



“Effectiveness Of Emotional Freedom Technique On Stress Related To Work Load Among Staff Nurses Working In General Wards Of Selected Tertiary Care Hospital Of The City”

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Abstract: Stress related to work load 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 impacts not only on nurses' health but also in their abilities to cope with job demands. This seriously impairs the provision of quality care and the efficacy of health services delivery. Nursing has been identified by a number of studies as a stressful occupation. Emotional freedom technique (EFT) tapping is a mind-body method of tapping acupuncture points (acupoints) on the hands, face, and body with your fingertips while focusing on an issue or feeling you're hoping to resolve. This method may reduce stress and anxiety, improve performance, lessen cravings, and help resolve fears. The aim of the study was to assess the effectiveness of Emotional freedom technique on stress related to work load among staff nurses working in general wards of selected tertiary care hospital of the city.

Methods : The present study was based on Quantitative research approach with One group pre test post test research design. Study was conducted on 100 staff nurses working in general wards of selected tertiary care hospital of the city who were selected by using non-probability purposive sampling technique. Semi structured questionnaire was used to collect demographic data and standardized perceived stress scale (PSS) to assess the level of perceived stress among nurses. Data analyzed using both descriptive and inferential statistics to describe and show the association between stress and the variables. Based on the objectives and the hypothesis the study data were analyzed by using various statistical tests such as frequency, percentage, mean, and standard deviation, t' test and chi square test.

Result : The study result reveals that, majority 80% of samples having moderate stress score in Pre- test scores that has reduced to 24% in post- test after EFT. 14% of subjects were having mild stress in pre- test, which has hiked to 76% in post-test, Whereas 6% samples were having severe stress before EFT which was minimized to zero in post-test. There was a marked relapse in post EFT stress scores. The comparisons of the pre- test and post- test means scores of the stress were done by the paired t test. The pre- test average score was 18.83 with standard deviation of 4.28 whereas the post- test average score was 12.00 with standard deviation of 3.50. The test statistics value of the paired t test was 17.74 with p value 0.00. Shows that Emotional Freedom Technique intervened to reduce the severity of job stress was effective.

Conclusion : The level of stress related to work load among staff nurses working in general wards reduced significantly after Emotional Freedom Technique. It is recommended that such technique has to be arranged for staff nurses to reduce stress.

Keywords: Effectiveness, Emotional Freedom Technique, stress, staff nurses, general wards.

INTRODUCTION

Stress related to work load 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 impacts not only on nurses' health but also in their abilities to cope with job demands. This seriously impairs the provision of quality care and the efficacy of health services delivery. Nursing has been identified by a number of studies as a stressful occupation. Stress has a cost for individuals in terms of health, wellbeing, and job satisfaction, as well as for the organization in terms of absenteeism and turnover, which in turn may impact the quality of patient care.¹

The most significant issues that need to be dealt with are the systemic ones. Nurses feel that their facility/institution does not support them. After three years of the pandemic nurses are still reporting the same issues – experiencing burnout, post-traumatic stress disorder, and mental health challenges due to staffing shortages, working extended hours, being required to work “mandatory overtime,” and having unmanageable workloads.²

It was found that job stress brought about hazardous impacts not only on nurse's health but also in their abilities to cope with job demands. This seriously impairs the provision of quality care and the efficacy of health services delivery. Nursing has been identified by a number of studies as a stressful occupation.³

Work stress in nursing was first assessed by Menzies who identified four sources of anxiety among users: Patient care, decision making, taking responsibility, and change. The nurse's role has long been regarded as stress-filled based on the physical labor, human suffering, work hours, staffing, and interpersonal relationships that are central to the work nurses do. Since the mid-1980s, nurses' work stress has been escalating due to the increasing use of technology, continuing rises in health care costs, and turbulence within the work environment.⁴

Emotional freedom technique (EFT) tapping is a mind-body method of tapping acupuncture points (acupoints) on the hands, face, and body with your fingertips while focusing on an issue or feeling you're hoping to resolve. This method may reduce stress and anxiety, improve performance, lessen cravings, and help resolve fears. It is a method some people use to help manage emotions and troubling thoughts.⁵

Emotional Freedom Technique (EFT) is a variation of Energy Psychology (EP) and is comprised of a set of simple physical movements and affirmations designed to bring about shifts in targeted emotions, cognitions, and behaviors (Gallo, 2004). Emotional Freedom Technique has been shown to be an effective tool in therapeutic settings, in executive coaching, and in a variety of other applications with relatively few sessions and can therefore be considered a brief psycho educational technique (Oschman, 2003). Emotional Freedom Technique may be self-administered or administered by a coach or therapist. There exists promising research on the effectiveness of Emotional Freedom Technique in reducing post-traumatic stress disorder symptoms, stress, depression, and anxiety.⁶

