



“EFFECTIVENESS OF POSITIVE SELF-AFFIRMATIONS ON OCCUPATIONAL STRESS OF NURSES: QUANTITATIVE STUDY”

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Abstract: Occupational Stress is a chronic disease caused by conditions at the workplace that negatively affect an individual's performance and overall well-being of his body and mind. Many studies related to the Occupational Stress of nurses have shown that Occupational Stress decreases the quality of nursing care and increases the chances of hospital stay of patients. Various research studies have also shown that prolonged stress on nurses causes not only physical disorders of the musculoskeletal and cardiovascular system but also increases their vulnerability to mental illnesses such as depressive and anxiety disorders. **Objective of study:** was to identify the Occupational Stress of nurses in selected hospitals in urban areas, to determine the effectiveness of Positive Self-Affirmations on Occupational Stress among the nurses in selected hospitals of an urban area, to find out the difference in Occupational Stress between the experimental and control group & to describe the association between Occupational Stress and selected background variables. **Material and Methods:** One Group pre-test & post-test with a control group experimental research design was applied. Ten samples were selected by simple random sampling method & data was assessed by the standardized tools as Expanded Nursing Stress Scale & Tool to Assess and Classify Work-Related Stress. Pilot study data was collected from 20/4/2023 to 03/06/2023. **Result:** The analysis of data was done by use of descriptive and inferential statistics. In the Positive Self-Affirmations Group the t-value was 7.2 with 4 degrees of freedom. The corresponding p-values were small and the null hypotheses were rejected. Average Occupational Stress in the post-tests was significantly lower than that in the pre-tests. **Conclusion:** Occupational Stress score Reduced after practicing Positive Self-Affirmations.

Index Terms - ENSS; TAWS; Occupational Stress; Nurses; Positive Self-Affirmations.

I INTRODUCTION

The performance, morale, productivity and job satisfaction of employees are all adversely affected by occupational stress. Stress at work has a serious negative impact on the health of healthcare workers, especially nurses. It can harm patient care, nursing care quality and job performance. It makes nurses more susceptible to mental and physical illnesses, which can worsen their health. Interpersonal conflicts, personal responsibilities and shift work are some of the factors that lead to occupational stress. According to a study, time pressure accounted for the greatest amount of occupational stress, reported by 87.4% of nurses. Living a healthy lifestyle and using relaxation techniques are two strategies for reducing occupational stress.

II Background Review of Literature: Since 1960, there has been concern over work-related stress in the nursing profession due to factors like patient care, decision-making, responsibility, and change in the use of technology at workplace, rising healthcare costs, and workplace instability all contribute to the stress that nurse's face. From all around the world research reveals that nurses experience the highest levels of stress and depression. Insomnia and excessive fatigue are more common among night shift workers, and over 28% of nurses report experiencing mental health issues. (1)The American Nurses Association (ANA) conducted a nationwide survey from March 20 to April 10, 2020, involving 32,000 nurses. The survey revealed that 74% of nurses were concerned about the lack of adequate personal protective equipment, 64% about family and friend safety, and over 85% were afraid of going to work. (2)

Thamima U, Thamima S, and Islam TR (2023) did a study at the Mohammad Ali District Hospitals in Bogra and Joypurh. The present study was carried out to evaluate the level of occupational stress that nurses face. Stress levels were measured in the study using the "Kessler" Psychological Distress Scale (K10). The total sample size was 232 nurses who had at least one year of experience. The average age of the nurses was 37.9 ± 8.8 years, and they had worked for 9.1 ± 6.9 years on average. A total of 3.4% of nurses reported strong stress, and 5.2% reported light stress. According to the study, stress was considerably higher when it came to their capacity for taking breaks, sudden adjustments to the roaster, assurance in their ability to make clinical decisions, eating healthily, missing out on social occasions, spending time with friends and family, and receiving senior assistance. The stress levels of the nurses were considerably elevated by these circumstances. The researcher concluded that mild to moderate levels of stress were found among one out of ten nurses. Excessive occupational stress lowers the level of quality nursing care. Addressing precipitating factors may help relieve nurses' stress and improve their work efficiency. (3)

Escobar-Soler, C.; Berrios, R.; Pealoza-Daz, G. et al. (2024) conducted a meta-analysis study on the effectiveness of Self-Affirmation interventions in educational settings. The purpose of this meta-analysis was to present an overview of Self-Affirmation therapies and their efficacy in an educational context. In January 2023, a peer-reviewed article search was carried out. Consideration was given to 144 experimental studies that examined the impact of Self-Affirmation interventions in educational settings, including high school and college students from various socioeconomic and cultural backgrounds. When societal biases or stereotypes are present, the stressful environments of school and university can pose a danger to one's identity. One of the most important tactics for reducing the detrimental effects of identity threats is Self-Affirmation therapy. The effect of Self-Affirmation interventions had a low average effect size ($d_{IG+} = 0.41$, $z = 16.01$, $p < 0.00$) and a 95% confidence range ($SE = 0.0253$) that tended to be between 0.36 and 0.45. Researchers concluded that Self-Affirmation therapy was more effective, resulting in a small mean effect size. Self-Affirmation interventions are useful, short, and very good strategies to improve general well-being, reduce academic stress in educational settings, and improve performance in college settings. (4)

Meltem Yildirim, Sevim Akbal and Meryem Turkoglu (2023) did a study at a public hospital in Istanbul, Turkey. The present study was to assess the effectiveness of Self-Affirmations on anxiety and perceived discomfort in patients undergoing open-heart surgery. The study involved 61 patients, divided into two groups: intervention (34 patients) and control (27 patients). The intervention group listened to a Self-Affirmation audio recording three days after surgery, while the control group had significantly higher anxiety levels. The level of anxiety was measured by using the State-Trait Anxiety Inventory (STAI). After the three days of surgery, result reveals that the control group had significantly higher anxiety than the intervention group ($p < 0$). The intervention group experienced less pain, dyspnea, palpitations, fatigue, and nausea and positive Self-Affirmations helped reduce anxiety and perceived discomfort in patients undergoing open-heart surgery. Researchers concluded that positive Self-Affirmations are effective in reducing anxiety and perceived discomfort in patients with open heart surgery. (5)

