

A STUDY TO ASSESS THE LEVEL OF ANXIETY AMONG PATIENT'S UNDERGOING SURGERIES AT SELECTED HOSPITALS IN LUCKNOW UTTAR PRADESH IN VIEW OF PROVIDING AN INFORMATION BOOKLET

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ABSTRACT

1. Statement: A study was conducted to assess the level of anxiety among patients undergoing surgeries at St. Mary's Hospital, Kursi Road, Lucknow, Uttar Pradesh, with the aim of developing an Information booklet to address the issue. 2. Introduction: Preoperative anxiety is a common psychological response experienced by patients awaiting surgery. It manifests through feelings of uneasiness, fear, and stress, which can lead to adverse physiological effects. This study aimed to understand the prevalence and intensity of preoperative anxiety and identify its associations with demographic factors. 3. Objectives: - To evaluate the level of anxiety among patients undergoing surgeries.- To examine the association between anxiety levels and selected demographic variables. 4. Research Methodology: The study employed a descriptive, cross-sectional research design. A sample of 50 preoperative patients was selected using a non-probability convenient sampling technique at St. Mary's Hospital. Data were gathered using a structured questionnaire, which included demographic variables and anxiety-related questions. The anxiety levels were measured using a scoring system, and statistical tools were applied to analyze associations between anxiety and demographic factors. 5. Results: The findings revealed that 42% of patients experienced mild anxiety, 52% experienced moderate anxiety, and 3% had severe anxiety. There was no significant association between anxiety and gender or occupation. However, age and educational status were found to have significant associations with anxiety levels. This study underscores the importance of addressing preoperative anxiety through information booklet and intervention programs.

Keywords: Anxiety, Patient's, Surgeries

INTRODUCTION

A global systematic review and meta-analysis reported a 48% pooled prevalence of pre-operative anxiety among patients undergoing surgery. Anxiety is the subjective unpleasant feeling of dread over something unlikely to happen, such as feeling of imminent death. It is often accompanied by restlessness, fatigue, problems in concentration and muscular tension. It is a state of uneasiness, nervousness, fear, and high autonomic activity with varying degree of intensity. It occurs due to health issues, medications, negative thinking, personal triggers, conflicts etc.

OBJECTIVES

- I) To assess the level of anxiety among patient's undergoing surgeries at St. Mary's Hospital, Kursi Road, Lucknow Uttar Pradesh.
- II) To find out the association between anxiety among patient's undergoing surgeries with selected demographic variables.

RESEARCH APPROACH:

1. According to **Polit and Hungler (2004:233)**, methodology refers to ways of obtaining, Organising and analysing data Methodology decisions depend on the nature of the research question. Methodology in research can be considered to be the theory of correct scientific decisions (Karfman as cited in Mouton & Marais 1996:16).
2. In this study methodology refers to how the research was done and its logical sequence. The main focus of this study was the exploration and description of the experiences of registered nurses involved in the termination of pregnancy, therefore the research approach was qualitative.
3. According to **Burns and Grove (2003:488)**, methodology includes the design, setting sample, methodological limitations, and the data collection and analysis techniques in a study.

DATA COLLECTION PROCESS:

Data collection is the precise, systematic gathering of information relevant to the research purpose. Obtain formal consent from ERA COLLEGE OF NURSING LUCKNOW to conduct the study and then the permission consent was taken from St. MARY'S HOSPITAL KURSI ROAD LUCKNOW. After brief self-introduction, informed consent obtained from the subject. The data collection period was from 20/07/24 to 24 /07/24.

Phase 1- The formal written permission was received from the principles of Era college of nursing after the explaining the benefits of assess the level of anxiety among the preoperative patient.

Phase 2- The data was collected in St. MARY'S HOSPITAL KURSI ROAD LUCKNOW the research obtained written consent from the participants, after explaining the benefits of this study using non-probability, purposive sampling technique, data was collected from 60 preoperative patients for the main study done by using descriptive and inferential statistics.

Two from department of obstetrics and gynaecology nursing. Two from department of medical surgical nursing. One from department of paediatric nursing. One from department of community health nursing. Necessary modifications were made according to experts' opinion.

Experts were requested to judge the items for their clarity, relatedness, meaningfulness and content. Suggestions from 6 experts were received and changes were done according to them, considering the practicability of the tool. reorganization of the item 20 the tools were done finally and validated tools was done finally and validated tools were ready to ascertain the data from the study subjects.

The following tools were used to generate the necessary data.

- Part A- Demographic variables.
- Part B- Structured questionnaire.

Part A- Demographic variable.

Social-demographic profile of the subject consulting of the baseline demographic data of the subject such as age, gender, area of native residence, marital status, length of stay in hospital, education, occupation, source of income.

Part B- Structured questionnaire.

Total questions –20

It consists of 20 items.

- Question related to sleeping pattern
- Question related to occupation and finances
- Question related to anxiety
- Question related to physical disability
- Question related to negative thoughts
- Question related to difficulty to interact
- Question related to making self-decision
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CRITERION MEASURES

Level of Anxiety	Scores
Mild Anxiety	0-14
Moderate Anxiety	15-27
Severe Anxiety	28-40

Minimum: 0

Maximum: 40

Results:

In the present study, the level of anxiety among patients undergoing surgeries at St. Mary’s Hospital, Kursi Road, Lucknow, Uttar Pradesh, was assessed. The findings revealed that:

- 42% of patients exhibited mild anxiety (scoring 0 to 14).
- 52% of patients exhibited moderate anxiety (scoring 15 to 27).
- 3% of patients exhibited severe anxiety (scoring 28 to 40).

