

A Study to Assess the Occupational Stress among Staff Nurses Working in Narayana General Hospital, Nellore

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How to cite this article: Gangaram P. A Study to Assess the Occupational Stress among Staff Nurses Working in Narayana General Hospital, Nellore. 2023;15(1):78-81.

ABSTRACT

Background: Stress is intensified as a non specific response to an internal and external environmental changes or threat. Occupational stress is a harmful physical and emotional response that occurs when the requirement of the job do not match with the capabilities. Nurse is the one who spend with the patient for 24 hours. So it's necessary to understand the nurses occupational stress level.

"A study to assess the occupational stress among staff nurses working in Narayana general hospital, Nellore", was conducted in partial fulfillment of requirement for degree of Master of Science in Nursing at Narayana College of nursing, Dr. NTR University, Andhra Pradesh.

Objectives: To assess the level of occupational stress among staff nurses working in Narayana general hospital, Nellore.

To find the association between the level of occupational stress among staff nurses with selected socio demographic variables.

Method: Descriptive research design and convenient sampling technique was adopted among 200 samples of staff nurses in Narayana general hospital based on the inclusion and exclusion criteria. Data was collected by using tool which consist of socio demo graphic variables and work stress scale which consist of 30 questions. Data was analyzed and interpreted by using descriptive and inferential statistical methods.

Results: Results shows that the level of occupational stress, 140 (70%) of respondents had Mild occupational stress, 58(29%) of respondents had Moderate occupational stress and 2(1%) of respondents had severe occupational stress.

In association of the level of occupational stress with socio demographic variables, there is no significant association between the Age, Sex, Experience, Qualification, Area of working, Marital status, Religion with level of occupational stress but there is a significant association of Designation Area of living with occupational stress.

Conclusion: Overall finding showed that, 70% of respondents had Mild occupational stress, 29% had moderate occupational stress and 1% had severe occupational stress. So the null hypothesis is rejected. These findings influenced the need for formulating an information guide sheet to manage occupational stress among staff nurses working Narayana general hospital, Nellore.

Keywords: Assess, Occupational Stress, Staff nurse.

INTRODUCTION

Rapid changes in health care technology, diversity in the workplace, organizational restructuring, and changing work systems can

place stress on an individual. In this context the relationship between stress and health care costs receives considerable attention. Stress adds to the cost of conducting business in many ways.

Stress is a physical or emotional state of response always present in a person as a result of living. It is intensified as a nonspecific response to an internal and external environmental changes or threat. Occupational stress is a harmful physical and emotional response that occurs when the requirement of the job do not match with the capabilities. Stressful working condition will affect the work and efficiency consequently, it affects the health of the individual and that of the Organization.²

Nursing has been identified as a stressful profession. Staff nurses are often required to spend considerable time in caring for the patients with holistic needs of the patient which may be the physical, psychological, social, and spiritual. The patients often react in an unpredictable manner which consequently affects the staff nurse on their emotional state. Unable to stand and cope with the stress they feel at end of the day emotionally strained and exhausted.

Nursing involves activities and interpersonal relationships that are often stressful. Caring for clients who are experiencing high levels of anxiety can be stress provoking for nurses. Stress has large physical and psychological side effects.³It makes all the nurses irritable and inconsistent in their performance output. Outcomes of stress have adverse effect on general health and effects early retirement. The combination of stress at home and stress at work was more which could not be handled.

Chronic stress resulting from work related frustrations may decrease morale, lower productivity and lead to emotional withdrawal, reduced job satisfaction, poor delivery of health care, reduced quality of care, absenteeism, somatic complaints and mental health problems.⁴

In a recent health and safety executive, survey of around 3800 staff nurses almost 16% described their job as "extremely stressful". Occupational stress is the result of interaction between characteristics of individual persons,

resources and stress factors. It is important to understand how work associated stress effects nurses and what factors in their working environment cause great burden. It is also of great importance to gain more knowledge of nurses working conditions, occupational stress and its management. Health care commission says that nurses are suffering from work related stress.⁵ Stressful working condition will affect the work efficiency; consequently it affects the health of organization.

Statement of problem

"A study to assess the occupational stress among staff nurses working in Narayana general hospital, Nellore"

OBJECTIVES

- 1) To assess the level of occupational stress among staff nurses working in Narayana general hospital, Nellore.
- 2) To find the association between the level of occupational stress with selected socio demographic variables.

MATERIALS AND METHOD

Setting of the study

The study was conducted in Narayana general hospital which consists of 1250 beds with all the specialties. The study was conducted in wards such as female and male general wards, male and female surgical wards, Operation Theater, pediatric, psychiatric wards, emergency. HDU, ICU, in Narayana general hospital, Nellore.

Method of data collection

Work stress scale was used to collect the data.

Development and description of the tool:

The tool was developed with the help of related literature from various text books, journals and guidance from experts in the field of nursing and general medicine, psychiatry. The tool is divided into two parts.

Part 1: deals with socio demographic variables.

Part 2: Work stress scale (Chan ,et al 1990)

Part 1: Socio demographic variables

The questionnaire consist of 9 items seeking demographic variables such as Age, Sex, Experience, Qualification, Area of working , Marital status, Religion, Designation. It is a self administration questionnaire.