Anna Nicklin and Jim Morgan (2023) did a study on spontaneous Self-Affirmation and student-specific stress: relationships with overlapping constructs of positive self-regard during the COVID-19 pandemic. The study was based on spontaneous Self-Affirmations, Student-Specific Perceived Stress, and overlapping constructs of Positive Self-Regard. The researchers discovered that spontaneous Self-Affirmation was a positive predictor of stress that was unique to each student. Samples were students (N = 151) in the age group of 18 to 50. The effect of spontaneous affirmations was measured by the College Student Stress Scale (CSSS), Rosenberg self-esteem scale, habitual index of positive thinking, and self-integrity scale. Researchers concluded that continuous positive affirmations may offer a solution to student-specific stress. (6)

Pandey R, Tiwari G K, and Rai P K. (2023) did a study to assess the efficacy of Self-Affirmation Interventions for Subclinical Depression among Young Adults. The study aimed to understand the effectiveness of a Self-Affirmation intervention for subclinical depression in Indian adults. The total sample size was 80 individuals with subclinical depression who were chosen, and randomly allocated equally to the experimental group and control group. An experimental research design was used, in which the experimental and control group participants were tested on a depression measure in pre- post-, and follow-up conditions. The effect of the Self-Affirmations was statistically significant ($F_{1, 76} = 350.48, P < 0.001$) suggesting that the Self-Affirmations exerted significant curative and preventive effects on the participants' depressive symptoms. The treatment intervals evinced a statistically significant effect ($F_{2, 152} = 201.47, P < 0.001$). There were curative and preventive effects of the intervention on the participants' depressive symptoms. Significant interaction effects of treatment conditions and treatment intervals were observed ($F_{2, 152} = 95.28, P < 0.001$). Researchers concluded that Self-Affirmation interventions help individuals be useful in threats and restore positive outcomes. Post intervention the experimental group showed a significant reduction in depressive symptoms than the control group. (7)

The researcher reviews the literature related to the Occupational Stress of nurses and its detrimental impact on their health. Reviews also show the importance of Positive Self-Affirmations. This present study focused on finding the effect of Positive Self-Affirmations.

Statement of the Study: "Effectiveness of Positive Self-Affirmations on Occupational Stress of nurses in selected hospitals of an urban area".

Objective of Study:

1. To identify the Occupational Stress of nurses in selected hospitals of urban area.
2. To determine the effectiveness of Positive Self-Affirmations on Occupational Stress of nurses in selected hospitals of an urban area.
3. To find out the difference in Occupational Stress between the experimental and control group
4. To describe the association between Occupational Stress and selected background variables

The main aim of study was to assess the effectiveness of Positive Self- Affirmations on Occupational Stress of nurses in selected hospitals of an urban area.

Research questions:

1. Is there an effect of Positive Self-Affirmations on the Occupational Stress of nurses in selected hospitals of an urban area in the experimental group as compared to the control group post-intervention?
2. Is there a relationship between Occupational Stress and selected background variables?

HYPOTHESIS:

H01 : There will be no significant effectiveness of Positive Self-Affirmations on Occupational Stress among nurses in selected hospitals of an urban area.

H02 : There will be no significant relationship between the baseline level of Occupational Stress and with selected background variables of samples.

OPERATIONAL DEFINITIONS

Assess : In this present study, assess means to evaluate the effectiveness of Positive Self-Affirmations, on Occupational Stress of nurses in selected hospitals of an urban area. (8)

Effectiveness : In this study, the effectiveness is the intended result of Positive Self-Affirmations, on Occupational Stress of nurses in selected hospitals of an urban area.

Occupational Stress : In this study, Occupational Stress means physiological and psychological response to events or conditions of staff nurse's in workplace that is detrimental to health and well-being. (9)

Nurse: In this context of study, a Nurse is a person formally educated and trained and registered staff nurse in the care of sick or injured people, working in selected hospitals of an urban area. (10)

Positive Self-Affirmations : In this study, Positive Self-Affirmations are specific positive statements that help to promote positive attitudes or thoughts to overcome the Occupational Stress of nurses in selected hospitals of an urban area. (11)

Methodology : A quantitative, pre-experimental one-group pre-test post-test with control group design was used for the present study. (12)

Population: population was the nurses working in selected hospital of an urban area.

PLAN OF STUDY AND SAMPLING

Researcher carried out a pilot study at the women's hospital in Latur. Ten samples were selected for pilot study. The population of the study was the nurses having occupational stress, working in women's hospitals. Sample selection was done by use of a simple random sampling technique. Inclusion criteria were 1) Staff nurse has age group 21-60 yrs. 2) Staff nurses were willing to participate. 3) Staff nurses having experience 1 year or more. 4) Staff nurses had occupational stress. Exclusion criteria were 1) Staff nurse not willing to participate. 2) Staff nurse suffering from mental disorder. 3) Staff nurse who had major illness. 4) Staff nurses who were practicing any relaxation technique.

METHOD OF DATA COLLECTION

A self-reporting technique was used to collect data with a questionnaire of Expanded Nursing Stress Scale and Tool to Assess and Classify work-related Stress. Questionnaire was distributed to the respondents. Total three sections for data collection i.e. demographic variables containing 9 items as section I, Expanded Nursing Stress Scale and selected physiological parameters as section II and Tool to Assess and Classify work-related Stress, includes two parts Part A and Part B each part containing 16 questions as in section III. Tool validity was done by 15 subject experts. Reliability tested by test-retest method. Reliability For section II part A was 0.93, for section III part A was 0.91, and 0.99 for section III part B since the reliability value is greater than 0.70 the tool was found to be reliable.

DATA COLLECTION PROCESS AND INTERVENTION

Institutional ethical committee had approved research study. Informed consent was taken from eligible participants. Written Permission was taken from competent authority of selected hospitals. Pretest was taken after taking consent from participants. Positive Self-Affirmations taught to the respondents. After 42 days the posttest was taken. In six weeks of period, the data collection process was completed. Data was collected and recorded by using Excel sheet, and data was analyzed using SPSS version.

