

A Comparative Study to Assess the Level of Stress among Staff Nurses working in Psychiatric and Multispeciality Hospitals, Bangalore

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Abstract

With a view to assess the level of stress among staff nurses working in psychiatric and multi speciality hospitals, a non- experimental comparative study with descriptive approach was undertaken among 120 Staff Nurses. Simple random sampling techniques were used in selecting the staff nurses. The result revealed that 56.7% moderate stress in psychiatric hospital nurses and 65% in multispeciality hospital nurses are having severe stress level.

Key words: *Assess, Stress, Staff Nurses, Multispeciality hospital, Psychiatric hospital*

Introduction

Stress is a subjective phenomenon based on individual perceptions, producing positive(eustress) and negative(distress) perspectives. Stress symptoms commonly include a state of alarm and adrenaline production, short term resistance as a coping mechanism and exhaustion as well as irritability, muscular tension, inability to concentrate and a variety of physiological reactions such as headache and elevated heart rate¹. Chronic stress can affect many of the body's immune systems as can an individual's perceptions of and reactions to stress and can create more vulnerability to infections.²

The workplace for nurses provides a multiplicity of sources of stress.³ The concept of stress in the workplace is of great importance in health care and especially nurses are generally considered a high risk group regarding work stress and burnout. This syndrome has been a major concern in the field of occupational health and healthcare worker, particularly those caring for patients suffering from serious illness. Nurses' environment include an enclosed atmosphere, time pressure, no second chance, unpleasant sights and sounds, long standing hours⁴.

Nurses are trained to deal with these factors but chronic stress takes a toll when there are additional stress factors like home stress, conflict at work, inadequate

staffing, poor teamwork, inadequate training and poor supervision.⁵ In the absence of doctors, nurses are on the front line and have to face verbal abuse from patients and relatives for issues that may not be directly connected to their work.⁶ It is important to identify the extent and source of stress in a healthcare organization to find stress management strategies to help the individual and the environment. Unless the healthcare setups acknowledge the problem and taken primitive steps to tackle the growing menace of chronic stress, personal cost will keep rising and add to the already soaring costs of care. Nurses' absenteeism, turnover and sickness significantly increase the cost of employment in healthcare units⁷.

Objectives of the Study

1. To assess the level of stress among the nurses working in psychiatric hospital.
2. To assess the level of stress among the nurses working in multispeciality hospital.
3. To compare the level of stress among nurses working psychiatric and multispeciality hospital.
4. To associate the level of stress among nurses working in psychiatric and multispeciality hospital with their selected demographic variables.

Hypothesis

H1: There will be a significant difference in level of stress between the nurses working in psychiatric and multispeciality hospital.

H2: There will be a significant association between the level of stress of study subjects with their selected demographic variables.

Methodology

Non experimental comparative research design and descriptive approach was selected to carry out the study.

The study population comprised of staff nurses working in selected hospitals at Bangalore. The sample size for study was 120 staff nurses (60 staff nurses working in psychiatric hospitals and 60 staff nurses working in multispeciality hospitals)

Simple random sampling technique was used for selecting sample of the study. Standardized questionnaire Expanded Nursing Stress Scale(ENSS) (French et al:2000) was the tool used for the study. Part-I was socio demographic variables and Part II was Standardized questionnaire Expanded Nursing Stress Scale(ENSS) with nine sections.

Result

Table-1 Percentage distribution of Psychiatric hospital Nurses and Multispecialty Hospital Nurses according to their demographic variables

Sl No	Demographic	Psychiatric Hospital		Multispecialty Hospital	
	Variable				
		No	%	No	%
1	Age in years				
	< 25	21	35	20	33.3
	26-30	19	31.7	20	33.3
	>30	20	33.3	20	33.3
2	Gender				
	Female	30	50	33	55
	Male	30	50	27	45
3	Nursing Qualification				
	ANM	7	11.7	10	16.6
	GNM	23	38.3	21	35
	Post B.Sc	6	10	8	13.3
	B.Sc	22	36.7	19	31.6
	M.Sc	2	3.33	2	3.3
4	Marital Status				
	Married	35	58.3	32	53.3
	Single	21	35	25	41.7
	Divorced	2	3.33	2	3.3
	Widowed	2	3.33	1	1.7
5	Total experience(years)				
	0-1	18	30	16	26.6
	2--3	26	43.3	29	48.3
	Above 5	16	26.7	15	25
6	Current job Experience(years)				

Cont... Table-1 Percentage distribution of Psychiatric hospital Nurses and Multispecialty Hospital Nurses according to their demographic variables

	0--3	36	60	28	46.7
	3--5	15	25	7	11.7
	Above 5	9	15	25	41.7
7	Working Area				
	OPD	7	11.7	4	6.7
	Wards	17	28.3	14	23.3
	ICU	7	11.7	9	15
	Emergency room/Area	22	36.7	28	46.7
	Others	7	11.7	5	8.3

