



INCREASED HEALTH RISK DUE TO OCCUPATIONAL STRESS AMONG STAFF NURSES AT TEERTHANKER MAHAVEER HOSPITAL AND RESEARCH CENTER, MORADABAD

Hina Singh
Abhishek Nahar

Abstract: Stress is known as a worldwide phenomenon generally and particularly for the nursing profession, which has detrimental outcomes and consequences on the physical, psychological, and emotional well-being of a person's health condition. The purpose of this problem solving approach is to recognize the stressful factors and identify areas in which nurses who are extremely stressed and implementation of specific measures to minimize level of stress which will improve independence and compensation of nurses to enhance their performance and hence will positively effect on quality of care given to the patient at Teerthanker Mahaveer Hospital, Moradabad. The sample (staff Nurses of Teerthanker Mahaveer Hospital, Moradabad) was withdrawn by simple random sampling and data was collected by Structured occupational stress assessment rating scale on occupational stress including Demographic characteristics. The findings of the study reveals the average level of occupational stress with the Mean of 2.20. The identified causes for occupational stress are occupational factors, organizational factors ,demographic factors ,psychographic factors. solution for achieving the goal were categorized into development of staff training program, organizational strategies to prevent occupational stress, anti-stress strategies, change in individual pattern behavior.

Keywords: Occupational stress, health risk, working environment.

Introduction

"Health is a combination of biological, psychological (thoughts, emotions, and behavior), and social (socio-economical, socio-environmental, and cultural) factors."

A healthy working environment is not only absence of harmful conditions but also an abundance of health promoting ones. Occupational stress is a common phenomenon among nursing workers ,especially among those who work in more complex care settings ,such as the surgical unit. There is a need for continuous assessment of risks to health, training on health issues and availability of health promoting organizational support structures. Stress in nurses is a chronic issue, which participates in many health problems among nurses and reduces their competence. Stress is known as a worldwide phenomenon generally and particularly for the nursing profession, which has detrimental outcomes and consequences on the physical, psychological, and emotional well-being of a person's health condition as it cause mental, physical and behavioral disorders The expectation to provide quality patient care with limited resources can result in severe work-related stress for nurses. Work-related stress may lead to emotional disturbances, behavioral problems, biochemical and neuro -hormonal changes, presenting added risks of mental or physical illness.

Literature Survey

Shefalee Pai Vernekar et al. ((2018), conducted a cross-sectional study on work-related stress among nurses in a tertiary care hospital in Goa. The main purpose of the study was to determine the levels of work-related stress in nurses; to identify various sources of stress among nurses; to develop suitable recommendations based on the findings. 1000 participants .was selected through Stratified random sampling and data was obtained by self administered structured anonymous questionnaire. Finding revealed that 59.3% of nurses experienced moderate. 36.8% severe, 2.4% experienced very severe stress. Highest mean score was in the area of death and dying subscale and workload subscale. Nurses working in casualty and general wards were more stressed. Also, younger nurses were more stressed in dealing with death of a patient.

Ifeyinwa O. et al. (2017) ,conducted a cross sectional, correlational study on Work-related stress, burnout, and related socio demographic factors among nurses . The main purpose of the study is to ascertain if socio demographic factors like sex, age, work environment, and work experience are correlated to work-related stress and burnout among nurses. 393 participants was selected through simple random sampling and data was obtained through the Nursing StressScale (NSS). Finding revealed that among the socio demographic factors investigated, sex was significantly correlated with work-related stress. The socio demographic factors were

not significantly associated with burnout symptoms. Age, work environment, and work experience did not make significant contributions to the prediction of work-related stress among the nurses.

Methods/approach: The study Design/approach was Quantitative descriptive research design. Samples were Staff nurses and setting was Teerthanker Mahaveer hospital, was withdrawn by simple random sampling technique and data was collected by Structured occupational stress assessment rating scale on occupational stress was used to collect the data. It consists of two parts: Part 1 deals with the demographic characteristics and Part 2 Assessment of occupational stress among staff nurses.

Result: Description of Demographic Characteristics: Majority of participants were of 20-30 years, 60% were male, 60% were unmarried, 30% were working in Medical & Ortho Ward, 50% Surgical Ward, 20% OBG & Pedia Ward, majority of them 70% were having more than 5 years of experience, 80% were working 8hrs and 50% were earning in b/w 16000-20000.

Table 1:

Frequency and percentage of distribution of occupational stress among staff nurses of different wards:

N=10

Level of Occupational stress	Frequency (f)	Percentage (%)
High	0	00
Moderate	8	80%
Low	2	20%

Table 2:

Overall mean and standard deviation of occupational stress among staff nurses of different wards:

N=10

Group	Mean	Standard Deviation
Staff Nurses	2.20	4.22

CAUSES IDENTIFIED

Occupational Factors (Workload, High work demands, Nurse-physician conflict relationship, Inadequate staff and lack resources, Work demands and pressures that do not match their knowledge and ability, Work which does not meet the needs of the nurses involved, Situations in which nurses have little control over work, Inadequate preparation to deal with the emotional needs of patients and their families. **Organizational Factors** (Management and Administration, Lack of concern, Low supportive relationship, Conflict with physicians. **Socio-demographic Factors** (Gender Differences (female/male), Age Differences, Role of experience) **Psychographic Factors** (Moral Sensitivity, Stress of Con-science, Death and dying)

DESIRED OUTCOME

To reduce the amount of occupational stress among the nurses by developing the resources that help in meeting the pressures and demands faced at work include personal characteristics such as coping skills (for example, problem solving, assertiveness, time management) and the work situation such as a good working environment and social support.

SOLUTION FOR ACHIEVING THE GOAL

Development of staff training program (Training helps prevent stress through: Becoming aware of the signs of stress, Using this to interrupt behavior patterns when the stress reaction is just beginning) **Organizational strategies to prevent occupational stress** (By defining the job, By setting objectives and performance standards By way of sharing the burden, By way of career Development, Through performance management) **anti-stress strategies, Change in individual pattern behaviour, active coping, rest/habituation.**

Conclusion: The findings of the study reveals occupational stress with the mean of 2.20. The identified causes for occupational stress are occupational factors, organizational factors, demographic factors, psychographic factors. solution for achieving the goal were categorized into development of staff training program, organizational strategies to prevent occupational stress, anti-stress strategies, change in individual pattern behavior.

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