DATA ANALYSIS

A plan of data analysis was done. Tables and charts were used for data analysis and descriptive analysis was done by use of frequency, percentage, mean, median, mode, and standard deviation. The statistical analysis was done by use of Paired t-test. Fisher's exact test is used to find out the association of demographic variables where appropriate, $p < 0.05$ was considered to indicate the statistical significance of the variables. (13)

RESULT: The data analysis and interpretation were based on data collected by self-reporting technique. The results were computed using inferential statistics. The findings were as follows

Section-I Frequency distribution and percentage showing selected demographic variable of nurses in selected hospitals of an urban area.

Demographic variable	Positive Self-Affirmations		Control	
	Freq	%	Freq	%
Age				
31-40 years	2	40%	1	20%
41-50 years	2	40%	4	80%
51-60 years	1	20%	0	0%
Gender				
Male	0	0%	1	20%
Female	5	100%	4	80%
Educational status				
G.N.M	3	60%	4	80%
BSc. Nursing	0	0%	1	20%
P.B.B.Sc. Nursing	2	40%	0	0%
MSc Nursing	0	0%	0	0%
Marital status				
Married	5	100%	5	100%
Unmarried				
Type of family				
Nuclear	0	0%	3	60%
Joint	4	80%	2	40%
Single parent	1	20%	0	0%
Year of Experience				
6-10 years	0	0%		0%
11-15 years	2	40%	1	20%
16-20 years	1	20%	2	40%
21-25 years	2	40%	1	20%
26 years and above	0	0%	1	20%
Income of staff				

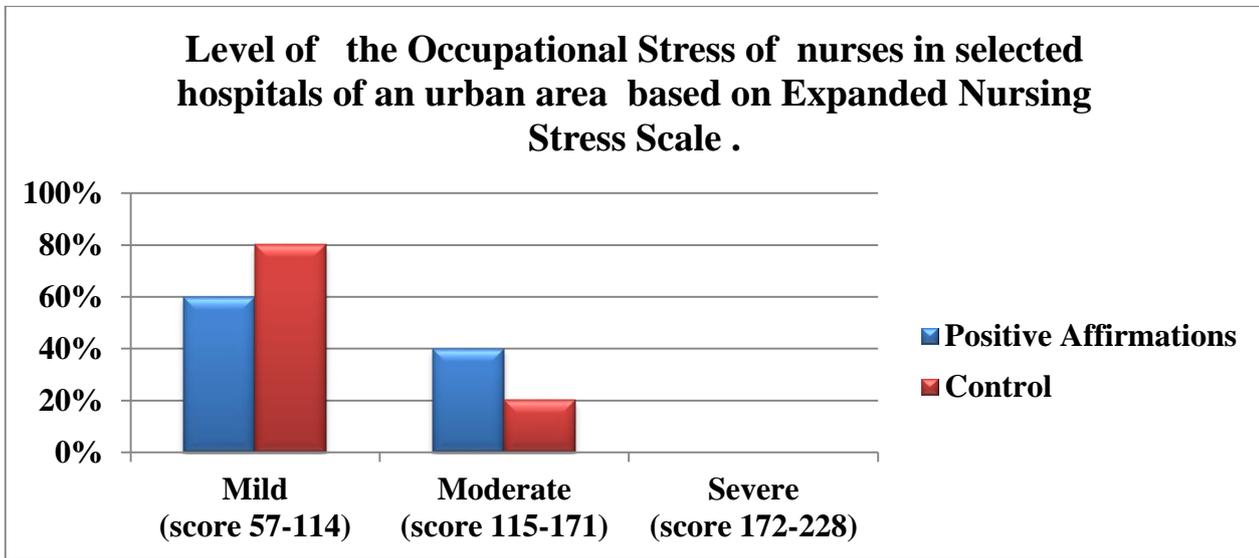
Rs.10000-20000	0	0%	1	20%
Rs.40001and above	5	100%	4	80%
Area of work				
General wards	2	40%	2	40%
I.C.CU./M.I.C.U/S.I.C.U/P.I.C.U	0	0%	2	40%
O.P.D	3	60%	1	20%
Operation Theatre	0	0%	0	0%
Suffering from any chronic illness				
Hypertension	2	40%	1	20%
Diabetes mellitus	1	20%	0	0%
Other	2	40%	4	80%

The study analyzed the demographics of nurses in a hospital. It found that 40% of the nurses were female, 60% were GNM, 40% had P.B.B.Sc. nursing and 80% had joint families. The majority of the nurses had 11–15 years of experience, 20% had 16–20 years, and 20% had 21–25 years. They had an income above Rs. 40,000, worked in general wards, and 60% worked in OPD. The majority of the nurses had hypertension, diabetes mellitus, and no chronic illnesses. In the control group, 80% of the nurses aged 41–50 were male, 20% were female, 60% were nuclear, 20% were joint, 20% were experienced, and 20% had incomes above Rs. 40,000.

Section II Level of the Occupational Stress of nurses in selected hospitals of an urban area based on Expanded Nursing Stress Scale.

