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## Perceived Stress and Quality of Work Life among Doctors

A Different Perspective of The Medical Profession



# Perceived Stress and Quality of Work Life Among Doctors

Kiran Vickram



When we see a doctor, all we expect is a person who performs miracles to cure people of their ailments and troubles. In reality, doctors are human beings, just like the rest of us. They have a highly stressful job that expects them to be on call at odd times of any given day. They do not always have the luxury of the much needed break from the chaos, family time and exercise. Due to the fact that it is a highly stressful profession, there are a likely number of negative consequences that will befall anyone in the medical profession who continues in such a trajectory. The current study examines their Perceived Stress and Quality of Work life as well as comparing male and female doctors. Due to the relative lack of literature available in this field, this study hopes to create a foundation, upon which more research can be done, to explore more about the lives of doctors as well as to improve their lives, both professionally and personally.

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