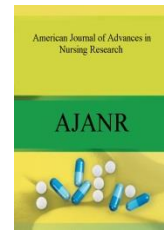




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### A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF STRESS AMONG STAFF NURSES WORKING IN SELECTED HOSPITAL

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#### Key word:

Stress, Staff nurses.

#### ABSTRACT

A study to assess the level of stress among staff nurses in selected hospital at Kanyakumari district. Purposive sampling technique was adapted for this study. Totally 50 Samples were selected. The investigator used self-administering questionnaire to assess Socio-demographic and Work-related characteristics of staff nurses and Modified Expanded nursing stress scale to assess the level of stress among staff nurses. Findings reveals that in pre-test, 6(12%) had never stress, 12(24%) had occasionally stress, 17 (34%) had frequent stressful and 15(30%) had extreme stress. This study revealed Younger nurses are at a greater risk of developing stress, especially in dealing with the death of a patient, uncertainty of concerning treatment, dealing with patients and families, conflict with physician. Whereas inadequate emotional preparation, conflict with the peers, discrimination were causing occasional occurrence of stress in most of the nurses. Hence, it is recommended that duties should be allocated such that there is a senior nurse to mentor and support a younger nurse to deal with such stressful situations.

#### INTRODUCTION

According to the International Labour Organization, stress is the harmful physical and emotional response caused by an imbalance between the perceived demands and the perceived resources and abilities of individuals to cope with those demands. Work-related stress is determined by work organization, work design and labour relations and occurs when the demands of the job do not match or exceed the capabilities, resources, or needs of the worker. Work-related stress may lead to emotional disturbances, behavioural problems, biochemical and neuro-hormonal changes, presenting added risks of mental or physical illness.

In India, some of the issues related to nurse retention still remain to be tackled –excessive work load in both the government and private sectors, lack of a

conducive work environment and infrastructure facilities. India, revealed that 60% experienced low stress, 38% moderates stress, and 2% severe stress. The major stressors that the nurses experienced were situations relating to excessive workload, Nurses faced with severe illness and the death of patients that makes nursing as highly stressful profession. It promotes organizational incompetency, high staff turnover, sickness, absenteeism, decrease quality of care, increased costs of health care, and reduced job satisfaction. Work-related stress among nurses is a global problem.

The study done in the USA revealed that 93% of the nurses had high levels of stress. A study conducted in China indicated that 68.3% of the nurse had high occupational stress. A study in Iran showed that most of the nurses (63.47%) experienced stress. In Saudi-Arabia, 34.7% of nurses suffer from work-related stress. A study conducted in Slovenia showed that prevalence of occupational stress was 56.5%. A study that was carried

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Research Article



out in Botswana revealed that a higher percentage (74%) of nurses have ever experienced occupational stress. The condition of work load among nurses in Ethiopia was high because of shortage of nurses. Studies in different parts of Ethiopia revealed that the magnitude of work-related stress among nurses was ranged from 37.8% to 66.2%.

Work-related stress had negative impacts on individuals and organizations. Job dissatisfaction, lower motivation, insomnia, psychological distress, depression, anxiousness, aggressiveness, loss of self-confidence, loss of concentration, cardiovascular diseases, high cholesterol, and high blood glucose level are consequences at individuals whereas increasing organizational cost and failure to meet organizational goals were reported at the organization

In comparison to other professions, nursing staff have a six times higher prevalence of back injury. Frequent physical tasks such as heavy lifting and transferring, particularly in awkward body positions due to time pressure, could lead to lumbar disc narrowing and tissue damage, which can subsequently result in lumbar spine disease and low back pain. Moreover, psychosocial factors like high demands, low decision latitude, lack of appreciation and recognition were significantly associated with low back disorders

### Statement of the Problem

A study to assess the Level Of Stress Among Staff Nurses Working In Selected Hospital at Kanyakumari district.

### OBJECTIVES OF THE STUDY

- To assess the level of stress among staff nurses.

- To findout the association between the level of stress and their socio demographic and work related characteristics.

### Methodology

Quantitative research approach was adapted for this study and using descriptive research design. Samples were selected by purposive sampling technique. Based on the inclusion criteria the samples were selected. After getting the initial permission, the investigator got informed consent from the participants and proceed with their data collection in a given period of time. The investigator first assessed the Socio-demographic and Work-related characteristics of nurses followed by assess the level of stress among staff nurses by using Modified Expanded nursing stress scale. Ethical principles, justice were maintained during and after the course of data collection.

### Scoring interpretation

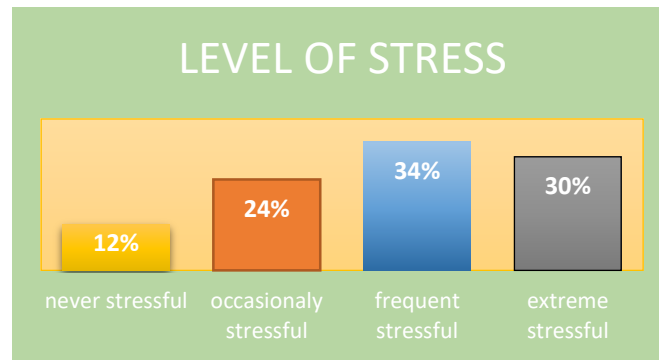
### RESULTS AND DISCUSSION

In our study 37% of the nurses were 25-29 years of age. Majority of them were females, with males comprising of only 8%. Majority of the nurses (67%) were married and about 24% had 2 or more children. 67% of the nurses resided in joint families, whereas only 41% had help to do household chores. Out of 50 participants, 6 nurses (12%) were suffering from some form of chronic medical illness. Majority of them suffered from diabetes and hypertension. 57.3% nurses had to travel a distance of more than 10 kilometres to their workplace and majority of them (66.4%) used public transport for travelling. 9 out of 50 (18%) had experience of less than 10 years in nursing profession and 32% had experience of less than one year in the currently posted ward. Only 27.3% nurses were graduate

**Table 1: Frequency and percentage distribution of sample subjects based on the level of stress among staff nurses**

LEVEL OF STRESS	F	%
Never stressful	6	12
Occasionally Stressful	12	24
Frequent stressful	17	34
Extreme stressful	15	30
Total	50	100





**Figure 1: Percentage distribution of level of stress among staff nurses.**

## DESCRIPTION

With respect to level of knowledge, The study revealed that among 50 samples, 6(12%) had never stress, 12(24%) had occasionally stress, 17 (34%) had frequent stressful and 15(30%) had extreme stress. In associating the sociodemographic variables with the level of stress, the variables like age, sex, marital status, educational qualification, designation, area of working, severe illness have no significant association at the level of  $p < 0.05$  where as variables income, having children and fixed duty have significant association with level of stress at the level of  $p < 0.001$  &  $p < 0.20$ .

## Association between demographic variables and level of stress

There is a significant association between pre test level of stress and sociodemographic and work related characteristics like having children, work shift and insufficient income.

## CONCLUSION

The study concludes Nurses experience a considerable amount of stress at workplace due to various

causes which has an impact on their work performance. Out of all, death of a patient and the excessive workload are major contributors of stress. Emotional preparation of nurses in dealing with patients is required. Stress reduction activities such as yoga and meditation should be practiced. that majority of the nurses have stress. It is evident in the present study that younger age group and women were commonly affected with severe stress. Income earned and place where they live also influences the stress. It is recommended to implement strategies for reducing stress and to organize stress management programme.

**Conflict of 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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