Stress	Positive Affirmations		Control	
	Freq	%	Freq	%
Mild (score 57-114)	3	60%	4	80%
Moderate (score 115-171)	2	40%	1	20%
Severe (score 172-228)	0	0%	0	0%

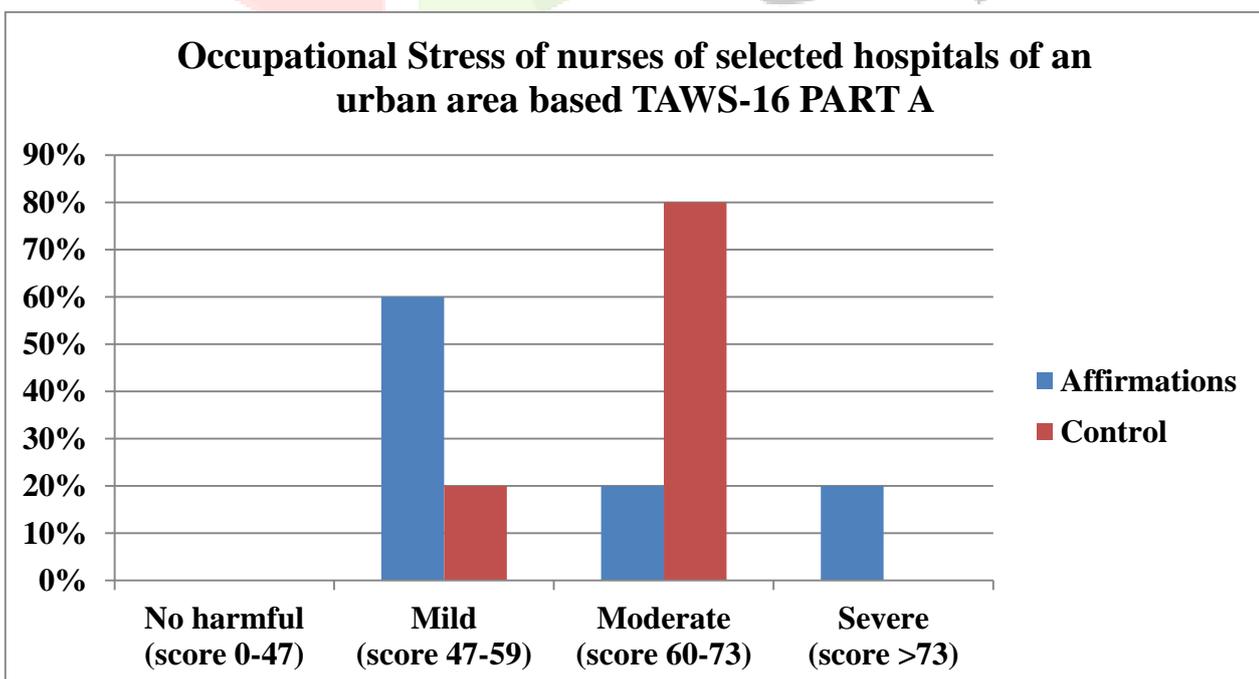
In the Positive Self-Affirmations s group, 60% of the nurses had mild stress and 40% had moderate stress. In the control group, 80% of mild stress, and 20% of them had moderate stress.



Occupational Stress of Nurses of Selected Hospitals of an Urban Area Based TAWS-16 PART A

Stress	Affirmations		Control	
	Freq	%	Freq	%
No harmful (score 0-47)	0	0%	0	0%
Mild (score 47-59)	3	60%	1	20%
Moderate (score 60-73)	1	20%	4	80%
Severe (score >73)	1	20%	0	0%

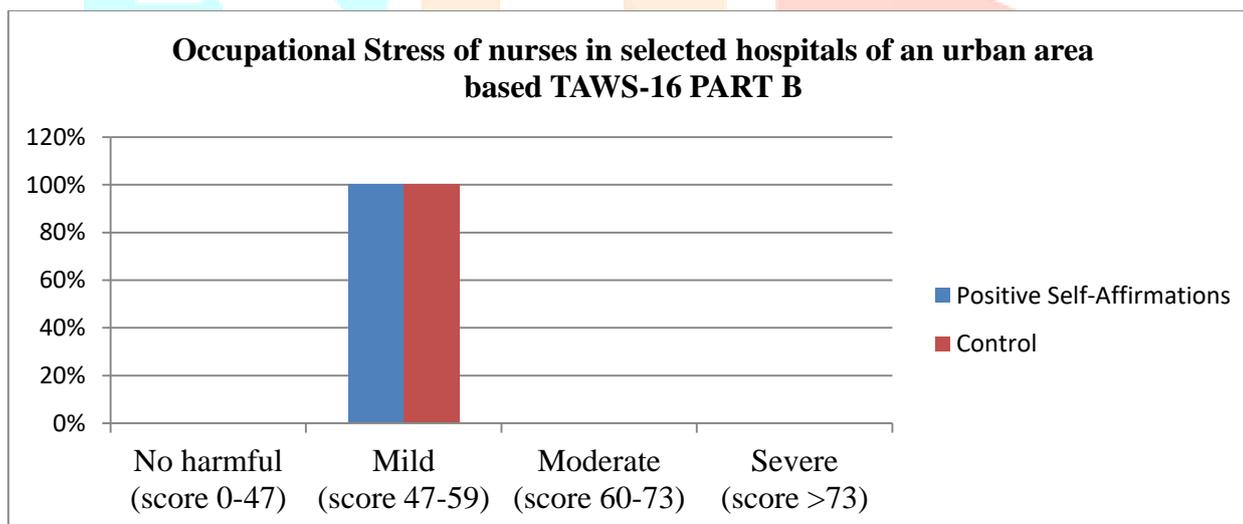
In the Positive Self-Affirmations s group, 60% of them had mild stress, 20% of them had moderate stress and 20% of them had severe stress. In the control group, 20% of them had mild stress and 80% of them had moderate stress.



Occupational Stress of Nurses in Selected Hospitals of an Urban Area Based TAWS-16 PART B (Symptoms suggestive of work-stress)

Stress	Affirmations		Control	
	Freq	%	Freq	%
No harmful (score 0-47)	0	0%	0	0%
Mild (score 47-59)	5	100%	5	100%
Moderate (score 60-73)	0	0%	0	0%
Severe (score >73)	0	0%	0	0%

In the positive self-affirmations group, in pretest, all the staff nurses had mild Symptoms suggestive of work-stress (score <16). In posttest, 40% of them had no Symptoms suggestive of work-stress (score <16) and 60% of them had mild Symptoms suggestive of work-stress (score 16-29). This indicates that there is remarkable improvement in the symptoms suggestive of work-stress due to positive self-affirmations.

