

JOB STRESS OF THE STAFF NURSES

P. SUBHA RANI¹ & BIPIN B²

¹Associate Professor, Saveetha College of Nursing, Saveetha University, Thandalam, Chennai, Tamil Nadu, India

²Vice Principal Cum Lecturer, Vindhya College of Nursing, Sherganj, Madhya Pradesh, India

ABSTRACT

Stress is intense, continuous and repeated, it becomes a negative phenomenon or Distress which can lead to physical illness and psychological disorders. With this intention a study was conducted to assess the level of stress among staff Nurses working in multispecialty hospital, Chennai. Descriptive study design was adopted to assess the level of the stress. By Non Probability convenient sampling technique 60 samples were selected. Findings revealed that Out of 60 samples 39 (65.00%) had Mild stress, 21 (35.00%) had moderate stress.

KEYWORDS: Motivating Factor, Monthly Income, Staff Nurses Working

INTRODUCTION

Every individual faces a sort of tension in their day to life in order to achieve the goal of the day. Many will ignore and they feel that it is due to work tension. Usually we do not measure the level of it. But it affects us very seriously. Nurses are being with the patient in health settings and their work tension is also peaking up.

Present a study was aimed to know their level of stress in order to create an awareness among them so that they can plan for adoptive measures.

NEED FOR THE STUDY

A moderate level of stress or Eustress is an important motivating factor and is considered normal and necessary. If stress is intense, continuous and repeated, it becomes a negative phenomenon or Distress which can lead to physical illness and psychological disorders.

STATEMENT OF THE PROBLEM

“A study to assess the level of stress among staff Nurses working in multispecialty hospital, Chennai”

Aim

To ascertain the level of stress among Staff nurses working in multispecialty hospital.

Objectives

- To assess the level of stress among Nurses working in Multispecialty Hospital.
- To associate the level of stress among nurses working in Multispecialty Hospital with the selected demographic variables.

Hypothesis

- **H1:** There is a significant difference in level of stress among staff nurse working in selected Multispecialty Hospital.
- **H2:** There is a significant association between levels of stress with the selected demographic variables.

METHODOLOGY

RESEARCH DESIGN

The research design adopted for this study is comparative study design.

Sample

Staff nurses are working in selected multi – specialty hospital at Chennai.

Sample Size

The sample size is 60.

Sampling Technique

The sampling technique adopted for this study is Non Probability – convenient sampling technique.

Part 1: Consists of demographic variables such as Age, Gender, Education, Religion, and Area of working.

Part 2: Devilliers, Carson and Leary (DCL) stress Scale Questionnaire.

Out of 60 samples, 32 (53.34%) were in the age group of 31-40 years. Regarding sex 50 (83.33%) were female. 32 (53.34%) was unmarried. In educational status 42 (70.00%) were GNM. Regarding Religion 38 (63.33%) were hindu and 18 (30.00%) were Christian. Regarding monthly income 32 (53.34%) were earning Rs.3000-7000, and 28 (46.66%) were earning Rs.7001-11000.

Regarding type of family 43 (71.67%) belong to nuclear family out of 60 samples 33 (55.00%) had 1-2 years of experience.

RESULTS

Out of 60 samples 39 (65.00%) had mild level of stress, 21 (35.00%) had moderate level of stress. Overall level of stress mean score was 48.10 with the standard deviation of 3.28.

Shows that there was a significant association between age, education, habits and previous exposure to health education with the level of stress among staff nurses working in multispecialty hospital. It was statistically significant at $P < 0.05$.

MAJOR FINDINGS OF THE STUDY

- Out of 60 samples 39 (65.00%) had Mild stress, 21 (35.00%) had moderate stress, overall stress mean score was 48.10 with the standard deviation of 3.28.

- There was a significant association between age, gender, marital status, educational status, religion, monthly income, type of family and year of experience with the level of stress among staff nurses working at multi specialty hospitals. It was statistically significant at $P < 0.05$.

CONCLUSIONS

Findings revealed that Nurses are experiencing moderate level of stress which need to addressed. The life style modification, coping strategies will be useful in handling the stress in a healthy way.

REFERENCES

1. Ann H (1989). "Nursing Theorists and their work. Philadelphia, C.V. Mosby Company.
2. Barbara K (2002). Psychiatric Mental health nursing. Missouri Lippincott Company.
3. Burks N & Barelay M (1985). Everyday Problems and Life Change Events, Ongoing Versus Acute Sources of Stress. Volume 15 (2): 11-27.
4. Cohen C.H, Gowan M.C (1997). Positive Life events and support the relationship between life stress and psychological disorder. American Journal of Community Psychiatry. Volume 12 (1): 13.
5. Denice, F. Polit and Hungler P. Bernadette (1998). Nursing Research Principles and Method. New York JP Lippincott Company.