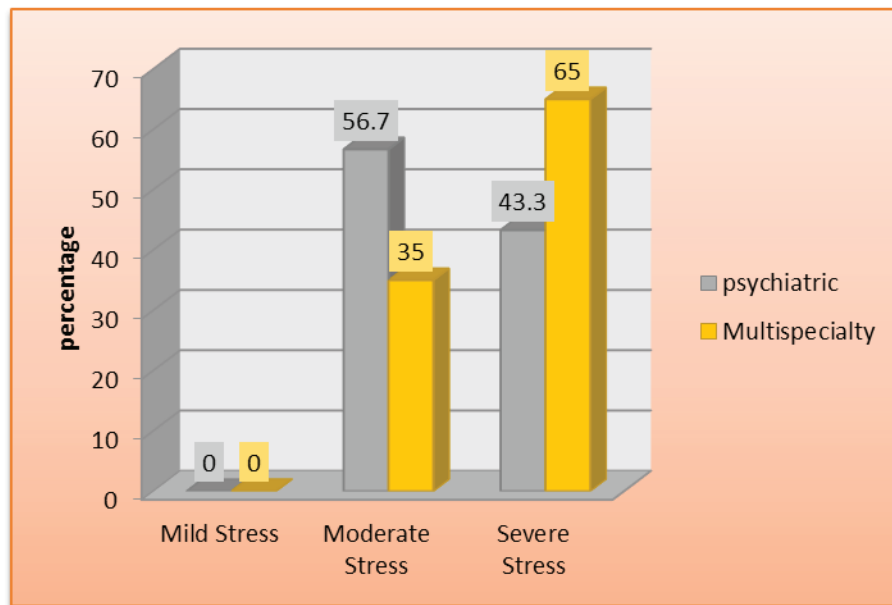


FIGURE 1:- COMPARISON OF DISTRIBUTION OF LEVEL OF STRESS OF STAFF NURSES WORKING IN PSYCHIATRIC AND MULTISPECIALITY HOSPITALS.

Majority of the subjects 35% were in the age group of <25 years. In this study gender is equally 50% female and male are working. Almost 38.3% are GNM in nursing qualification. About 58.3% were married. About 43.3% of staff nurses are having total experiences between 2-3 years. About 60% of staff nurses are having current job experiences between 0-3 years. About 36.3% staff nurses are working in emergency room/area.

Majority of the subjects 33.3% were in the age group of <25 years. In this study majority 55% females are there. Almost 35% are GNM in nursing qualification. About 53.3% were married. About 48.3% of staff nurses

are having total experiences between 2-3 years. About 46.7% of staff nurses are having current job experiences between 0-3 years. About 46.7% staff nurses are working in emergency room/area.

From the present study, after the tabulation and analysis it is evidenced that none of the samples are having mild stress in both psychiatric and multispecialty hospital. 34(56.7%) in psychiatric hospital and 21(35%) multispecialty hospital staff nurses are having moderate stress. 26(43.3%) in psychiatric hospital and 39(65%) in multispecialty hospital are having severe stress. The study showed that there exists more stress among staff

nurses working in multispecialty hospital 39(65%)than psychiatric hospital.

Discussion

The discussion is based on the data procured from the comparative study to assess the level of stress among staff nurses working in psychiatric and multispecialty hospitals.

Section I:

Describes the demographic variables of the Psychiatric hospital Nurses and Multispecialty Hospital Nurses

1. Psychiatric hospital

Majority of the subjects 35% were in the age group of <25 years. In this study gender is equally 50% female and male are working. Almost 38.3% are GNM in nursing qualification. About 58.3% were married. About 43.3% of staff nurses are having total experiences between 2-3 years. About 60% of staff nurses are having current job experiences between 0-3 years. About 36.3% staff nurses are working in emergency room/area.

2. Multispecialty hospital

Majority of the subjects 33.3% were in the age group of <25 years. In this study majority 55% females are there. Almost 35% are GNM in nursing qualification. About 53.3% were married. About 48.3% of staff nurses are having total experiences between 2-3 years. About 46.7% of staff nurses are having current job experiences between 0-3 years. About 46.7% staff nurses are working in emergency room/area.

Section II:

Assess the level of stress among staff nurses of Psychiatric hospital and Multispecialty Hospital.

From the present study, after the tabulation and analysis it is evidenced that none of the samples are having mild stress in both psychiatric and multispecialty hospital. 34(56.7%) in psychiatric hospital and 21(35%) multispecialty hospital staff nurses are having moderate stress. 26(43.3%) in psychiatric hospital and 39(65%) in multispecialty hospital are having severe stress.

Section III:

Comparison of the level of stress among staff nurses of Psychiatric hospital and Multispecialty Hospital

Table shows that there were significant differences in the level of stress among staff nurses working in psychiatric and multispecialty hospital. The study showed that there exists more stress among staff nurses working in multispecialty hospital 39(65%)than psychiatric hospital.

Section IV:

Association between demographic variables with level of stress among staff nurses of Psychiatric hospital and Multispecialty Hospital

Gender and working area have significant association with stress of staff nurses in psychiatric hospital. Variables such as age, nursing qualification, marital status, total experiences (year), and current job experiences (year) have no significant association with stress of staff nurses in psychiatric hospital. Current job experiences (year) and working area have significant association with stress of staff nurses in multispecialty. Variables such as age, gender, nursing qualification, marital status, total experiences (year), have no significant association with stress of staff nurses in multispecialty hospital.

Conclusion

The study findings showed that the staff nurses working in multispecialty hospital are having more stress than staff nurses working in psychiatric hospital and there are some demographic variables associated with level of stress among staff nurses in psychiatric and multispecialty hospital.

Recommendations: Keeping in view regarding findings of the present study, the following recommendations were made:

1. An experimental study can be conducted.
2. An evaluative study can be conducted to test the Effectiveness of self-instructional module.
3. The same study can be replicated on a large sample to generalize the findings to a large population

4. A similar study can be conducted to evaluate the effectiveness of teaching program on stress management.

Conflicts of Interests: Nil

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Ethical Clearance: Prior permission was obtained from research committee of institute and RGUHS, Bangalore as well as from hospitals and samples.

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