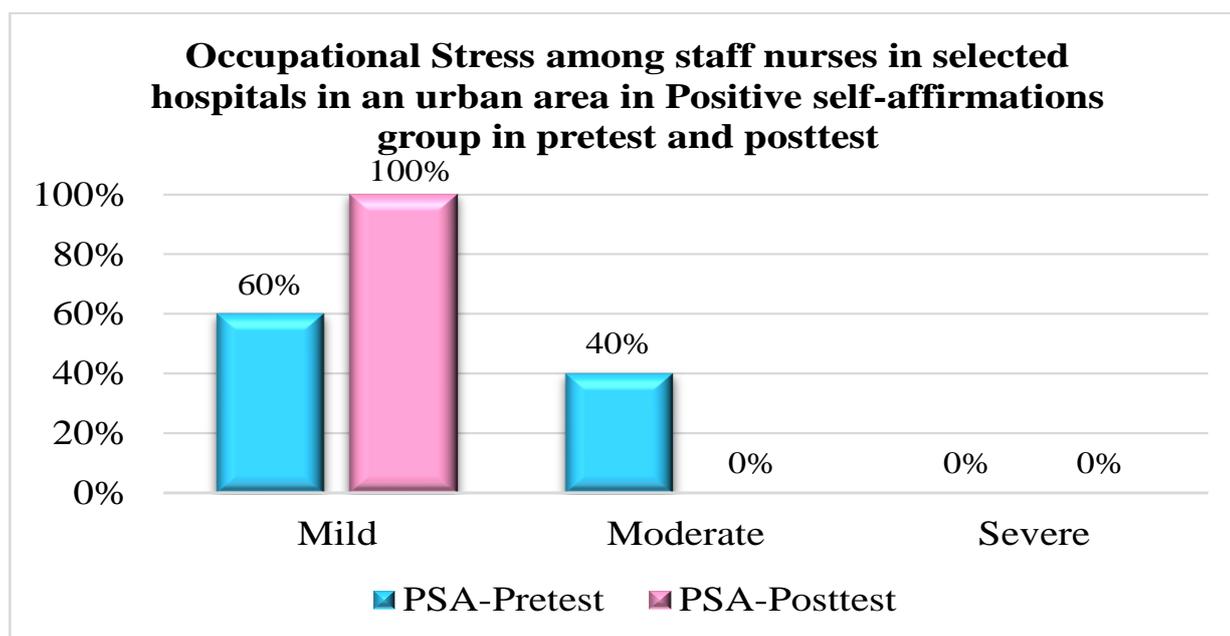


Section III Effect of Positive Self-Affirmations on Occupational Stress of nurses in selected hospitals of an urban area based on Expanded Nurses Stress.

Stress	Pre-test		Post-test	
	Freq	%	Freq	%
Mild (score 57-114)	3	60%	5	100%
Moderate (score 115-171)	2	40%	0	0%
Severe (score 172-228)	0	0%	0	0%

In the Positive Self-Affirmations group, in the pre-test, 60% of the nurses had mild stress (score 57-114) and 40% of them had moderate stress (score 115-171). In the post-test, all the nurses had mild occupational

stress. This indicates that there is a remarkable improvement in the Occupational Stress score due to Positive Self-affirmations.

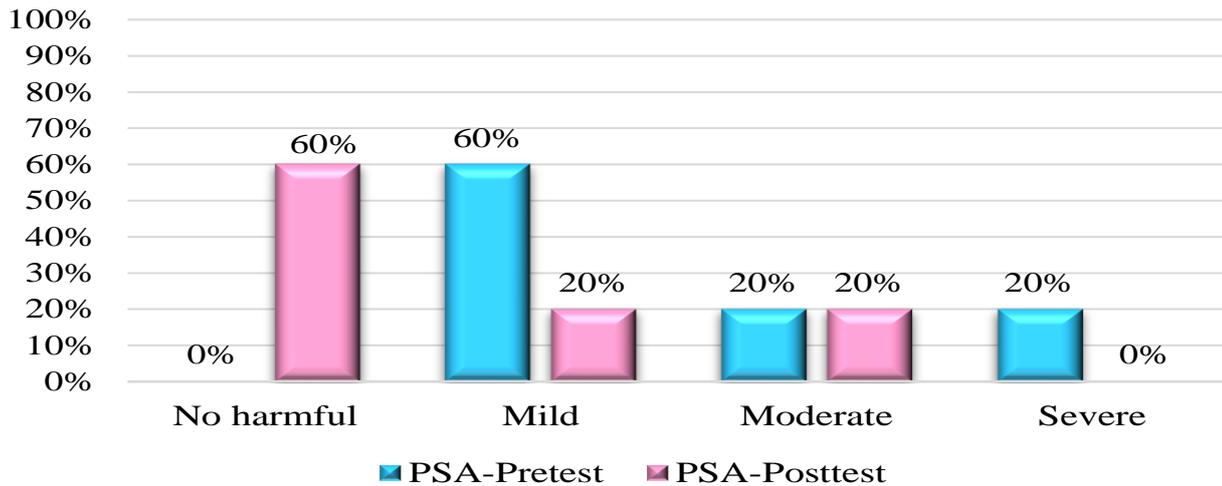


Effect of Positive Self-Affirmations on Occupational Stress of the nurses in selected hospitals in an urban area based on TAWS-16 PART A

Stress	Positive Self-Affirmations s			
	Pre-test		Post-test	
	Freq	%	Freq	%
No harmful (score 0-47)	0	0%	3	60%
Mild (score 47-59)	3	60%	1	20%
Moderate (score 60-73)	1	20%	1	20%
Severe (score >73)	1	20%	0	0%

In the Positive Self-Affirmations group, in pre-test, 60% of the nurses had mild stress (score 47-59), 20% of them had moderate stress (score 60-73) and 20% of them had severe stress (score >73). In the post-test, 60% of them had no harmful stress (score 0-47), 20% of them had mild stress (score 47-59) and 20% of them had moderate stress (score 60-73). This indicates that there is remarkable improvement in the Occupational Stress score due to Positive Self-Affirmations

