



University of Wales Trinity Saint David Birmingham

Module: Digital Skills and Research Methods

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Task 2 (Research report) on

Topic: how stress affects the wellbeing of care workers in the UK

Submitted by

Name : Sabiha Ahmed

ID number: 2438382

Submitted to

Name of the lecturer: Masud Siddiqui

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Research topic: _____How stress affects the wellbeing of care workers in the UK

1. Introduction (200 words)

My research topic is how stress affects care workers in the United Kingdom, this is very relevant to health and social care because it is talking about how carers and how stress can affect them can mentally, physically, emotionally drain them. Carers can sometimes come face to face with patients who are critically unwell so to deal with them and other priorities can lead to stress and other health issues that can take its toll. This issue is important in the UK because if a lot of care workers go absent and miss a lot of time of work this can impact patients and their families as they may be the ones frequently providing a service so they would know medication, preferences of the service user and a lot of other things. If another care worker was to go and they had no idea about medication or the preferences of the service user they could potentially make an error or they might make a mistake or put both themselves and the service user in danger. The aim of the research report is to explore how stress can affect the wellbeing of care workers in the UK. This report will have an introduction at the top this is short but explains what the report will cover next is the research topic identification this is when you explain what topic will be covered, after this then I will identify what the problem/ issue is then I will provide justification for the research, then I will provide a literature review, then I will be discussing research methodology, then it will be data collection then I will mention which type of data collection I will be using for my research, and finally I will provide a conclusion and sum everything up and then lastly will come the references. **The nature of the work involves high emotional demands, physical exhaustion, and mental strain”[Care Learning 2025].**

2. Research topic identification

The issue is care workers going absent due to stress taking effect this means care managers would need to hire new allocated staff give them extra training and guidance on when medication needs to be given what needs to be given, this would also impact on the families as they may need to prioritise their daily routine to ensure the new allocated carers do not make a mistake and put the patient in more distress and complicate things. Policies in health and social care are very important because they create guidelines for moral behaviour, guarantee patient safety and set the standards for high quality care. These laws also affect how healthcare organisations are funded, how resources are distributed and how

they operate as a whole. Healthcare workers must comprehend these regulations in order to improve patient care, comply with legal requirements and promote systemic changes. This issue would affect individuals, and professionals in the healthcare sector because it can be very exhausting the impact of stress can have a massive impact on a person's mental health leading to anxiety attacks, depression, and even suicide. "Work-related stress, anxiety, and depression is more prevalent among health and social care professionals than most other sectors"[Kinman 2021]. The patient would not receive top standard care as they deserve as the new appointed care worker would need time to get used to the new patient and learn to be patient and learn their preferences and when medication would need to be administered.

2.2 Justification for the research (200 words)

Social importance is very essential because it can very negatively impact the care workers' mental health and how they carry out any activities for the patient also relationships with co-workers can be negatively impacted. Patients receiving care would also be impacted as they may be getting new allocated care workers providing a service to not the best standard of care the care they would be receiving would not be person centred. "Social care can be very demanding and staff face strict regulations and challenging situations daily"[Caring times 2024]. This would lead to unsatisfied patients who may not feel the need to share this information and care workers could take advantage of this and use harm/abuse. Understanding this issue can lead to improvements in the health and social care sector as it will allow everyone to openly discuss how important it is to prioritise mental health and to speak up and tell someone so that they can get mentoring and learn ways to reduce the stress and how to manage and maybe have frequent communication so they can take full advantage.

2.3 Literature review (300 words)

Source 1: 'It's affecting my mental health makes me depressed as I'm working so many long hours but can't make ends meet' [CWC Wellbeing Report 2025]. This source is discussing how a care worker does not like working long hours and how difficult it is to not be making enough money despite working such long hours. This is relevant to my research because she is mentioning how the stress is affecting her mental health and her effort dedication is enough for patient satisfaction but she is very overwhelmed by stress. This is supporting my study because it is very relevant to health and social care and mental health can have a big impact as it is stress that causes it, it is direct words coming from a care worker speaking the truth.

Source 2: 'Working out how to use health and care services, like making an appointment, can be difficult for some groups of people, including people living with dementia, autistic people and people with a learning disability' [CQC state of care 2024/25]

Source 3: Source 3: 'Lee, B. (2025) Social care workers among the most stressed employees in UK. Available at: <https://www.homecareinsight.co.uk/social-care-workers-most-stressed-in-uk/#:~:text=More%20than%20a%20third%20said%20their%20job,workloads%2C%20limited%20resources%2C%20financial%20strain%2C%20and%20emotional> (Accessed: 13 November 2025)

This source is discussing that those that work in social care are more likely to be stressed than other UK employees and that social care workers can be very negatively impacted with stress with how much work they have and then dealing with patients who are critically unwell. It is very relevant to my research because it is talking about how stressed people in healthcare and not just care workers are the ones dealing with overload of stress. It will support my study because it is a big factor in health and social care and its emphasising how stress can take its toll on them.

2.4 Research methodology (200 words)

Research methodology is a methodical, scientific technique to gathering, evaluating, and interpreting quantitative or qualitative data in order to test hypothesis or find answers to research questions. The types of research methodology are : quantitative and qualitative and mixed methods. Quantitative research is the collection and analysis of numerical data. Both quantitative and qualitative research techniques are combined in mixed methods research either within a single study or across several related investigations. Primary data is used to answer specific study questions or test hypotheses, primary data is first-hand information gathered from real life sources. Secondary data is an important tool for researchers because it saves time and money while gathering information and analysing it. The difference between them both is primary data is collected by a researcher for the first time and secondary data is more accessible does not require a lot of effort its quick and easy to find. Primary data is used to answer specific study questions or test hypotheses, primary data is first-hand information gathered from real life sources. Secondary data is an important tool for

researchers because it saves time and money while gathering information and analysing it. The difference between them both is primary data is collected by a researcher for the first time and secondary data is more accessible does not require a lot of effort its quick and easy to find. Another difference between primary and secondary data is that primary data is collected through surveys, experiments, observations, personal interviews etc whereas secondary data is collected from websites, government publications, journals, articles etc. Primary data is going to be used for my research because it is easier to do interviews with a bunch of care workers and ask them how stress affects their overall wellbeing and ask a few care workers to do a survey and ask quite a few different questions and see what each person says as everyone will have different views and opinions.

4. Conclusion (150 words)

This essay has discussed how stress affects care workers wellbeing in the UK. The main points is that care workers do be under a lot of stress when it comes to providing a service for patients and it really can affect their mental health. Also to solve the issue of stress and mental health it is very important that if anyone is being affected by stress or mental health issues they should talk to someone and get advice so that then they aren't thinking about being suicidal or getting worse. This issue is very important to be discussed a lot more because it is not recognised much and some people may not want to talk about it. The changes that need to be made are each care worker should be appointed a mentor so that they can share any concerns, get some advice if they're ever feeling stuck and unsure.

5. References

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