PERCEIVED OCCUPATIONAL STRESS AMONG NURSES

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Abstract

A descriptive study was undertaken with the aim to identify perceived occupational stress among nurses. The study aimed to find out the level of job stress of nurses working in different wards and the association between stress and different demographic factors. The sample comprised of 50 randomly selected nurses working in a selected private sector Hospital of Guwahati city. Descriptive survey design was adopted for the study. Data was collected through a structured questionnaire which consisted of two parts. PART A of the tool is the Demographic proforma. The PART B of the structured questionnaire included the OSI- Occupational Stress Index scale, constructed by Dr. A. K. Srivastava & Dr. A. P. Singh. The data obtained was analyzed in terms of frequencies and percentages and chi-square was computed to find out the associations between variables. In the study all the participants were female nurses. The results of the study found that, majority of the participants, were from the age group 26-30 years (34%) & belonged to Hindu religion (54%). Out of 50 participant nurses, 28 nurses (56%) were GNM Diploma holders, 21 nurses (42%) were graduate nurses & 1 (2%) had post graduate degree in nursing. Majority (80%) of the participant nurses were working in the capacity of staff nurse & 86% had shift duty. Each participant nurse in the study experienced certain levels of job stress and majority (74%) of them belonged to the category of moderate stress. Study found significant association between perceived occupational stress and demographic variable of 'religion'. The study makes several recommendations in the field of Nursing Research and Nursing Practice.

Keyword: stress, nurse, job, demographic, occupational

INTRODUCTION

Stress is an unavoidable consequence and inevitable part of life. Stress in the working environment has been receiving increased attention over the years as it has been realized that the consequences of stress are manifold both in terms of physical health and work performance.

World Health Organization (WHO) regarding global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020 (Grosswald SJ).

Kane PP (2009), identified the most important causes of stress as- jobs not finishing in time because of shortage of staff, conflict with patient relatives, overtime, and insufficient pay. Psychosomatic disorders like acidity, back pain, stiffness in neck and shoulders, forgetfulness, anger, and worry significantly increased in nurses having higher stress scores.

STATEMENT OF THE PROBLEM

A Study to identify Perceived Occupational Stress among Nurses in a selected Private Sector

Hospital of Kamrup (Metro) District, Assam.

OBJECTIVES OF THE STUDY
- o To identify perceived occupational stress among hospital nurses.
- o To determine the association between perceived occupational stress and selected demographic variables.

METHODOLOGY
Research approach and Design- Quantitative approach was used. Descriptive Survey design was adopted for the study.

Study setting- Private sector hospital of Guwahati, Assam.

Population- Nurses working in selected private hospital of Guwahati, Assam.

Sample size- 50 Trained Nurses

Sampling Technique- Simple Random Sampling

Study setting- Selected private sector hospital of Guwahati, Assam.

Description of Tool-
The tool consisted of two parts.
PART A – SOCIO- DEMOGRAPHIC PROFORMA-
The variables included were- age, gender, religion, designation, educational qualification, years of experience, area of work, type of duty, number of night shift, and marital status.
PART B – JOB STRESS QUESTIONNAIRE
The PART B of the structured questionnaire consisted of the OSI- Occupational Stress Index scale, constructed by Dr. A. K. Srivastava & Dr. A. P. Singh of Department of Psychology, Banaras Hindu University, Varanasi. The tool consists of 46 items, each to be rated on the 5 point scale- strongly disagree, disagree, undecided, agree, and strongly agree. The items relate to almost all relevant components of the job life which cause stress in some way or the other.

RESULTS

Table 1- Description of sample characteristics

N=50

Variable	Items	Number of Nurses (Frequency)	Percentage
Age in years	Upto 25	13	26.0
	26 - 30	17	34.0
	31 - 35	9	18.0
	36 - 40	11	22.0
	Total	50	100.0
Religion	Hindu	27	54.0
	Islam	1	2.0
	Christian	22	44.0
	Total	50	100.0

General Academic Qualification	Higher Secondary	41	82.0
	Graduate	7	14.0
	Post Graduate	2	4.0
	Total	50	100.0
Professional Qualification	GNM	28	56.0
	BSc Nursing	21	42.0
	MSc Nursing	1	2.0
	Total	50	100.0
Designation	Staff Nurse	40	80.0
	Shift-in Charge	4	8.0
	Unit/Ward In-charge	4	8.0
	Infection Control Nurse	1	2.0
	Nurse Educator	1	2.0
	Total	50	100.0
Years of Professional Experience	0 - 1 year	4	8.0
	1 - 3 yrs	18	36.0
	3 - 5 yrs	5	10.0
	5 - 10 yrs	12	24.0
	11 yrs and above	11	22.0
	Total	50	100.0
Type of Duty	Fixed	7	14.0
	Shift	43	86.0
	Total	50	100.0
Number of Night Shift in a month	No night duty	4	8.0
	1 - 5 days	10	20.0
	6 - 12 days	34	68.0
	Above 12 days	2	4.0
	Total	50	100.0
	Total	50	100.0
Marital Status	Unmarried	30	60.0
	Married	20	40.0
	Total	50	100.0

Study findings shows that all the participants were female nurses. Majority of the participants, were from the age group 26-30 years (34%) & belonged to Hindu religion (54%). Out of 50 participant nurses, 28 nurses (56%) were GNM Diploma holders, 21 nurses (42%) were graduate nurses & 1 (2%) had post graduate degree in nursing.

Majority (80%) of the participant nurses were working in the capacity of staff nurse & 86% had shift duty.

Table 2: Level of Occupational Stress

N=50

Occupational Stress	Frequency	Percentage
Low	10	20.0
Moderate	37	74.0
High	3	6.0
Total	50	100.0

Each participant nurse in the study experienced certain levels of job stress and majority (74%) of them belonged to the category of moderate stress.

Table 3: Finding of Association between Occupational Stress and Demographic Variables

N=50

Demographic Variable	Chi-Square	Value	Df	P value
Age	Pearson Chi-Square	3.580	6	.733
Religion	Pearson Chi-Square	16.116	4	.003*
General Academic Qualification	Pearson Chi-Square	1.513	4	.824
Professional qualification	Pearson Chi-Square	.705	4	.951
Designation	Pearson Chi-Square	2.760	8	.948
Years of Professional Experience	Pearson Chi-Square	3.312	8	.913
Type of Duty	Pearson Chi-Square	.772	2	.680
No of Night shift in a month	Pearson Chi-Square	5.089	6	.532
Marital Status	Pearson Chi-Square	1.670	2	.434

*statistically significant at p<0.05 level.
Study found significant association between job stress and demographic variable of 'religion'

DISCUSSION

The findings of the present study are consistent with some similar studies. Gandhi S, K Lalitha (2008) studied perceived stress in 60 nurses working in the psychiatric wards of a hospital in Bangalore and found that the total percentage of stress index was 48% indicating an overall moderate level of stress perception by the study subjects.

In a study conducted by Pawar M (2014) among the nurses working in Intensive care units in selected hospitals of Navi, Mumbai and found that majority 42% of the sample had severe stress.

CONCLUSION

The study therefore concludes that nursing is a stressful profession. Nurses face job related stress in different degrees.

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