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Work stress in nurses of causality department

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ABSTRACT

The present study was undertaken to assess stress levels in nurses of causality department. The present cross sectional study was conducted at causality department of GEMS hospital. A total of 20 willing female nurses were included in the study after obtaining voluntary, written, informed consent. Questionnaire was designed with the help of existing literature and suggestions from experts and administered to the participants. Questionnaire contains 29 questions which includes demographic factors, general factors, individual factors, organizational factors, extra organizational factors. Nursing care plays a crucial role because they are the providers and put the patient care plan prescribed by the physicians in action. The increased pressure of modern day living can lead to a greater number of physical and mental problems. Hence it is essential to learn how to deal with stress in a positive way to make nursing profession stress free. The present study helps to understand the level of stress in nursing professionals and highlights implementation of stress management programs at hospitals.

Keywords: Nursing Profession, Stress, Job Stress, Stress Management.

INTRODUCTION

In the modern hospital system, causality medical services department has a vital role, as this department is available round the clock. It may be called as front door of the hospital [1]. The nurses play a vital role in health care. Nurses may be defined as one who is especially prepared in the scientific basis of nursing and who meets certain prescribed

standards of education and clinical competence to provide services essential to or helpful in the promotion, maintenance and restoration of health and well-being [2]. According to Institute of medicine report, nurses are the largest group of health care professionals providing direct patient care in hospitals. Hence the quality of care in the hospitals is strongly linked to the performance of nursing staff. Stress has become most recognized term in recent

years. Though stress itself is not a disease but it is recognized as underlying cause for many diseases. Nursing is a stressful profession. It involves both physical and psychological stress. Hence stress management is most essential to these people for their personal health care so they can be able to provide best services to patients. The present study was undertaken to assess stress levels in nurses of causality department.

MATERIALS AND METHODS

The present cross sectional study was conducted at causality department of GEMS hospital. A total of 20 willing female nurses were included in the study after obtaining voluntary, written, informed consent. Unwilling participants were excluded from the study. Permission obtained from Institutional Ethical committee for conducting the study.

Questionnaire

Questionnaire was designed with the help of existing literature and suggestions from experts and administered to the participants. Questionnaire contains 29 questions which includes demographic factors, general factors, individual factors, organizational factors, extra organizational factors. The responses of the questionnaire were five types namely strongly agree, agree, average, disagree and strongly disagree. These responses were assigned numerical values 5, 4,3,2,1.

Calculation of the response

Very high stress: A score above 4.2
 High stress: A score above 3.4-4.2
 Moderate stress: A score between 2.6- 3.4
 Low stress: A score between 1.8- 2.6
 Very low stress: A score between 1 – 1.8
 The calculation of the interval = highest value-lowest value/number of options = 5-1/5

RESULTS

Results are presented in table no 1 to table no 8

Table no: 1 marital wise average score

| SI No | Marital status | No of respondents | Average |
|-------|----------------|-------------------|---------|
| 1 | single | 11 | 2.58 |
| 2 | married | 9 | 2.56 |

Table no 2: Age wise average score

| SI No | Age (years) | No of respondents | Average |
|-------|--------------|-------------------|---------|
| 1 | 18-27 | 18 | 2.59 |
| 2 | 28-37 | 2 | 2.46 |

Table no 3: Experience wise average score

| SI No | Experience (years) | No of respondents | Average |
|-------|--------------------|-------------------|---------|
| 1 | <1 | 16 | 2.65 |
| 2 | 1-3 | 2 | 2.05 |
| 3 | 3 | 2 | 2.4 |

Table no 4: Annual income wise average score

| SI No | Annual income (INR) | No of respondents | Average |
|-------|---------------------|-------------------|---------|
| 1 | <50,000 | 8 | 2.68 |
| 2 | 50,000- 1 lakh | 8 | 2.55 |
| 3 | >1 lakh | 4 | 2.4 |

Table no 5: Number of family members wise average score

| SI No | Number of family members | No of respondents | Average |
|-------|--------------------------|-------------------|---------|
| 1 | 1 &2 | 12 | 2.56 |
| 2 | 3 &4 | 8 | 2.59 |

