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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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