



## ASSESS THE KNOWLEDGE ON STRESS MANAGEMENT AMONG STAFF NURSES WORKING IN COVID-19 UNIT

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### ABSTRACT

A Descriptive Study to Assess the Knowledge on Stress Management among Staff Nurses Working in Covid-19 unit in Selected Settings. Quantitative research approach and Descriptive research design was adopted to Assess the Knowledge on Stress Management among Staff Nurses Working in Covid-19 unit. Data collected through google form. The sample size consists of 50 nurses. The findings revealed that, 33(66%) were Average level of knowledge, 14(28%) were poor level of knowledge and 3(6%) were Good level of knowledge.

**Key words:** Assess, Knowledge on stress management, staff nurses working in Covid-19 unit

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### INTRODUCTION

Pandemic is the outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population: a pandemic outbreak of a disease. The psychological issue can worsen with social distancing and the lockdown measures taken by administrations as observed in many countries worldwide. [1] stress are considered to be devastating to both employees and employers. Nurse is person formally educated and trained in the care of the sick or infirm. Nursing as an integral part of the health care system encompasses promotion of health, prevention of illness and care of physically ill, mentally ill and disabled people of all ages in all health care and other community settings [2].

In recent years, there have been a number of stressors, such as emotional instability, anxiety, and worry, due to a variety of factors, including social and economic conditions, drastic changes in science, technology, information, urbanization, and overcrowding [3]. Nurses who have the closest contact with a client need to study stressful situations in their work. In late April the International Council of Nurses (ICN) reported that “there is strong evidence that nurses are experiencing unprecedented levels of stress,” going on to say that nurses

are at “high-risk for full-blown stress response syndromes, anxiety, depression, post-traumatic stress disorder, chronic illness and burnout.”[4] Impossible workloads, the fear of exposure to COVID-19, and risking their own health and that of their families. Lack of childcare has also been a problem for nurses, along with financial pressures, long shifts with little to eat or drink, personal protective equipment shortages, and deaths of patients and colleagues, all of which are contributing to nurses’ poorer mental health [5].

The knowledge on stress management is the only way that the nurses to overcome the stressful situation.

### STATEMENT OF THE PROBLEM

A Descriptive Study to Assess the Knowledge on Stress Management among Staff Nurses Working in Covid-19 unit in Selected Settings.

### OBJECTIVES OF THE STUDY

1. To assess level of knowledge among staff nurses working in Covid-19 unit.
2. To find out the association between selected demographic variables among staff nurses working in Covid-19 unit with their knowledge level of stress management.



N=50

S. No	Level of Knowledge	Group		Mean	Standard Deviation
		f	%		
1.	Good	3	6%	2.22	0.55
	Average	33	66%		
	Poor	14	28%		

**Research Methodology****Research approach:**

The researcher utilized quantitative research approach.[6]

**Research design:**

Descriptive research design was adopted for the study.

**Population:**

The study population included in this study are all the nurses working under Covid-19 units in hospitals.

**Sample:**

The nurses were working in covid-19 units in various hospitals.

**Sample size:**

50 samples of nurses working in Covid-19 Units

**Sample technique:**

Purposive sampling technique

**Description of tools:**

The tool used in this study consists of twenty structured knowledge questionnaire.

**METHOD OF DATA COLLECTION**

After obtaining formal permission the participants were selected based on the criteria of sample selection. Data on Demographic Variables were collected through structured questionnaire. It was distributed to the nurses in Google form. After the investigator collected data the data was analyzed through statistical procedure

**Result**

Frequency and percentage distribution on level Knowledge on stress management among staff nurses working in Covid-19 unit.

**REFERENCES**

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**Discussion**

The study was to assess the knowledge on stress management among staff nurses working on Covid-19 units in various hospitals. The mean score on level of knowledge on nurses are 2.22 in that 33(66%) were Average level of knowledge, 14(28%) were poor level of knowledge and 3(6%) were Good level of knowledge.

**Conclusion**

The study concluded that the staff nurses working in Covid-19 unit have the average level of knowledge regarding stress management. So the investigator feels that there is a need to conduct a work shop or made an alternate way to improve the knowledge of staff nurses regarding stress management.

**Conflict Interest:** There is no conflict of interest

**Source of fund:** Self

**Ethical clearance:**

The proposed study was conducted after the approval of the ethical committee. Assurance was given to the study participants regarding the confidentiality of the data collection.



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