In the UK one study result showed that 42% of nurses experienced burnout, in Greece around 44% of nurses felt dissatisfaction at work. Nurses working in large hospitals in southern Brazil showed that the prevalence of nurses experienced burnout is 35.7%. Research in Arab shows that nurses experience a burnout dimension, namely, 45.6% of nurses experiencing emotional exhaustion, 42% experiencing depersonalization, and 28.5% experiencing low self-esteem. Four research conducted in Germany showed that 8% of workers experiencing work stress for 30 days has an impact not only on the workplace but also on the personal lives of workers, such as deteriorating conditions in the family and friendships. The results of research in Spain and the Netherlands showed that 1.89% to 2.84% of nurses experienced burnout; based on the above presentation it can be seen that as a profession nurses experienced the most burnout. According to Kleiber& Ensman¹ with regard to burnout in Europe, their research shows that 43% burnout is experienced by health and social workers (nurses).⁷

Circenis K, Millere I in 2012 had a study on Stress related work environment factors: nurses survey results. The aim of the present study was to explore stress related work environment factors in practicing nurses in Latvia, and to find out nurses opinions about clinical supervision. Demographic questionnaire and survey about environmental factors in nurses, as well as nurse's opinions about clinical supervision necessity for nurses, were the instruments used for data collection. The participants of the study were 241 nurses from several hospitals and outpatient care institutions in Latvia. All participants were women, age range - from 21 till 59 years. The most frequently marked factor in nurses' surveys was "risk of infection", 220 nurses in total chose this factor and 101 (41, 9%) ranked it like the most important of all proposed. Frequently marked factors also were "Inadequate remuneration for work" (217 marked, 22, 4% ranked with 10), "Emotionally intensive work with people" (179 marked, 7,9% ranked with 10). More than a half (59, 8%) of participating nurses never heard about supervisions, 95, 5% did not attend supervisions for nurses in past 5 years. During a study the main stress-related factors were identified. The most frequently marked factors in nurses' surveys were "risk of infection", "inadequate remuneration for work" and "emotionally intensive work with people". Most of nurses participating in this study considered that the practicing nurses need the supervisions.⁸

PROBLEM STATEMENT

“Effectiveness of Emotional freedom technique on stress related to work load among staff nurses working in general wards of selected tertiary care hospital of the city.”

OBJECTIVES OF THE STUDY:

The objectives of the study were -

1. To assess the level of stress related to work load among staff nurses working in general wards.
2. To assess the effectiveness of emotional freedom technique on level of stress related to work load among staff nurses working in general wards.
3. To evaluate the association of study findings with selected demographic variables.

MATERIALS & METHODS

Research methodology is a way to systematically, solve the research problem. It may be understood as all those methods or techniques that are used for conduction of research.

Research Design: Pre Experimental, one group pre-test post-test Research Design

Research Approach: Quantitative research approach was used in present study

Sample: staff nurses working in general wards selected tertiary care hospital

Sample Size: 100 staff nurses

Sampling Technique: Non Probability purposive sampling.

Data collection tool: The Standardized perceived stress scale (PSS) were used for data collection.

Criteria for Sample selection:

a. Inclusion criteria:

1. Nurses whose age between 22 to 58 years.
2. Staff nurses working in general wards of selected tertiary care hospital of both genders.
3. Staff nurses those who are willing to participate as a sample in study.
4. Staff nurses those who are available at the time of data collection.

b. Exclusion criteria:

- c. Staff nurses those are practicing any other relaxation technique.
- d. Staff nurses who are not available at the time of data collection.
- e. Staff nurses who having co morbidity and medical illness.

The approval was obtained from the institute of ethics committee. The legal permission was sought from the Dean of tertiary care hospital of the city. All data were treated confidentially. Before data collection the purpose of the study was explained to the staff nurses and informed consent was taken to participate in the study. The staff nurses were allotted by using non-probability purposive sampling technique. With the help of standardized perceived stress scale, assessed the effectiveness of emotional freedom technique on the level of stress related to work load among nurses of tertiary care hospital of the city. The collected data was organized and tabulated by using descriptive statistics, that is frequency, percentage, mean and SD.

RESULT

The data collected is entered in the master sheet for tabulation and statistical processing. In order to find out relationship, the data was tabulated, analyzed and interpreted using descriptive and inferential statistics.

