



“A Study to Assess the Occupational Stress and Adapted Coping Strategies among Nursing Personnel of Shree Krishna Hospital, Karamsad.”

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ABSTRACT:

BACKGROUND: The primary purpose of the study is to assess the occupational stress as well coping strategies used by staff nurses. Stress in the profession of Nursing Ascribed largely to the physical burden, demands of patients and family members, work hours, shift duty, inter-personnel relationship. The frequency and intensity of occupational stress is highly observed in health care professional especially “NURSES”.

METHOD: The descriptive survey type of study was conducted on 100 staff nurses through convenience sampling technique in various ward of Shree Krishna Hospital with use of self constructed tool 5 point likert scale and dichotomous close ended questionnaire.

CONCLUSION:

The major conclusions derived from the present study are:

1. Nursing Personnel of Shree Krishna Hospital, Karamsad having high level of Occupation Stress at workplace.
2. Majority of Nursing Personnel of Shree Krishna Hospital, Karamsad have Adapted Coping Strategies to cope up with Occupational Stress.
3. There was no significant association between the Occupational stress and Selected Demographic Variables.
4. There was no significant association between the Adapted Coping Strategies and selected Demographic variables.

KEYWORDS: Occupational Stress, Adapted Coping Strategies, Nursing Personnel, Shree Krishna Hospital.

INTRODUCTION: There are many fields and professions and it expanding day by day. Out of these professions some are considered very relaxed and some are very difficult and stressful. Nursing is a profession which needs lots of personal commitment and time, due to the nature of the profession, where patients care is priority. ^[1]

Stress in nurses is an endemic problem. It contributes to health problems in nurses and decreases their efficiency. The nursing profession is known to be stressful throughout the world and has detrimental effects on the physical and psychological well-being of an individual's health. ^[2]

Need of the study

Stress is seen with more frequency and intensity among those occupations related to human health Professionals especially “nurse”. Nursing has been identified as an occupation that has high levels of stress. Job stress brought about hazardous impact not only on nurse’s health but also on their abilities to cope with job demand.^[3]

Occupational stress is a recognized problem in health care workers. Nursing has been identified as an occupation that has high levels of stress. It was found that job stress brought about hazardous impact not only on nurses health but also in their abilities to cope with demands. This seriously impairs the provision of quality care and the efficacy of health service delivery.^[4]

REVIEW OF LITERATURE:

Sharma Neelam, Puneet Takkar(2018). This study was conducted on 81 out of 100 oncology-trained nurses working in various oncology centers of Indian Army who consented to participate in it. It was carried out in five oncology centers of our organization where oncology-related facilities are available. Predesigned and pretested questionnaire covering their sociodemographic variables in part I and professional life stress scale by David Fontana in part II. The association between stress and various variables was found using Chi-square test. Nurses reported that they had no time for rest, of whom 62.96% were suffering from moderate range of stress for a busy professional while only one admitted to have severe stress requiring remedial action. While 82.7% felt that they are able to achieve major objectives in life, 71.6% of them reported that they feel inadequately valued for their commitment at work.^[5]

Chaudhari, A. P., Mazumdar, K., Motwani, Y. M., & Ramadas, D. (2018) conducted cross-sectional study in Mumbai, Maharashtra. Ninety-seven staff nurses without any preexisting psychiatric illness were evaluated for occupational stress using the Expanded Nursing Stress Scale. The extent of somatization was measured using the Patient Health Questionnaire – 15, in a cross-sectional study. Cronbach's alpha, analysis of variance, and Spearman's correlation co-efficient test were applied to the data. The result shows an internal consistency of 0.945 was noted using Cronbach's alpha. 51.5% nurses experienced mild, 34% experienced moderate, and 2.10% experienced severe stress.^[3]

