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# Beyond the Stethoscope: Unpacking the Stress of Female Specialists, Balancing Family and Career

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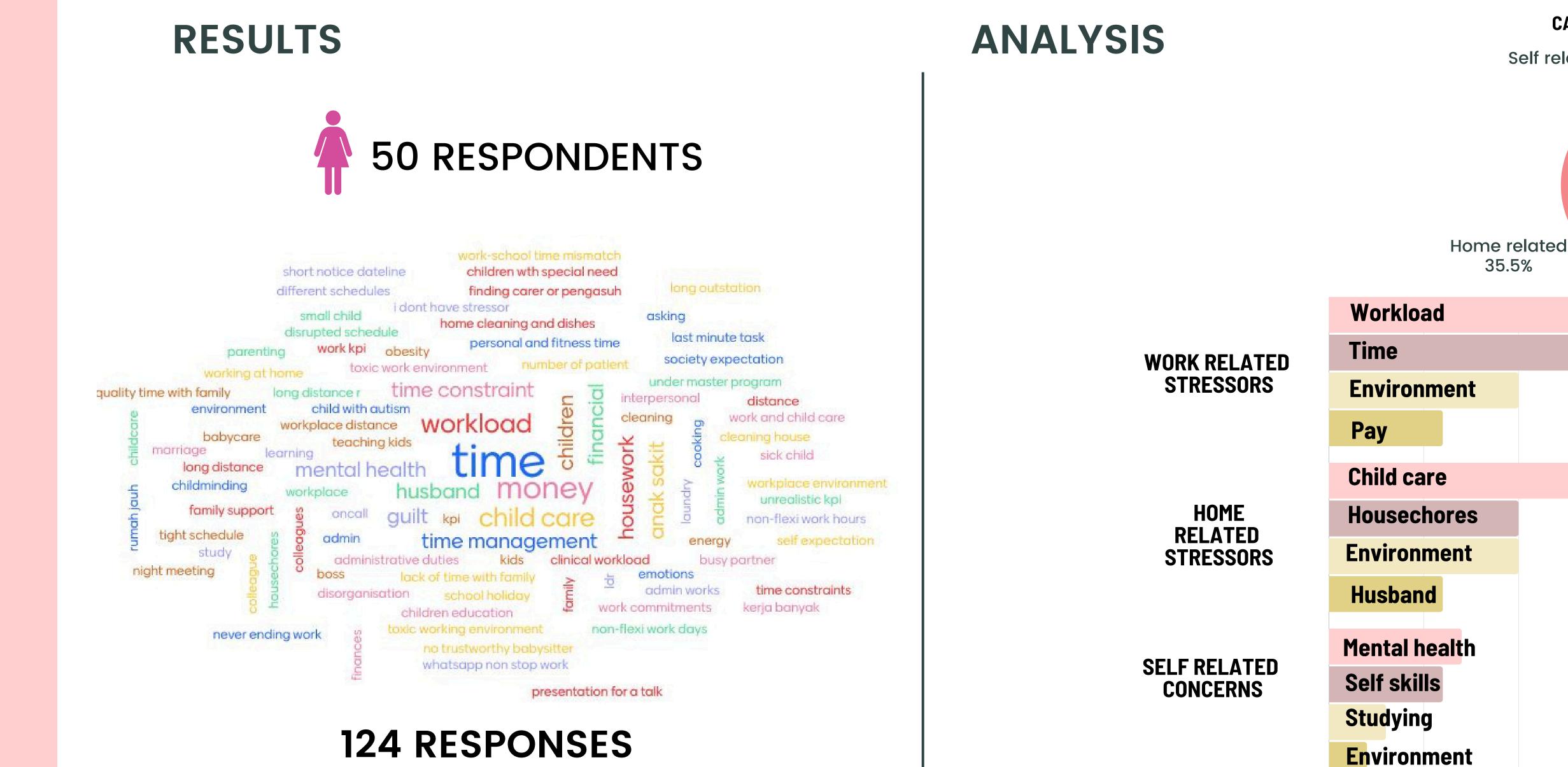
In 2018, the Ministry of Health Malaysia reported 45% of its specialists were female. Studies have shown that female specialists experience stress differently than their male counterparts. Focus groups have identified three major sources of stress in female specialists: high expectations, multiple roles, and work environment. To Investigate the unique stressors among female specialists with families, highlighting the multifactorial nature of their challenges.

# METHODOLOGY

A preliminary survey was conducted. A single-question survey was created with Mentimeter®: "What's your top stressor in the work-family juggling act?". Convenient sampling was used. The link of the survey was sent via social media. Female specialists with children were invited to fill out the survey. Participants were allowed to enter up to three separate answers. Answers were then grouped into categories.

# **INCLUSION CRITERIA**

- Female Specialist
- Currently working
- Bringing up children and family



#### CATEGORY OF STRESSORS

Self related concern 14.5% Work related 50%

### CONCLUSION

The unique challenges many female specialists encounter include high workload, childcare, and household chores. The intricate interplay of these factors leads to heightened stress levels, which may result in burnout and depression, emphasizing the need for targeted interventions.

# RECOMMENDATION

Our study highlights the necessity for further research on adaptability and coping skills among female specialists with families in Malaysia. By understanding the specific challenges faced by female specialists, we can enhance their well-being and effectiveness in the healthcare system, ultimately benefiting both the specialists, their families, and the patients they serve.

# REFERENCES

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