

## ASSESSMENT AND MANAGEMENT OF OCCUPATIONAL STRESS AMONG NURSES IN OGUN STATE: IMPLICATIONS FOR GENDER

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This study examined the effect of Solution Focused Brief Therapy and Guided Enquiry Method on occupational stress among nurses in Ogun State, Nigeria. Nursing was identified as an occupation that has high levels of stress. It was found that job stress brought about hazardous impacts not only on nurses' health but also their abilities to cope with job demands. The study was carried out in five government hospitals in Ogun states. This seriously impairs the provision of quality care and the efficacy of health services delivery. Quasi-experimental pretest/post test control group design was adopted for the study. Simple random sampling was used to select a sample size of 150 nurses comprising of 13 male and 137 female nurses drawn from five government hospitals randomly selected from the state. The two research instruments used to gather data for the study are Stress Inventory (SI) and Experience of Work and Life Questionnaire (WLQ) which were adapted for use by the researchers. Participants were drawn to participate in the study using the SI while the WLQ was used for both the pre and post test. The study revealed that there is no significant impact of gender on occupation stress, however among female nurses there are higher stress levels possibly due to multiple levels of responsibility. Solution Focused Brief Therapy was however more effective in assisting nurses to cope effectively with stress resulting from their jobs.

**Keywords:** Occupational stress, Nursing, Solution Focused Brief Therapy, Guided Enquiry Method.