

## To Assess Occupational Stress among Staff Nurses with a View to Develop an Information Guide Sheet on Stress Management

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### Abstract:

**Background** - Stress is frequently described as ‘the black plague of the eighties or the modern epidemic’ has become an important feature and major problem of everyday life, threatening individual, organization and societal health.

**Aim-** The aim of this study is to assess occupational stress among staff nurses with a view to develop an information guide sheet on stress management.

**Methodology:** The descriptive survey approach adopted for the study with descriptive survey design. The present study was carried out on the staff nurses of CMI Hospital of District Dehradun, Uttarakhand, to assess their level of occupational stress. The purposive sampling technique was used to gather data by using stress scale for 50 staff nurses

**Results:**The analysis of data was classified in to 3 sections like description of demographic characteristics of the sample, Findings related to occupational stress among respondent and Findings related to association between occupational stress with selected demographic variables have shown different aspects.

**Conclusion:** It is important to understand how work associated stress effects nurses and what factors in their working environment cause the greatest burden. It is also of great importance to gain more knowledge of nurses’ working conditions, the level of occupational stress and its management – knowledge that might be used to decrease nurses’ level of occupational stress and increase their stress managing abilities.

**Key Words:**Assess, OccupationalStress, Staff Nurses, Information guide sheet

### 1. Introduction

Stress is a physical or emotional state of response always present in a person as a result of living.<sup>1</sup>It was found that job stress brought about hazardous impacts not only on nurses’ health but also their abilities to cope with job demands. This will seriously impair the provision of quality care and the efficacy of health services delivery.<sup>2</sup> In particular; the job stress of nurses working in cute and specialized care units has been widely studied. Heavy work load, poor staffing, dealing with death and dying, inter-staff conflict, strain of shift work, careers and lack of resources and organizational support have been identified as the major source of job stress. It has also been found that different nurses experience job stress differentl<sup>y</sup>.<sup>3</sup> Due to insufficient staffing, nurses’ experience difficulties in meeting patient needs. They become frustrated about their inability to complete their work to their professional satisfaction and express a wish to leave the nursing profession. <sup>4</sup>Therefore, it is important to understand how work associated stress effects nurses and what factors in their working environment cause the greatest burden.<sup>5</sup>

### 2. Need of the study

Nurses play an important role in the health team along with other health professionals. She strives for the prevention of disease, promotion of health and prolonging the life of individuals and the community. She works at patient level, doctor’s level and administration level. In this setting, she faces lot of physical and psychological stress.

Job stress is also called burnout which is characterized by emotional, physical and spiritual exhaustion. Job stress is a chronic disease caused by conditions in the work place that negatively affect an individual’s performance and/or overall well-being of his body and mind, one or more of a host of physical and mental illnesses manifests job stress.<sup>11</sup>

Heavy work load and the consequence the level of occupational stress can have serious consequences for nurses and their patients. A strong relation has been found between stress and job satisfaction.<sup>6</sup>

Job stress and coping behaviors among nursing staff in the hospital units, provide information useful for nursing administrators to design programs to assist nursing staff to deal with job stress. Programs to help nursing staffs to properly handle the difficulties generated by job pressures are needed to improve the quality of nursing care<sup>7</sup>

However, the researcher felt that the nurses who work in a hospital set up or community set up have lot of ‘work stress’ due to work load, shift work, overtime etc. So, the researcher has planned to help the nursing staff by undertaking this study to assess the stress level in groups of nursing staff. Risk and protective factors are identified, which inform stress management interventions through information guide sheet.<sup>8</sup>

### 3. Objective

To assess level of occupational stress among nurses, to find the association between occupational stress with

selected demographic variables and to Develop an Information Guide Sheet on Stress Management.

#### 4. Methodology

A descriptive survey approach and descriptive survey design was used with 50 staff nurses selected with purposive sampling technique from CMI Hospitals, Dehradun. In this study the data have been collected from the staff nurses using stress scale and data have been analysed through descriptive and inferential statistics. Ethical approval to conduct study was obtained from institutional ethical committee of Combined Institute of Medical Researches & Sciences, Dehradun. Consent form was prepared in English and the consent was taken from the staff nurses regarding their willingness to participate in the research project. The purpose for carrying out research project was explained to the subjects and assurance of confidentiality was given.