**Table 1 : Comprehensive tabulation of the demographic data in terms of frequency percentage
n=100**

	Demographic Variables	Frequency	Percentage
Age	22-30 yrs.	2	2%
	31-39 yrs.	55	55%
	40-48 yrs.	26	26%
	49-58 yrs.	17	17%
Gender	Male.	7	7%
	Female.	93	93%
	Transgender	0	0%
Marital status	Married.	95	95%
	Single.	3	3%
	Divorcee	1	1%
	Widow	1	1%
Type of family	Nuclear family.	45	45%
	Joint family	54	54%
	Extended family	1	1%
	Single parent family	0	0%
Mode of conveyance	Walking distance	1	1%
	Own vehicle.	45	45%
	Public transportation	54	54%
Breadwinner	Individual with family	79	79%
	Individual	21	21%
Education	GNM	63	63%

	B. Sc Nursing	14	14%
	P. b. B. Sc Nursing	17	17%
	M. Sc Nursing	6	6%
Years of experience	less than 01 year	5	5%
	01-05 years	14	14%
	05-10 years	25	25%
	more than 10 years	56	56%
	less than 01 year	5	5%

The above table 1 shows that the majority 55% and 26% of nurses participated in the study were belong to the middle age group i.e. between 31-39 years and 40-48 years of age group respectively. Majority 93% of staff nurses participated in this study were females and only 07% of them were male. 95% of staff nurses involved in the study were married. 54% of the staff nurses participated in the study were belongs to joint family and 24 % were from nuclear families. Majority 54% of the staff nurses were using public transportation facility, 45% samples were travelling by their own vehicle. Majority 79% of the staff nurses were earning money along with family members. About 63% of the staff nurses were qualified as general nursing and midwifery. Majority 56% of the staff nurses having work experience more than 10 years.

Table 2 : General assessments of stress scores, pre & post- test
n=100

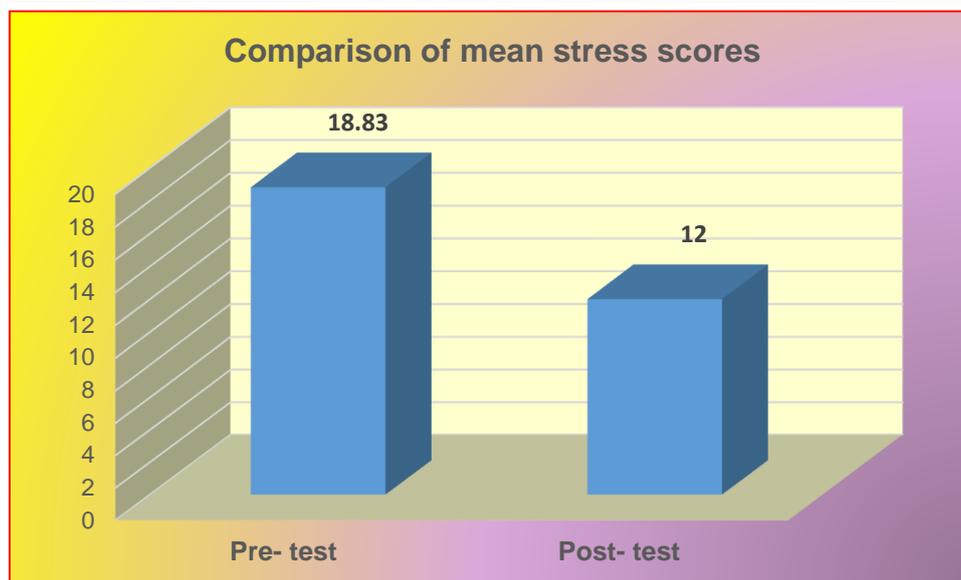
Level of Stress Score	Pre test		Post test	
	Frequency	Percentages	Frequency	Percentages
Mild	14	14%	76	76%
Moderate	80	80%	24	24%
Severe	6	6%	0	0%

The above table 2 depicts that there are majority (80%) of samples having moderate stress score in Pre- test scores that has reduced to 24% in post- test after EFT. 14% of subjects were having mild stress in pre- test, which has hiked to 76% in post-test, Whereas 6% samples were having severe stress before EFT which was minimized to zero in post-test. There was a marked relapse in post EFT stress scores which means an EFT performed to minimize stress was found to be effective

Table 3 : Comparison of the pre and post- test stress scores (paired t test)
n=100

Group	Mean	S.D.	t value	df	P value
Pre- test	18.83	4.28	25.86	99	0.00
Post- test	12.00	3.50			

The above table 3 depicts that the pre- test and post- test means scores of the stress were done by the paired t test. The pre- test average score was 18.83 with standard deviation of 4.28 whereas the post- test average score was 12.00 with standard deviation of 3.50. The test statistics value of the paired t test was 25.86 with p value 0.00. Null hypothesis is rejected and shows that Emotional Freedom Technique intervened to reduce the severity of stress related to work load was effective.



