

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE ABOUT COPING STRATEGIES FOR PSYCHOSOCIAL STRESS RELATED DISORDERS AT WORK ENVIRONMENT AMONG STAFF NURSES OF A SELECTED HOSPITAL AT UDAIPUR

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Abstract

Stress is an unavoidable characteristic of life and work. In any job there are wide Variety of potential causes of stress. Occupational stress describes physical, mental and Emotional wear and tear brought about by incongruence between the requirement of job and Capabilities, resources and needs of the employee to cope with job demands.(Akinboyeet.al;2002) The study about Coping strategies for Psychosocial stress related disorders at work Environment is to help the Staff nurses to cope with psychosocial stress at workplace, to Improve the quality of work and in turn improve the quality of life, reduce the risk of any stress induced disorders and to accomplish them to be aware of various complications and risk for health problems. Moreover it guides the staff nurses towards a peaceful and happy mind and a healthy life. Thus, the structured teaching programme is very informative to Increase the knowledge and to be aware about consequences of psychosocial stress related disorders at work environment. The aim of study is to help the staff nurses to improve their knowledge about coping strategies for psychosocial stress related disorders. The research approach adapted to this study is pre-experimental one group pre-test and post-test design. The setting is selected at pacific Hospital Udaipur. The results indicate that the STP was effective in increasing the knowledge of subjects regarding Coping strategies for psychosocial stress related disorders at work environment. The STP was very effective in increasing the knowledge regarding the coping strategies for psychosocial stress related disorders at work.

Keywords: knowledge, staff nurse, psychosocial stress related disorders.

INTRODUCTION & BACKGROUND OF STUDY

The term "stress", as it is currently used was coined by Hans Selye in 1936, who defined it as "the non-specific response of the body to any demand for change". Stress is the response of the body and mind towards various changes in the physical environment of a person. Work stress in nursing was first assessed in 1960 when Menzies identified four sources of anxiety among nurses: patient care, decision-making, taking responsibility, and change. The nurse's role has long been regarded as stress-filled based upon the physical labour, human suffering, work hours, staffing, and interpersonal relationships that are central to the work nurses do. Since the mid-1980s, however, nurses' work stress may be escalating due to the increasing use of technology, continuing rises in health care costs, and turbulence within the work environment.

Stress is a prevalent and costly problem in today's workplace. With continued stress at the

workplace, workers will develop psychological and physiological dysfunctions and decreased motivation in excelling in their position.

The psychosocial work environment can be described as a multifaceted and complex phenomenon and may be framed according to three levels; the Task level involving aspects of control, role expectations, and job demands, the Social and Organizational level involving aspects such as social interaction, communication, leadership and organizational culture, and finally the Individual level comprising aspects of, for example, commitment and work motives. The psychosocial work environment is crucial for the well-being and health of nursing staff working in psychiatric care and has been linked to the staff's perceived burnout, psychological distress and stress. Moreover a number of work environmental factors have been linked to the staff's absence due to illness.

The nursing staffs working in psychiatric care have a demanding work situation, which may be reflected in how they view their psychosocial work environment and the ward atmosphere. Several work-related stressors were found to predict poor well-being among psychiatric nurses (feeling uptight and emotional exhaustion), including high psychological job demands, low level of social support in the workplace, occupational stress and occupational stress paired with low social support.

Stress if not handled effectively by psychiatric nurses can cause physical and psychological problems. Some of the common problems include anxiousness, inability to concentrate, depression and ultimately results in decreased performance in the professional as well as personal life.

The psychosocial work environment has to do with the staff's working conditions, including organizational and work characteristics, while the ward atmosphere reflects the milieu in which the care takes place and patient - staff relationships are developed.

Psychiatric nurses adopt various ways to cope with their unhealthy psychosocial environment. Managing the stress is all about how to change the stress including how to release and to eliminate whenever possible. Developing and improving the ward atmosphere by clarifying the ward and treatment or caring structure and regimes, and enhancing activities that guide the patients in personal and practical problem solving, could pave the way for a better psychosocial work environment.

OBJECTIVE OF THE STUDY

1. To assess the level of knowledge of staff nurses regarding the psychosocial stress related disorders and its coping strategies.
2. To evaluate the effectiveness of structured teaching programme (STP) on coping strategies for Psychosocial stress related disorders at work environment.
3. To find out the association between Post-test knowledge score with selected demographic variables.

HYPOTHESIS

H1. The mean post-test knowledge score of Staff nurses who had structured teaching programme (STP) regarding the coping strategies for Psychosocial stress related disorders at work will be significantly higher than the mean pre-test knowledge scores.

H2. There will be significant association between post-test knowledge scores with selected demographic variables among staff nurses, who received structured teaching programme on

coping strategies for psychosocial stress related disorders at work environment

MATERIAL AND METHOD

The research approach adapted to this study is pre-experimental one group pre-test and post-test design. The setting is selected at pacific Hospital udaipur. The sample size was 60 staff nurses. The tool consists of section – I demographic Performa consisting of six items, section – II self administered questionnaire consisting of thirty items. The content validity was established by subjecting the tool to experts in this field. The final data was Collected from 21st April to 5th may 2018. (Extended for 5 days)

ETHICAL CONSIDERATION

Written permission was taken from seleted hospital udaipur before conducting the study. Written permission was taken from ethical committee of the hospital. Informed consent was taken from staff nurses. Staff nurses who were absent during the process of data collection were not included in the study.

RESULTS

Table -1: PRE-TEST AND POST-TEST KNOWLEDGE SCORES OF STAFF NURSES REGARDING COPING STRATEGIES FOR PSCHOSOCIAL STRESS RELATED DISORDERS. N=60

Aspect	Pre test		Post test		Paired t-test
	Mean	±SD	Mean	±SD	
Stress and it's symptoms	4.06	3.979	7.53	1.59	17.74***
Disorders related to stress	3.26	3.293	6.43	2.03	14.12***
Coping strategies	7.66	7.201	13.39	4.08	14.36***
Overall score	14.98	14.473	27.35	7.70	25.13***

The data presented in table 1 shows * significant at $P \leq 0.05$ ** highly significant at $P \leq 0.01$ *** very high significant at $P \leq 0.001$ Evaluation of STP on knowledge regarding coping strategies for Psychosocial stress related disorders at work environment among staff nurses with statistical significance shows very high significance at 0.001 level with a 't' value of 25.13, which showed that STP was effective in improving the knowledge.

TABLE:2

Level of knowledge	Pre test		Post test	
	n	%	n	%
Inadequate knowledge	40	66.7%	0	0
Adequate knowledge	20	33.3%	2	3.3%
Adequate knowledge	0	00.00%	58	96.7%%
Overall performance	60	100%	60	100%

Following table Comparing pre and post-test knowledge of respondents, in pre-test 40(66.7%) have inadequate knowledge whereas in post-test 58(96.7%) have adequate knowledge. In pre-test 20(33.3%) have moderate knowledge and in post-test, 2(3.3%) have moderate knowledge.

DISCUSSION

- The knowledge of staff nurses regarding coping strategies for psychosocial
- Stress was inadequate as assessed during the pretest, whereas the knowledge

- Has considerably improved during the post test stage.

CONCLUSION

The results indicate that the STP was effective in increasing the knowledge of subjects regarding Coping strategies for psychosocial stress related disorders at work environment. The STP was very effective in increasing the knowledge regarding the coping strategies for psychosocial stress related disorders at work.

Conflict of Interest: Nil

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