#### 5. Results

The analysis of data was mainly classified in to 3 sections

##### SECTION- I DESCRIPTION OF DEMOGRAPHIC CHARACTERISTICS

**Table -1:-Distribution of Respondents by Age, Gender, Religion and Professional Qualification**

N 50

Variables	Category	Respondents	
		Frequency	Percent
Age (years)	27-35	18	36.0
	36-42	19	38.0
	43-50	13	26.0
Gender	Male	4	8.0
	Female	46	92.0
Religion	Hindu	34	68.0
	Christian	13	26.0
	Muslim	3	6.0
Professional Qualification	Diploma/GNM	38	76.0
	Degree	12	24.0
Total		50	100.0

**Table 2:- Distribution of Respondents by Family Size, Type of Family, Income and N=50**

Variables	Category	Respondent	
		Frequency	Percent
Family size	2-3 members	32	64.00
	4-6 members	18	36.00
Type of family	Nuclear joint	38	76.00
Income per month	below Rs. 10,000	15	30.00
	Rs. 10,001-12,000	23	46.00
	above Rs.12,000	12	24.00
Total experience	below 6 years	15	30.00
	6-15 years	21	42.00
	above 15 years	14	28.00
Total		50	100.00

**Table-3:- Distribution of Respondents by Training, Stress Management Programmed**

**N=50**

Characteristics	Category	Respondents	
		Frequency	Percent
Area of experience	OT/EW/ICU/Casualty	6	12.0
	General Ward	3	6.0
	Both	41	82.0
Training Undergone	Intensive Care	9	18.0
	Intensive Neonatal	3	6.0
	Emergency Nursing	12	24.0
	No	26	52.0
Stress Management Programmed	Attended	6	12.0
	Not Attended	44	88.0
Marital Status	Single	12	24.0
	Married	38	76.0

**Table 4:- Distribution of Respondents by Place of Stay, Mode of Travel, Time of Travel and History of Illness**

N=50

ASPECT	CATEGORY	RESONDENTS	
		Number	Percent
Place of stay	Quarters	15	30.0
	Own house	13	26.0
	Rented house	12	44.0
Mode of travel	By walk	14	28.0
	Two wheeler	19	38.0
	Public transport	17	34.0
Time of travel	Diabetes mellitus	4	8.0
	Hypertension	5	10.0
	No illness	41	82.0
Number of children	No	16	32.0
	One	16	32.0
	Two	18	36.0
Age of children	6-9 years	24	48.0
	11-14 years	16	32.0
	15-20 years	10	20.0

##### SECTION-II: OVERALL AND ASPECT WISE FINDINGS RELATED TO OCCUPATIONAL STRESS AMONG RESPONDENTS Part – A

**Table 5:- Aspect wise Mean Stress Scores of Respondents**

N=50

No.	Stress Aspects	State ments	Ma x Sco re	Stress Score		
				Mean	Mean(%)	SD (%)
1	Preparation, skills and knowledge	10	40	10.24	25.6	13.8
2	Work load and work origination	10	40	18.08	45.2	15.1
3	Inter personal relationship at work	10	40	14.08	35.2	15.7
4	Uncertainty in working environment	10	40	13.58	34.0	15.7
5	working with paints and family	10	40	12.00	30.0	18.1
6	Safety and security	10	40	25.58	64.0	19.2
Combined		60	240	93.56	39.0	13.2

Part – B

Table 6:- overall Stress Scores of Respondents

N=50

Aspects	State ments	Max Score	Stress Score		
			Mean	Mea n (%)	SD (%)
Occupati on Stress of staff nurse	60	240	93.56	39.0	13.2

Part – B

Table-7:- Distribution of Respondents by Stress Level

N=50

Stress level	Respondents	
	Number	Percent
Inadequate <50%	34	68
Moderate 51%-75%	16	32
Total	50	100

SECTION-III:

