

# How Work Stress In The Hospitality Industry Influences Hospitality Management Students Career Choices In Lucerne During Their Internship Work Experience

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### AIM

The Aim of the study is to investigate how work stress in the hospitality industry affects the mental health and career choice of hospitality management students in Lucerne during and after their work experience in hotels.

### OBJECTIVES

- 1 To identify the different causes of work stress in the hospitality industry
- 2 To examine the typical mental health issues in the hospitality industry
- 3 To analyze the work stress influence on hospitality students career choices after internship experience

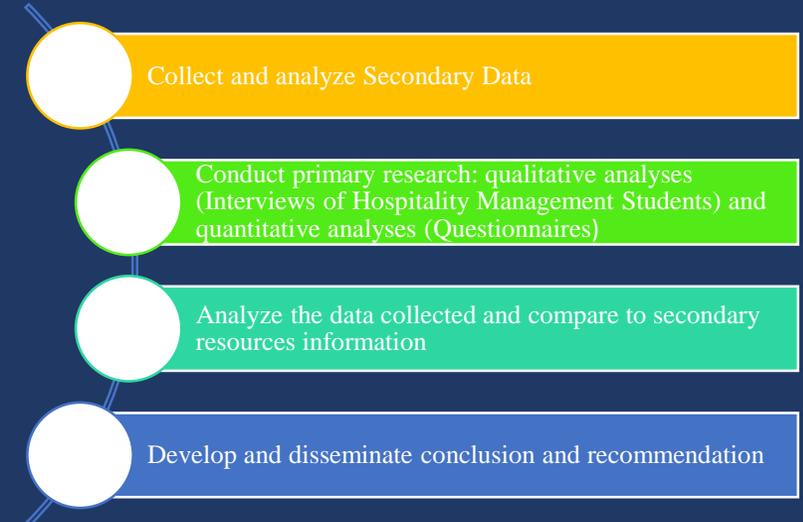
### LITREATURE REVIEW

Work Stress: Job Stress can produce physical health problems, psychological distress, and behavioural distress. (Ibid). Occupational stress has also been entered in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). Some of the symptoms for work stress include feelings of frustration, anger, and resentment, lowered self- esteem, boredom, job dissatisfaction, mental, mental fatigue, loss of concentration, loss of creativity and spontaneity and emotional hyperactivity, (Ibid, p. 132). These symptoms are also well expressed in humanistic psychology, relating to existential angst.



The World Health Organization (WHO) defines health as a "state of complete physical, mental and social well-being" (Gurung, 2010: 15).

### METHODOLOGY



### ANTICIPATED FINDINGS

Through the collected research, it is expected to be found that Hospitality management students who experience negative and stressful work placements in the hospitality industry leave the experience with a negative outlook to their career choice and therefore will lead to their change of career and attitude toward the industry.

### REFERENCE

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