Part 2: Work stress scale (Chan ,et al 1990)

The Work Stress Scale (Chan et al 1990) scale was developed by Chan, Lai, Ko, and Boey (1990) to study occupational stress. There were 30 items in this scale. A 5 points scale was applied to measure the stress from no stress (0) to extreme stress (4). The range of score is from 0- 120. High score indicate high work stress. The work stress levels are divided into three categories like if the total scores lie down between 1 -59 is considered a "Mild stress", similarly if the total score lie down between 60- 89 which is considered as "Moderate stress" and if the total score lie down between 90-120 which are considered as "Severe stress.

Interpretation of score

- Mild stress: 1-59
- Moderate stress: 60-89
- Severe stress: 90-120

RESULTS

Table 1: Description of sample characteristics

s.no	Variables	Frequency (N)	Percentage (%)
1.	Age (years)		
	20-25	177	88.5
	26-30	17	8.5
	More than 30	6	3
2.	Sex		
	Male	28	14
	Female	172	86
3.	Experience		
	1 day- 2 years	145	72.5
	2 years-4 years	37	18.5
	More than 4 years	18	9

s.no	Variables	Frequency (N)	Percentage (%)
4.	Qualification		
	Diploma in Nursing (RN)	88	44
	B.Sc in Nursing	112	56
5.	Area of working		
	Medical wards	90	45
	ICU&HDU	59	29.5
	Surgical wards	21	10.5
	OT& Emergency	30	15
6.	Area of living		
	Hostel		
	With family members	184	92
		16	8
7.	Marital status		
	Married	28	14
	Unmarried	172	86
8.	Religion		
	Hindu	114	57
	Muslim	5	2.5
	Christian	81	40.5
9.	Designation		
	Staff nurse		
	Nurse incharge	191	95.5
	Nurse supervisor	4	2
		5	2.5
	Total	200	100.0

N=200

Table 2: Distribution of Respondents by the level of occupational stress (N=200)

s.no	Level of occupational stress	Number	Percentage
1.	Mild occupational stress (1-59%)	140	70
2.	Moderate occupational stress (60-89%)	58	29
3.	Severe occupational stress (90-120%)	2	1
	Total	200	100

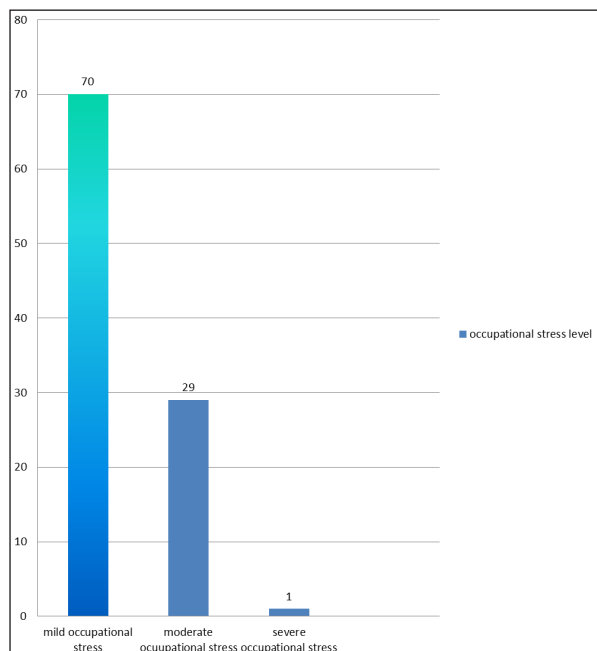


Fig. 1: Distribution of respondents by the level of occupational stress

CONCLUSION

The focus of this study is “to Assess the level of Occupational Stress among Staff Nurses in Narayana general hospital, Nellore.

The findings of the study-

- Majority 177 (88.5%) of respondents were in the age group of 20-25 years
- Majority were females 172 (86%).
- 145(72.5%) of respondents had 1 day - 2years experience.
- According to their Qualification majority 112(56%) had B.Sc in nursing.
- In Area of working 90 (45%) were working in Medical wards, 59 (29.5%) were working in ICU&HDU, 30(15%) were working in OT& Emergency and 21 (10.5%) of them working in surgical wards.
- With respect to Area of living, majority 184(92%) of respondents reside in hostel.
- In the marital status, 172(86%) of respondents were unmarried and 28(14%) of respondents were married.
- In the religion, 114 (57%) of respondents were Hindus followed by 81(40.5%) of them Christians.

- ▶ With respect to Designation, 191(95.5%) of respondents were staff nurses.
- ▶ In relation to level of stress 140 (70%) of respondents had Mild occupational stress, 58(29%) of respondents had Moderate occupational stress and 2(1%) of respondents had severe occupational stress.
- ▶ In association of the level of occupational stress with socio demographic variables , there is no significant association between the Age, Sex, Experience, Qualification, Area of working, Marital status, Religion with level of occupational stress but there is a significant association between the Designation and Area of living with occupational stress.

ACKNOWLEDGEMENT

Deep gratitude to God Almighty whose grace and close presence gave me the strength and courage to complete this study. Profound sense of gratitude and heartfelt thanks to my research guide Mrs.Rajeswari.

Conflict of Interest: Nil

Source of Funding: It's a self-funded study.

Ethical clearance: The proposal of the study was presented before the institutional ethical committee for ethical clearance to conduct this study. All the necessary permissions were granted for pursuing this study.

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