Table no 6: Stay distance from hospital wise average score

| SI No | Stay distance from hospital | No of respondents | Average |
|-------|-----------------------------|-------------------|---------|
| 1 | Close by | 2 | 3.0 |
| 2 | 5 kms | 12 | 2.46 |
| 3 | 10kms | 3 | 2.39 |
| 4 | >10kms | 3 | 2.86 |

Table no 7: Variable wise average score

| SI No | variable | No of respondents | Average |
|-------|----------------------------------|-------------------|---------|
| 1 | General factors wise stress | 14 | 2.25 |
| 2 | Individual factor wise stress | 5 | 2.87 |
| 3 | Organizational factor wise | 7 | 2.85 |
| 4 | Extra organizational factor wise | 4 | 2.92 |

Table no: 8 Question wise average score

| SNo | Question | Average score | Stress level |
|-----|--|---------------|--------------|
| 1 | Minor problems lose my temper | 2.95 | Moderate |
| 2 | If someone criticizes my work, I take it as a personal attack | 2.75 | Moderate |
| 3 | To avoid coming to work, I would even call in sick even when I am feeling fine | 2.15 | Low |
| 4 | I respond irritability to any request from my co-workers | 1.65 | Very low |
| 5 | I complain that I never have time because of the hour I spend in work | 2.1 | Low |
| 6 | I see time as my enemy | 1.9 | Low |
| 7 | Even If I take my lunch I do it at my desk while working | 2.45 | Moderate |
| 8 | I feel my health is running down | 2.35 | Low |
| 9 | When I do something, I feel like a drain on my energy | 2.3 | Low |
| 10 | I often have headache, backache or stomach disorder | 2.45 | Low |
| 11 | I avoid contact with co-workers | 1.6 | Very low |
| 12 | I feel there is a lack of social support among staff members | 1.6 | Very Low |
| 13 | I feel like changing my present job when I do something | 2.5 | Low |
| 14 | Life and career change affect my behavior | 2 | Low |
| 15 | My personality problems affect my work | 3.35 | High |
| 16 | Physical problems affect my job | 3.15 | Moderate |
| 17 | Psychological problems effect my work | 2.95 | Moderate |
| 18 | Behavioral change effect my work | 2.9 | Moderate |
| 19 | Organizational policies affect my work | 3.1 | Moderate |
| 20 | Organizational structure affect my performance | 3.4 | High |
| 21 | Organizational process affect my performance | 3.25 | High |
| 22 | My organizational climate is very supportive | 3.55 | High |
| 23 | I am very clear about my role in the organization | 2.25 | Low |
| 24 | My organization conduct many career planning & counseling in every year | 1.8 | Very Low |
| 25 | My organization provides many methods to enrich job satisfaction of | 2.6 | Low |

| | | | |
|----|--|------|----------|
| | employees | | |
| 26 | Social change affect my performance in the organization | 2.2 | Low |
| 27 | Technological change affect my performance in organization | 3.05 | Moderate |
| 28 | Community condition affects my performance | 3.35 | High |
| 29 | Economic condition affects my performance | 3.1 | Moderate |

DISCUSSION

Nursing is a profession focused on advocacy in the care of individuals, families and community in attaining, maintaining and recovering optimal health and functioning. The study reveals that the causality nurses are moderately stressed. For general factor, the nurses have low levels of job stress. For individual factor, nurses have moderate level of stress. For organizational and extra organizational factors, nurses have moderate levels of stress. Interestingly, married nurses were having low levels of stress. 18-27 years age group are more stressed. Our study agrees with earlier studies that nurses were stressful [3]. We suggest that hospital management should conduct stress surveys yearly to identify highly stressed employees and offer adequate methods to overcome stress and to improve productivity. Some of the staff explained that they are interested in relaxation

methods like yoga. Managements should consider these kinds of stress management techniques that could be more beneficial to nursing staff.

CONCLUSION

Nursing care plays a crucial role because they are the providers and put the patient care plan prescribed by the physicians in action. The increased pressure of modern day living can lead to a greater number of physical and mental problems. Hence it is essential to learn how to deal with stress in a positive way to make nursing profession stress free. The present study helps to understand the level of stress in nursing professionals and highlights implementation of stress management programs at hospitals.

Conflicts of interest: nil

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