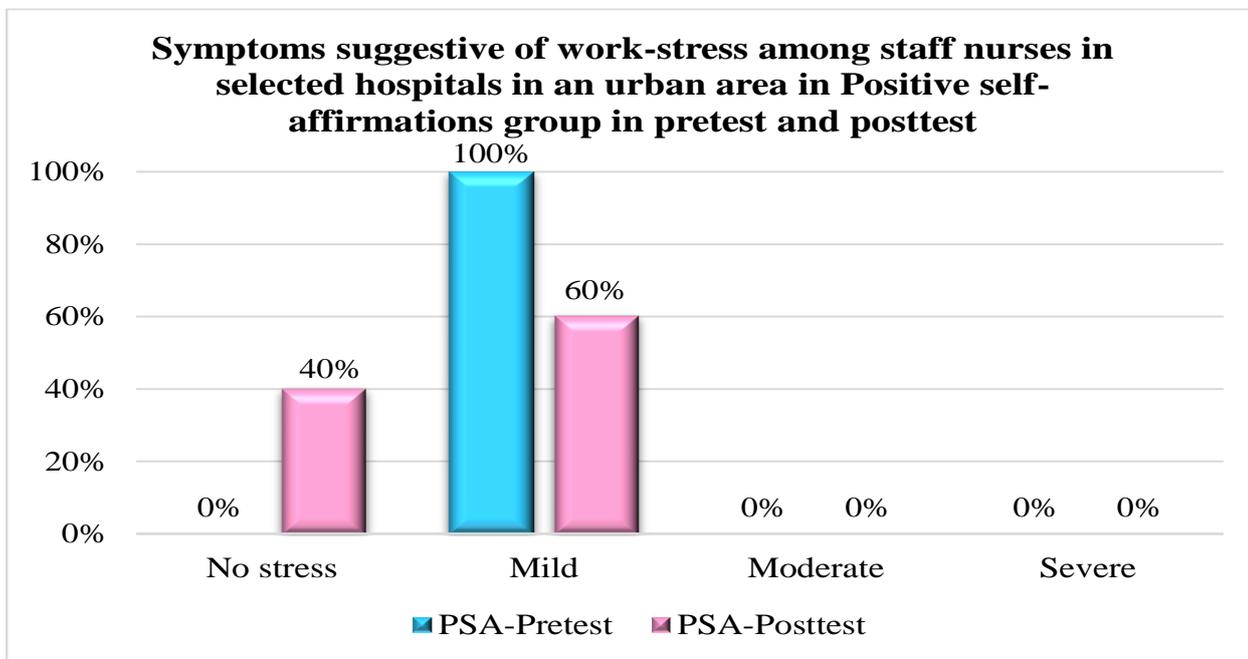
Occupational Stress among staff nurses in selected hospitals in an urban area in Positive self-affirmations group in pretest and posttest



Effect of Positive Self-Affirmations on Occupational Stress of the nurses in selected hospitals in an urban area based on TAWS-16 PART B

Stress	Positive Affirmations			
	Pre-test		Post-test	
	Freq	%	Freq	%
No stress (score <16)	0	0%	2	40%
Mild (score 16-29)	5	100%	3	60%
Moderate (score 30-36)	0	0%	0	0%
Severe (score >36)	0	0%	0	0%

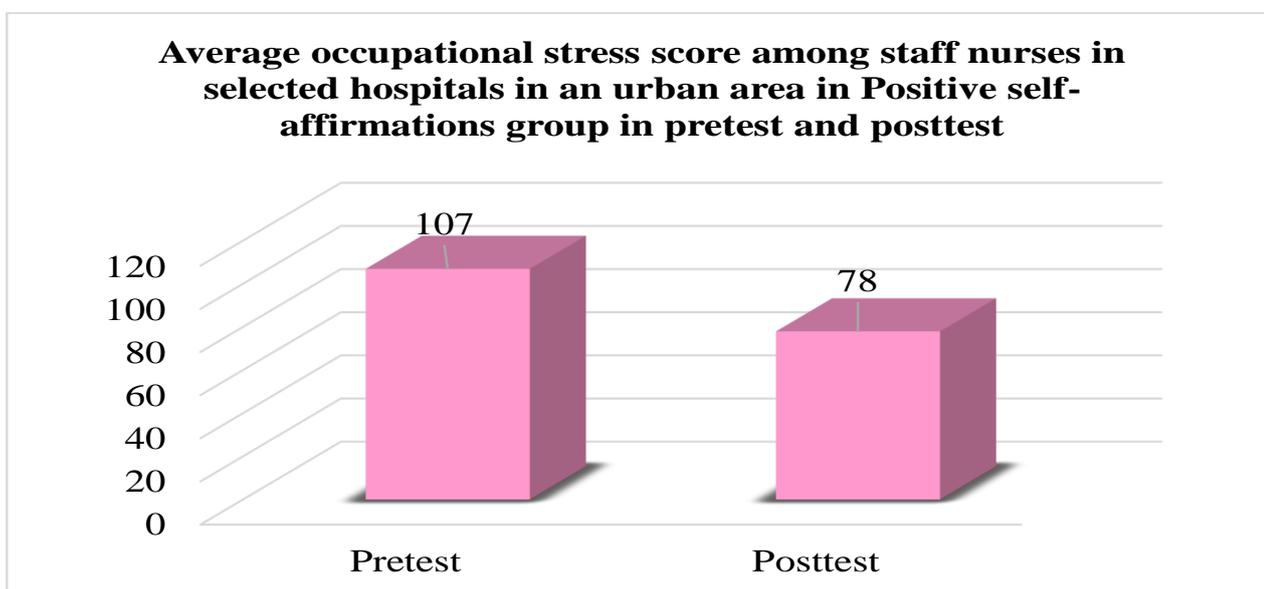
In the Positive Self-Affirmations s group, in the pre-test, all the nurses had mild Symptoms suggestive of work stress (score <16). In the post-test, 40% of them had no Symptoms suggestive of work stress (score <16) and 60% of them had mild Symptoms suggestive of work stress (score 16-29). This indicates that there is a remarkable improvement in the symptoms suggestive of work stress due to Positive Self-Affirmations