DISCUSSION

Findings related to demographic variables

Present study shows that, the majority 55% and 26% of nurses participated in the study were belong to the middle age group i.e. between 31-39 years and 40-48 years of age group respectively. Majority 93% of staff nurses participated in this study were females and only 07% of them were male. 95% of staff nurses involved in the study were married. 54% of the staff nurses participated in the study were belongs to joint family and 24 % were from nuclear families. Majority 54% of the staff nurses were using public transportation facility, 45% samples were travelling by their own vehicle. Majority 79% of the staff nurses were earning money along with family members. About 63% of the staff nurses were qualified as general nursing and midwifery. Majority 56% of the staff nurses having work experience more than 10 years.

This study findings are supported by a study conducted by Antony Stewart entitled Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell. The study shows that total of 30 (76.9%) clients were female. The mean age of all clients was 45.37 (range 18-76). For females, the mean age was 47.34 (range 18-76) and the mean for males was 39.00 (range 23-63); the mean age difference between genders was non-significant ($p=0.574$). In all, 31 (79.5%) of clients were White British. A further three clients were Indian (7.69%), plus one client (2.56%) each for Black African, Black British, Yemeni, Pakistani and Mixed Race.⁹

Findings related to assessment of the stress level related to the work load among staff nurses

Present study shows that, Out of the 100 staff nurses, in pre- test stress scores majority (80%) of staff nurses were having moderate stress and 6% were having sever stress. Only 14% of subjects were under mild stress. As majority of staff nurses are facing the problem of moderate to severe stress, they definitely required an intervention to cope with stress related to work load.

Whereas in post test majority (76%) of subjects were significantly having mild stress scores, 24% were remained in moderate stress category and none of them was having severe stress. It means the intervention that executed through this study to minimize the stress related to work load of the staff nurses seems to be effective.

Findings related to effectiveness of an Emotional freedom technique on stress related to work load among staff nurses.

Present study shows that, Pre-test projected that majority (80%) of staff nurses were having moderate stress and 6% were having severe stress. Only 14% of subjects were under mild stress, whereas majority (76%) of subjects were significantly having mild stress scores, 24% were remained in moderate stress category and none of them was having severe stress. This indicates that stress of staff nurses related to work load was reduced after giving an emotional freedom technique as planned for study.

The comparisons of the pre- test and post- test means scores of the stress were done by the paired t test. The pre- test average score was 18.83 with standard deviation of 4.28 whereas the post- test average score was 12.00 with standard deviation of 3.50. The test statistics value of the paired t test was 17.74 with p value 0.00. Shows that Emotional Freedom Technique intervened to reduce the severity of stress related to work load was effective. It is evident that the stress among staff nurses related to work load reduced significantly after using an emotional freedom technique on stress related to work load.

This study findings are supported by a study conducted by Rachel Rogers and Sharon Sears to assess to determine whether or not EFT could quickly reduce stress symptoms in college students. The study shows that In the EFT group (n = 26), symptoms declined 39.3% from a mean of 58.73 (SD = 15.87) to a mean of 35.88 (SD = 8.63). The sham tapping group (n = 30) had a smaller reduction in stress of 8.1% with a pretest mean of 60.63 (SD = 13.33) and a posttest mean of 55.67 (SD = 14.07). No adverse events were reported.¹⁰

Analysis of data related to the association of stress with selected demographic variables.

Present study shows that, Chi-square test was applied to find out the association of stress with selected demographic variables. P-value of demographic variable marital status was 0.00 (less than 0.05) which was found to have significant association. P-value of remaining demographic variables age, gender, type of family, mode of convenays, breadwinner, education and years of experience were larger than 0.05. Hence found no significant association with stress related to work load among staff nurses.

CONCLUSION

Present study focuses on effectiveness of Emotional freedom technique on stress related to work load among staff nurses working in general wards of selected tertiary care hospital of the city. Total 100 staff nurses were selected as sample. There are majority (80%) of samples having moderate stress score in Pre-test scores that has reduced to 24% in post- test after EFT. 14% of subjects were having mild stress in pre-test, which has hiked to 76% in post-test, Whereas 6% samples were having severe stress before EFT which was minimized to zero in post-test. The comparisons of the pre- test and post- test means scores of the stress were done by the paired t test. The pre- test average score was 18.83 with standard deviation of 4.28 whereas the post- test average score was 12.00 with standard deviation of 3.50. The test statistics value of the paired t test was 25.86 with p value 0.00. Null hypothesis was rejected and shows that Emotional Freedom Technique intervened to reduce the severity of stress related to work load was effective. Since p-values corresponding the demographic variables except marital status were larger (more than 0.05) the demographic variables age, gender, type of family, mode of convenays, breadwinner, education and years of experience were found no significant association with stress related to work load among staff nurses. This study concludes that the stress among staff nurses related to work load reduced significantly after an emotional freedom technique hence emotional freedom technique is effective intervention to reduce stress related to work load among staff nurses.

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