"Assess the level of stress regarding impact of Covid-19 among family members of staff nurses"

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ABSTRACT

A descriptive study to assess the level of stress regarding impact of Covid-19 among family members of staff nurses in selected Hospitals at Indore. (M.P.) **Objectives** are; to assess the stress level regarding impact of Covid-19 among family members of staff nurses and to find out the association of stress level regarding impact of Covid-19 among family members of staff nurses with their selected socio-demographic variables. The **results** shows that; out of 40 family members of staff nurses, 9 family members of staff nurses have low stress level, where as 29 have moderate and 2 have severe stress level. Mean **20.65** and SD is **5.691**.

Keywords; Stress, Staff Nurse, Covid -19

INTRODUCTION

Mankind has observed various pandemics throughout the history where some of them were more disastrous than the others to the humans. We are observing a very tough time once again fighting an invisible enemy; the Novel COVID-19 corona virus. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus. Due to the rapid spread of COVID-19, its strong contagion factor, lethality in severe cases, and no specific medication, it poses a huge threat to human life and health. The disease also has a huge impact on mental health, causing people to experience various degrees of emotional problems. Feeling stressed out during the current pandemic scenario is prevalent. As the news keeps pouring in new information every hour, it can turn into a possible source of stress, anxiety and fear for many. The stressors can be in the form of social, emotional, physical, academic or financial issues, or all of these together. However, prolonged exposure to stress can exhaust us emotionally while having physical repercussions too. Since these challenging times are shaped by uncertainty, learning skills to manage stress, inevitably, becomes the need of the hour.

STATEMENT OF THE PROBLEM:

A descriptive study to assess the level of stress regarding impact of Covid-19 among family members of staff nurses in selected Hospitals in Indore. (M.P.)

OBJECTIVES OF THE STUDY:

1. To assess the stress level regarding impact of Covid-19 among family members of staff nurses.
2. To find out the association of stress level regarding impact of Covid-19 among family members of staff nurses with their selected socio-demographic variables.

HYPOTHESES:

1. H_{01} – There is no significant association of stress level regarding impact of Covid-19 among family members of staff nurses with their selected socio-demographic variables.

2. H_{A1} – There is significant association of stress level regarding impact of Covid-19 among family members of staff nurses with their selected socio-demographic variables.

METHODOLOGY

A quantitative descriptive survey research approach was used in this study, 40 family members of staff nurses of Bombay Hospital, Indore were selected by using convenient sampling technique, who in this study 18 years of age and above and willing to participate in this study. Data was collected by using socio -Demographic variables and Rating scale to assess the level of stress due to covid-19 and analyzed through descriptive and inferential (Chi –square test) statistics.

FINDINGS AND DISCUSSION

SECTION A: frequency & percentage distribution of socio-demographic variables
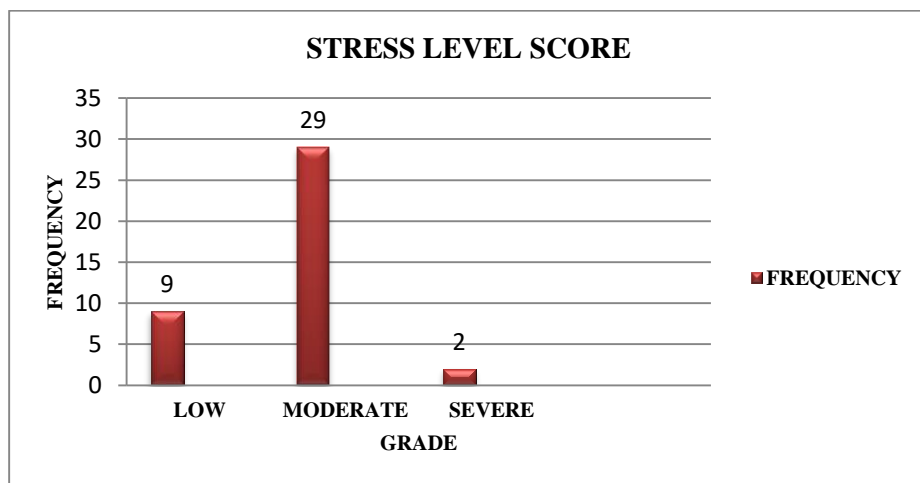
In this study most of the staff nurse's family members from 30-39 years 19(47.5%), age group from 40- 49 years 10(25%), age group from 20-29 year 3 (7.5%) age group 50-59 years 8(20%) and no one were found in the age group of 60 or older. regarding gender 55%female and 45% male are present in this study. in relation with staff consist of, father50% mother37.5% guardian 4% and others 7.5%. Regarding marital status consist of married 87.5% single12.5% and widowed 0%. Concerning Educational qualification Graduated 23(57.5%), SSLC/HSSC12(30%) ,post graduated 3(7.5%)and others 2(5%).Concerning Employment/Occupation Govt5(12.5%), private 30(75%) ,student 4(10%)and retired 1(2.5%). Concerning type of family 34(85%) were Nuclear and 6(15%) were joint family.

SECTION B: Association of stress level score with their selected socio-demographic variables of family members of staff nurses;

The study revealed that family members of staff nurses, some socio-demographic variables like age, gender, educational qualification, marital status, relation with staff nurses have association of stress level and employment/occupation, type of family are non –significant regarding stress level of covid19. So, H_{A1} There is significant association of stress level regarding impact of Covid-19 among family members of staff nurses with their selected socio-demographic variables.

SECTION C: level of stress among family members of staff nurses

Grade	Score	Frequency	Percentage	Mean	S.D
Low	0 -15	9	22.5%		
Moderate	16 -30	29	72.5%	20.65	5.691
Severe	31 - 45	2	5%		

Figure1; Bar graph shows that; 9 family members of staff nurses have low stress level, where as 29 have moderate and 2 have severe stress level.

INCLUSION CRITERIA:

- Family members of staff nurses, those who are willing to participate

EXCLUSION CRITERIA:

- Family members of staff nurses, those who are not willing to participate.

CONCLUSION

This study revealed that family members of staff nurses have moderate level of stress related to Covid -19 and need to reduce the stress level of family members.

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