FINDINGS RELATED TO ASSOCIATION BETWEEN  
OCCUPATIONAL STRESS WITHSELECTED  
DEMOGRAPHIC VARIABLES

Table 8: Association between Stress Level and Age of Respondents

N=50

Vari able	Stress Level			Chi - sq u a r e	d f	p- va lu e	Infer ence
	L o w	Mode rate	To ta l				
Age group							
27- 35	4	14	18	27.48	2	5.99	S
36- 42	1	2	19				
43- 50	1	0	13				
Total	3	16	50				
Gender							
Male	2	2	4	0.65	1	3.41	NS
Fem ale	3	14	46				
Total	3	16	50				
Religion							
Hind u	2	13	34	2.26	2	5.99	NS
Chris tian	1	2	13				
Musl	2	1	3				

im							
Total	3	16	50				
	4						

Table 9:- Association between Stress Level And Professional Qualification, Training Undergone, Attended stress Management Program, Marital Status

N=50

Variable	Stress Level			Chi - sq u a r e	d f	p- va lu e	Infer ence
	L o w	Mod erate	T o t a l				
Professional Qualification							
Diploma /GNM	2	16	3	7.4	1	3.4	S
Degree	1	0	1				
Total	3	16	5				
Training Undergone							
Yes	2	1	2	16.43	1	3.4	S
No	1	15	2				
Total	3	16	5				
Attended stress Management Program							
Yes	6	0	6	3.2	1	3.4	NS
No	2	16	4				
Total	3	16	5				
Marital Status							
Single	6	6	1	2.3	1	3.4	NS
Married	2	10	3				
Combin ed	3	16	5				

Table 10:- Association between Stress Level And Number of children, Family Size, Type of Family, Family Income, Family Income

N=50

Varia ble	Stress Level			Chi - sq u a r e	d f	p- va lu e	Infer ence
	L o w	Mode rate	T o t a l				
Number of children							
No	8	8	1	6.2	2	5.99	S
One	1	6	1				
Two	1	2	1				
Total	3	16	5				
	4		0				

Family Size							
2-3	1 8	14	3 2	5.6 4	1	3. 41	S
4-6	1 6	2	1 8				
Total	3 4	16	5 0				
Type of Family							
Nuclear	2 4	14	3 8	1.7 1	1	3. 41	NS
Joint	1 0	2	1 2				
Total	3 4	16	5 0				
Family Income							
Below Rs.10 000	3	12	1 5	23. 79	2	5. 99 1	S
Rs.10 000-1200	1 9	4	2 3				
Above Rs.12 00	1 2	0	1 2				
Total	3 4	16	5 0				

Rented house	15	7	2 2	4 5			
Total	34	1 6	5 0				
Mode of travel							
By walk	10	4	1 4	0 1 6	2	5.991	N S
Two wheeler	13	6	1 9				
Public transport	11	6	1 7				
Total	34	1 6	5 0				
Time of Travel							
30 min	16	5	4 1	2 9 3	2	5.991	N S
31-60 min	7	7	4				
61-90 min	11	4	5				
Total	34	1 6	5 0				
History of Illness							
Yes	9	0	9	5 1 7	2	5.991	N S
No	25	1 6	4 1				
Total	34	1 6	5 0				

**Table 11:- Association between Stress Level And Experience (year), Place of stay, Mode of travel, Time of Travel, History of Illness**

**N=50**

Variable	Stress Level			Chi square	df	p-value	Inference
	Low	Moderate	High				
<b>Experience (year)</b>							
Below 6	5	1 0	1 5	1 4 9 9	2	5.991	S
6-15	15	6	2 1				
Above 15	14	0	1 4				
Total	34	1 6	5 0				
<b>Place of stay</b>							
Quarters	11	4	1 5	0	2	5.991	N S
Own house	8	5	1 3				

## 6. Discussion

Overall occupational stress level of the staff nurse, the mean is 93.56 having the mean percentage of 39% and SD 13.2. The distribution of respondents by stress level (low and moderate.) the result indicate that 68% of respondents had low stress level Adequate to 32% moderate stress<sup>10</sup>. there is no significant association between knowledge scores with selected demographic variable<sup>11</sup>.

## 7. Conclusion

Nurses working in different hospitals having stress in their day to day life. Through this study researcher is able to find out some stress related factors which influence the stress level among nurses. An information booklet is effective way of coping from stress.

## 8. Acknowledgement

We express our appreciations to the respected officials of the institutes of Combined Institute of Medical Sciences & Researchs, Dehradun, who cooperated with us for executing this research. The author would like to thank Mr.Vedamurthi for her constant encouragement, detailed and constructive comments. The authors thanks all the participated in this study.

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