

Factors Impact on Occupational Stress during COVID-19 Pandemic: A Study of Nurses in the Teaching Hospital of Rathnapura District

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This study analyzed factors' impact on occupational stress. The purpose of this study was to investigate the factors influencing occupational stress using evidence from nurses of the health sector in the Teaching Hospital of Rathnapura District. The prior researcher has found that different factors such as burnout, anxiety, depression as factors that influence occupational stress. However, long working hours, poor sleep, heavy workload are considered major factors which influence occupational stress. This study followed the quantitative research method and deductive approach. In this study, the researcher conducted a cross-sectional survey among the sample of 150 nurses in the Teaching Hospital of Rathnapura by randomly selecting from the population and standard questionnaire used to collect primary data. Further, the researcher distributed in online mode, as a Google form to respondents directly. The collected data were analyzed with the support of SPSS encoding descriptive statistics, correlation, multiple linear regression, and residual analysis for model fitness. Based on the findings, this study is found a positive relationship between independent variables and dependent variable. The researcher ran multiple linear regression to test the hypothesis of the study. Since the researcher's findings show that there is a significant impact of independent variables and dependent variable. All hypotheses are accepted in this study. Finally, the researcher is recommended to develop an occupational stress management program that can be added to the curriculum of nursing education so that they can manage their stress in the future.

Keywords: *Heavy Workload, Long Working Hours, Nurses, Occupational Stress, Poor Sleep*

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