Parul Sharma, and Anuradha Davey(2014) conducted a study on Occupational stress among staff nurses. This study aimed at finding out the degree of work-related stress among the staff nurses and various determinants, which have a impact on it. Institutional-based cross-sectional study conducted on GNM qualified nurses. Predesigned and pre-tested questionnaire covering their socio-demographic variables in part I and professional life stress scale by David Fontana in part II. Analysis used was Chi-square test and logistic regression for various factors. As a result Risk for professional stress due to poor and satisfactory doctor's attitude was found about 3 and 4 times more than with excellent attitude of doctors toward the staff nurses. A statistically significant association ($P < 0.024$) between department of posting and level of stress. Nurses reported that they had no time for rest, of whom 42% were suffering from moderate-to-severe stress. The nurses who felt that the job was not tiring were found to be less stressed as those who perceived job as tiring the main nurses’ occupational stressors were poor doctor's attitude, posting in busy departments (emergency/ICU), inadequate pay, too much work, and so on. Thus, hospital managers should initiate strategies to reduce the amount of occupational stress and should provide more support to the nurses to deal with the stress.^[6]

Mohite,Shinde and Gulavani(2014), A study was conducted on 100 staff nurses Modified expanded nurses stress scale was used and requires 15-30 min to salve for each questionnaire. Majority 49% of nurses had reported frequent occurrence of stress, due to uncertainty of concerning treatment. Whereas maximum 48% of nurses had reported frequent occurrence of stress, due to dealing with patient and. Majority 59% due to workload as cause of stress. Inadequate emotional preparation is reported by 68%,24% and 8% of nurses as occasional, frequent and extremely occurring cause of stress respectively. Maximum 49% reported frequent

occurrence, due to conflict with the doctors. 52% nurses reported frequent occurrence of stress, because of supervisors as a cause of stress. Maximum 50% nurses reported extreme occurrence of stress due to death and dying as cause of stress. 53%, nurses reported occasional, frequent and extreme occurrence of stress due to conflict with peers as a cause of stress respectively. 48% nurses reported occasional, frequent and extreme occurrence of stress due to discrimination as a cause of stress respectively.^[7]

Statement of the study

“A Study to Assess the Occupational Stress and Adapted Coping Strategies among Nursing Personnel of Shree Krishna Hospital, Karamsad.”

Objectives of the present study

1. To assess Occupational Stress among Nursing Personnel.
2. To assess Adapted Coping Strategies by Nursing Personnel.
3. To find out association between Occupational Stress among Nursing Personnel with selected demographic variables.
4. To find out association between Adapted Coping Strategies by Nursing Personnel with selected demographic variables.

MATERIALS AND METHODS: The research design of the study was descriptive survey study. 100 Nursing Personnel are the sample of the study. Convenient sampling technique used for selection of the sample from various area or wards of the Shree Krishna Hospital, Karamsad. The data had been collected from 27th January 2019 to 1st February 2019(6 days). Time schedule for each ward and was the total working hours which included the timings of all the shift duty.

Inclusion criteria:

1. The Nursing Personnel who are willing to participate in the study.
2. The Nursing Personnel who are available at the time of data collection.

Exclusion criteria:

1. The Nursing Personnel who are not willing to participate in the study.
2. The Nursing Personnel who are not available during the period of data collection

RESULT AND DISCUSSION: In this Study it was revealed that majority of the samples having (87%) Occupational Stress and (13%) samples having no Occupational Stress among Nursing Personnel of Shree Krishna Hospital, Karamsad. Majority of Samples 52 (52%) highly Adapted Coping Strategies, 35 (35%) moderately Adapted Coping Strategies and 13 (13%) poorly Adapted Coping Strategies to cope up with occupational stress. Therefore, 50% percent samples are highly Adapted Coping Strategies to cope up with occupational stress. Finding of the Chi Square value are showing that there is significant association Between Occupational Stress Level and Demographic variables. And also, there is an Association between Adapted Coping Strategies and Demographic variables.

**Frequency and Percentage wise distribution of the Samples based on stress score regarding
Occupational Stress Level.**

Sr. No	Demographic variables		Frequency	Percentage
1	AGE	20-30 years	60	60
		30-40 years	20	20
		40-50 years	10	10
		Above 50 years	10	10
2	SEX	Male	6	6
		Female	94	94
3	EDUCATION	GNM	90	90
		B.Sc.Nursing	8	8
		Post Basic B.Sc Nursing	2	2
		Other course	0	0
4	INCOME	5000-10000	41	41
		10000-20000	30	30
		20000-30000	9	9
		Above 30000	20	20
5	MARITAL STATUS	Unmarried	44	44
		Married	53	53
		Divorced	3	3
		Widow/Widower	0	0
6	YEARS OF WORKING EXPERIENCE	Below 5 years	55	55
		5-10 years	13	13
		10-20 years	18	18
		Above 20 years	14	14