Paired t-test for the effect of Positive Self-Affirmations s on Occupational Stress of an nurses in selected hospitals in an urban area based on Expanded Nurses Stress Scale

	Mean	SD	T	df	p-value
Pre-test	107	19.1	7.2	4	0.001
Post-test	78	14.4			

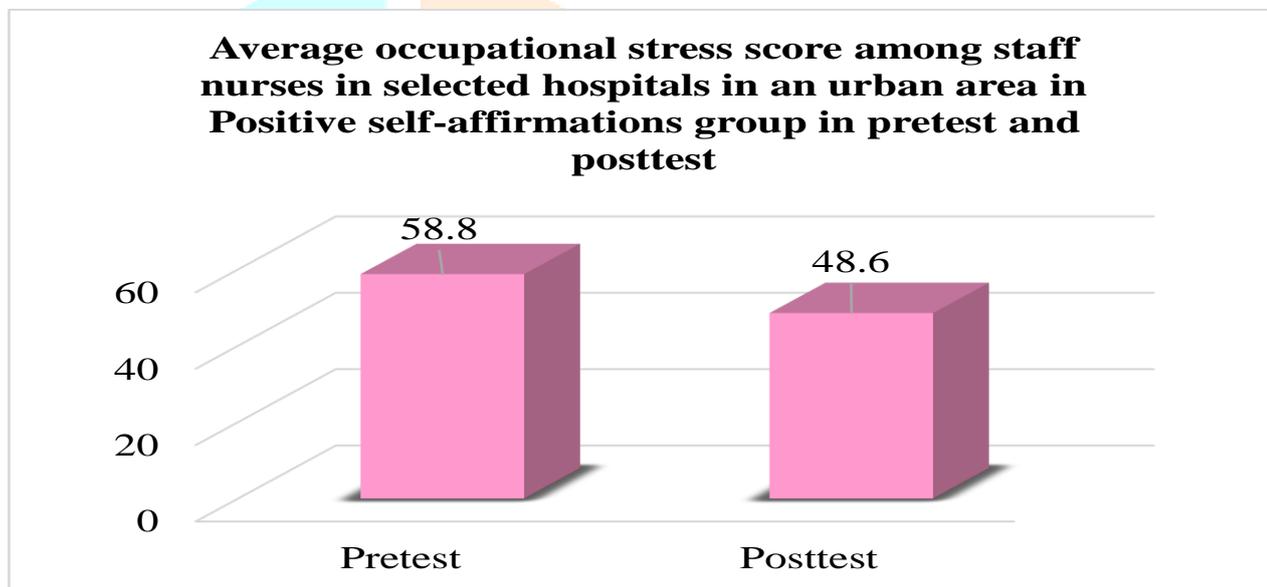
The researcher applied a paired t-test for the effect of Positive Self-Affirmations s on Occupational Stress among the nurses in selected hospitals in an urban area. The average Occupational Stress score in the Pre-test was 107 which reduced to 78 in the post-test. The t-value for this test was 7.2 with 4 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis was rejected. Average Occupational Stress in the post-test was significantly lower than that in the pre-test. It is evident that Positive Self -Affirmations are significantly effective in reducing Occupational Stress among staff nurses.



Paired t-test for the effect of Positive Self-Affirmations s on Occupational Stress of nurses in selected hospitals of an urban area based on TAWS-16 part A

	Mean	SD	T	df	p-value
Pre-test	58.8	11	3.55	4	0.012
Post-test	48.6	12.1			

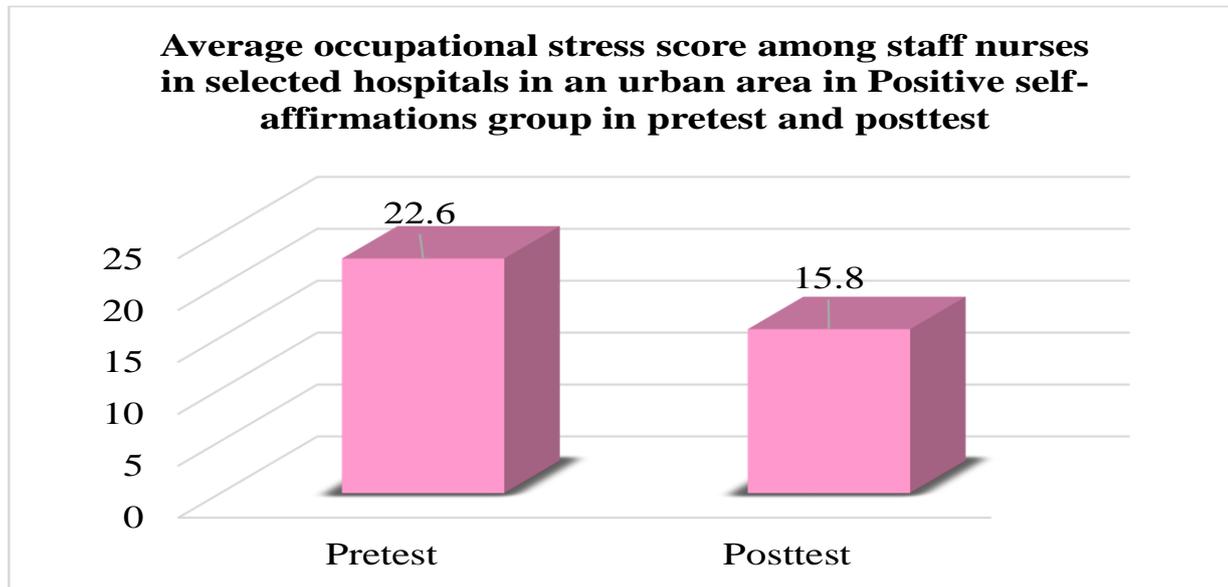
The researcher applied paired t-test for the effect of Positive Self-Affirmations s on Occupational Stress among the nurses in selected hospitals in an urban area. The average Occupational Stress score in the Pre-test was 58.8 which reduced to 48.6 in the post-test. The t-value for this test was 3.55 with 4 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis is rejected. Average Occupational Stress in the post-test was significantly lower than that in the pre-test. It is evident that Positive Self-Affirmations are significantly effective in reducing Occupational Stress among staff nurses.



