data. Data was analysed and descriptive statistics of the findings derived. From the findings, it is clear that occupational stress was evident among nurses in BNRMH. The findings revealed that low salaries, too much work load, absence of proper communication channels and inadequate appreciation of their work by their employers were the main sources of occupational stress among nurses in BNRMH. The study recommends that the government and development partners should focus on formulating work-related policies aimed at mitigating the occupational stress levels among the nurses.