Table shows the demographic data of the Samples. In the present study data revealed that Samples between age group of 20 to 30 years were 60 (60%), 30 to 40 years were 20 (20%), 40 to 50 years were 10 (10%) and above 50 years were 10 (10%). The 6(6%) samples were male and 94(94%) sample were female. The educational status of 90(90%) samples was in General Nursing and Midwifery, 8 (8%) samples was , Basic B.Sc. Nursing ,2(2%) was Post Basic B. Sc. Nursing. In terms of income per month 41(41%) samples earns 5,000-10,000rs, 30(30%) samples earns10,000-20,000rs, 9(9%) samples earns 20,000-30,000rs, 20(20%) samples earns above 30,000. Unmarried Samples were 44 (44%), married were 34 (34%), 3(3%) divorced. About years of working experience 55 (55%) Samples had experience <5 years, 13 (13%) had experience between 5-10 years, 18 (18%) had experience of 10-20 years and 14 (14%) Samples had experience more than 20 years.

[N=100]

Result	Classification of score	Frequency	Percentage
Present Stress	<or=65	87	87%
No Stress	>65	13	13%
Total		100	100%

Table shows the Attitude of the Samples towards Sexual occupational stress of Nursing Personnel. The Table depicted that out of 100 Samples, from that 87 (87%) of Samples had presence of stress whereas 13 (13%) Samples had no stress at work place.

Hence the data shows that majority of the Samples had presence of stress and rest of had no stress

Frequency and Percentage wise distribution of the Samples based on Adapted Coping Strategies among Nursing Personnel.

[N=100]

Result	Classification of score	Frequency	Percentages
High	1-5	52	52%
Moderate	5-7	35	35%
Low	7-10	13	13%
Total	10	100	100%

Table shows result regarding use of coping strategies. Out of 100 Samples majority of Samples 52 (52%) highly use coping strategies, 35 (35%) moderately use coping strategies and13 (13%) poorly using coping strategies to cope up with occupational stress.

Hence more than 50% percent samples are highly using the coping strategies to cope up with occupational stress.

CONCLUSION AND ACKNOWLEDGEMENT:

Conclusion: The major conclusions derived from the present study are:

1. Nursing Personnel of Shree Krishna Hospital, Karamsad having high level of Occupation Stress at workplace.
2. Majority of Nursing Personnel of Shree Krishna Hospital, Karamsad have Adapted Coping Strategies to cope up with Occupational Stress.
3. There is significant association between the Occupational stress and Selected Demographic Variables.
4. There was significant association between the Adapted Coping Strategies and selected Demographic variables.
5. More study and implementation related to Occupational Stress is necessary for Nursing Personnel of Shree Krishna Hospital to cope up with it, thus for effective and efficient patient care.
6. Results related to Occupational Stress and Adapted Coping Strategies among Nursing Personnel of Shree Krishna Hospital would be helpful in formulating training, Awareness programs, information material and lectures regarding Occupational Stress and Ways of overcome with it accordingly and effectively.

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RECOMMENDATIONS FOR THE FURTHER STUDY:

The following recommendations are made on the basis of the findings of the Present study: 1. A similar study may be conducted in a large scale in order to get broader generalization.

2. A study may be conducted among Working Personnel from other Occupations

3. A comparative study may be conducted among nursing teachers and staff nurses.

4. A study can be conducted to identify Barriers In implementation of coping strategies.

5. A comparative study may be conducted among the Nursing Personnel working in the different Departments.

6. A study may be conducted in other private sectors to assess rate of occupational stress.

7. A comparative study may be conducted among both the male and female Nursing Personnel regarding occupational stress.

8. A comparative study may be conducted among those who are using coping strategies and who are not using any coping strategies.

CONFLICT OF INTEREST: No any significant conflict of interest.

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ETHICAL CLEARANCE: Before initiating research study formal permission obtained from the Institutional committee of Charutar Arogya Mandal, Karamsad.

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