Paired t-test for the effect of Positive Self-Affirmations s on Occupational Stress of nurses in selected hospitals of an urban area based on TAWS-16 part B

	Mean	SD	T	df	p-value
Pre-test	22.6	4.72	5.67	4	0.002
Post-test	15.8	5.72			

The researcher applied a paired t-test for the effect of Positive Self-Affirmations on symptoms suggestive of work stress among the nurses in selected hospitals in an urban area. The average Occupational Stress score in the pre-test was 22.6, which was reduced to 15.8 in the post-test. The t-value for this test was 5.67 with 4 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis is rejected. The average symptoms suggestive of work stress in the post-test were significantly lower than those in the pre-test. Positive Self-Affirmations are significantly effective in reducing symptoms suggestive of work stress among staff nurses.



Section VI Occupational Stress between experimental and control group

Two sample t-test for the comparison of change in stress score of nurses in Positive Self-Affirmations and control group.

	Mean	SD	T	df	p-value
Positive Self-Affirmations	29	9.03	7.1	8	0.000
Control	0	1.41			

The researcher applied a two-sample t-test for the comparison of the change in stress score among nurses in Positive Self-Affirmations and the control group. The average change in the Occupational Stress score in the positive affirmations group was 29, which was 0 in the control group. The t-value for this test was 7.1 with 8 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis was rejected. The average change in Occupational Stress in the positive affirmations group was significantly higher than that in the control group. Positive Self-Affirmations are significantly effective in reducing Occupational Stress of staff nurses.



Discussion

The aim of present study was to assess the effectiveness of Positive Self- Affirmations on Occupational Stress of nurses in selected hospitals of an urban area. To achieve the desired goal researcher constructed a tool which consisted of 9 demographic variables and also selected two standardize tools. Reliability is done by test-retest method. Tool was further validated by 15 experts in the field of Clinical Research and Educational Research for validity. Further the researcher conducted a Pilot Study on 20/4/2023 to 03/06/2023. for a period of 42 days on 10 samples. Data was collected from selected hospitals. Participants were selected based on the sampling criteria to check the feasibility of the study. In present study 40% of the nurses were female, 60% were GNM, 40% had P.B.B.Sc. nursing and 80% had joint families. The majority of the nurses had 11–15 years of experience, 20% had 16–20 years, and 20% had 21–25 years. They had an income above Rs. 40,000, worked in general wards, and 60% worked in OPD. The majority of the nurses had hypertension, diabetes mellitus, and no chronic illnesses. In the control group, 80% of the nurses aged 41–50 were male, 20% were female, 60% were nuclear, 20% were joint, 20% were experienced, and 20% had incomes above Rs. 40,000.

Occupational Stress of nurses based on Expanded Nursing Stress Scale. In the Positive Self-Affirmations s group, 60% of the nurses had mild stress and 40% had moderate stress. In the control group, 80% of mild stress, and 20% of them had moderate stress.

Occupational Stress of Nurses based on TAWS-16 PART A. In the Positive Self-Affirmations group, 60% of them had mild stress, 20% of them had moderate stress and 20% of them had severe stress. In the control group, 20% of them had mild stress and 80% of them had moderate stress.

Occupational Stress of Nurses based on TAWS-16 PART B. In all the four groups, all the staff nurses had mild symptoms suggestive of work-stress.

Effect of Positive Self-Affirmations on Occupational Stress of nurses based on Expanded Nurses Stress, In the Positive Self-Affirmations group, in the pre-test, 60% of the nurses had mild stress (score 57-114) and 40% of them had moderate stress (score 115-171). In the post-test, all the nurses had mild occupational stress. This indicates that there is a remarkable improvement in the Occupational Stress score due to Positive Self-affirmations.

Effect of Positive Self-Affirmations on Occupational Stress of the nurses based on TAWS-16 PART A, In the Positive Self-Affirmations s group, in pre-test, 60% of the nurses had mild stress (score 47-59), 20% of them had moderate stress (score 60-73) and 20% of them had severe stress (score >73). In the post-test, 60% of them

had no harmful stress (score 0-47), 20% of them had mild stress (score 47-59) and 20% of them had moderate stress (score 60-73).

Occupational Stress of Nurses Based on TAWS-16 PART B. In the positive self-affirmations group, in pretest, all the staff nurses had mild Symptoms suggestive of work-stress (score <16). In posttest, 40% of them had no Symptoms suggestive of work-stress (score <16) and 60% of them had mild Symptoms suggestive of work-stress (score 16-29).

Finding from This study indicates that there is remarkable improvement in the Occupational Stress score due to Positive Self-Affirmations. Findings from another study also support, Meltem Yildirim et al. (2023) study investigated that the positive Self-Affirmation helped reduce anxiety and perceived discomfort in patients undergoing open-heart surgery.(5) Tirthal Rai et al. (2022) suggested that Auto suggestions are self-administered protocols that improve problem-solving abilities, mental well-being, and confidence.(14) Chen Wei-Ju (2017) found that during negative emotion induction, Self-Affirmation also led to lower maximum heart rate, higher RSA, and lower ratings of negative effect.(15) Scores related to occupational stress were significantly reduced after practicing positive Self-Affirmations in the current study.

Conclusion

Occupational stress was different in study group and control group. This study explores the occupational stress of staff nurses. Positive Self-Affirmations were significantly effective to reduced level of Occupational Stress of nurses in selected hospitals of an urban area. Analysis of data showed that there was significant difference between pre-test and post-test Occupational Stress scores.

Limitations

The study was limited to women's hospital labor colony, Latur. The study was limited to the nurses working in women's hospital. Data collection period was limited.

Ethical Consideration: Ethical consideration and inform consent were taken from all participants.

Author Contribution Author contributed for conception and design, acquisition of data analysis and interpretation of data manuscript drafting guidance and interpretation, manuscript revision and final approval of version to be published.

Conflict Of Interest: the authors report that there is no competing conflict of interests to declare.

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