The study also found no significant association between the level of anxiety and demographic variables such as gender and occupation. However, a significant association was found between anxiety levels and factors like age and educational status.

Objective of the study :

- I) To assess the level of anxiety among patient’s undergoing surgeries at selected hospital.
- II) To find out the association between anxiety among patient’s undergoing surgeries with selected demographic variables.

Organization of data :

The collected data were analyzed and interpreted under the following headings:

Section 1: Description of socio demographic variables.

Section 2: Assessment of the level of anxiety among patient’s undergoing surgeries

Section 3: Association between the selected demographic variables and the level of anxiety among patients:

SECTION – 1

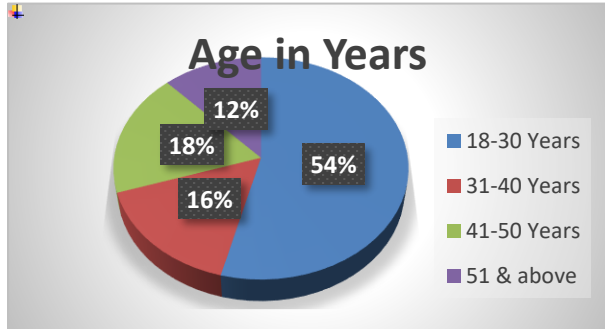
Table Showing frequency and percentage distribution of samples according to socio demographic variables.

N= 50

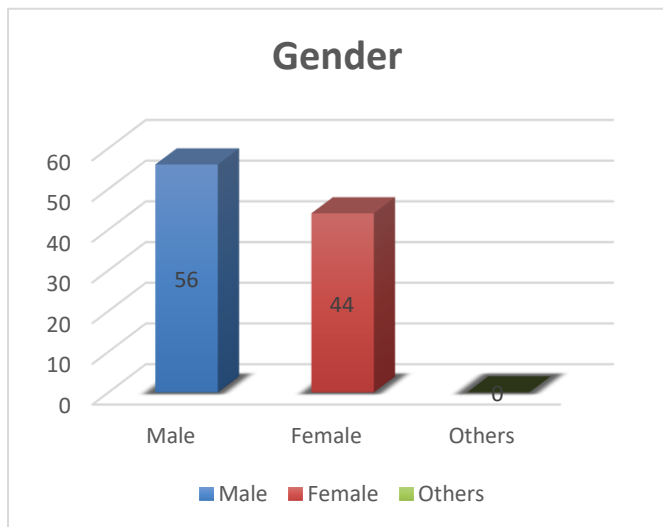
VARIABLES	CATEGORY	FREQUENCY	PERCENTAGE
Age (in years)	18-30 years	27	54 %
	31-40 years	8	16 %
	41-50 years	9	18 %
	51 & above	6	12 %
Gender	Male	28	56 %
	Female	22	44 %

	Others	0	0 %
Educational Status	Illiterate	11	22 %
	Primary Education	5	10 %
	Secondary Education	12	24 %
	Graduate & above	22	44 %
Occupation	Employed	20	40 %
	Unemployed	30	60 %

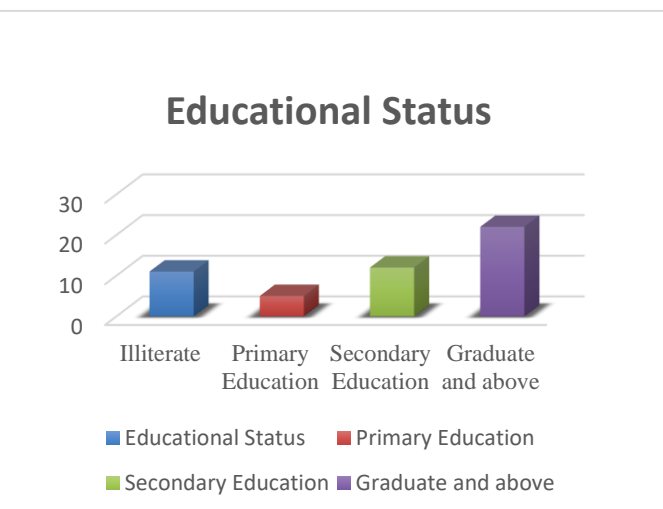
Table 4.1: Showing frequency and percentage distribution of samples according to socio demographic variables



Graph – 4.1 : Graph showing frequency distribution according to age revealed that, majority of the people 54 % were in age group of 18-30 years, 16 % were in age group 31-40 years, 18 % were in age group of 41-50 years, and 12 % were in age group of 51 and above years.



Graph – 4.2 : Graph showing frequency distribution according to gender revealed that, majority of the people 56 % were males, and 44 % were females. And no other gender is present.



Graph – 4.3 : Graph is showing that, 22 % of people were illiterate, 10 % of people had their primary schooling only, 24 % of people had their secondary Education only, majority of people 44 % were graduated or above.



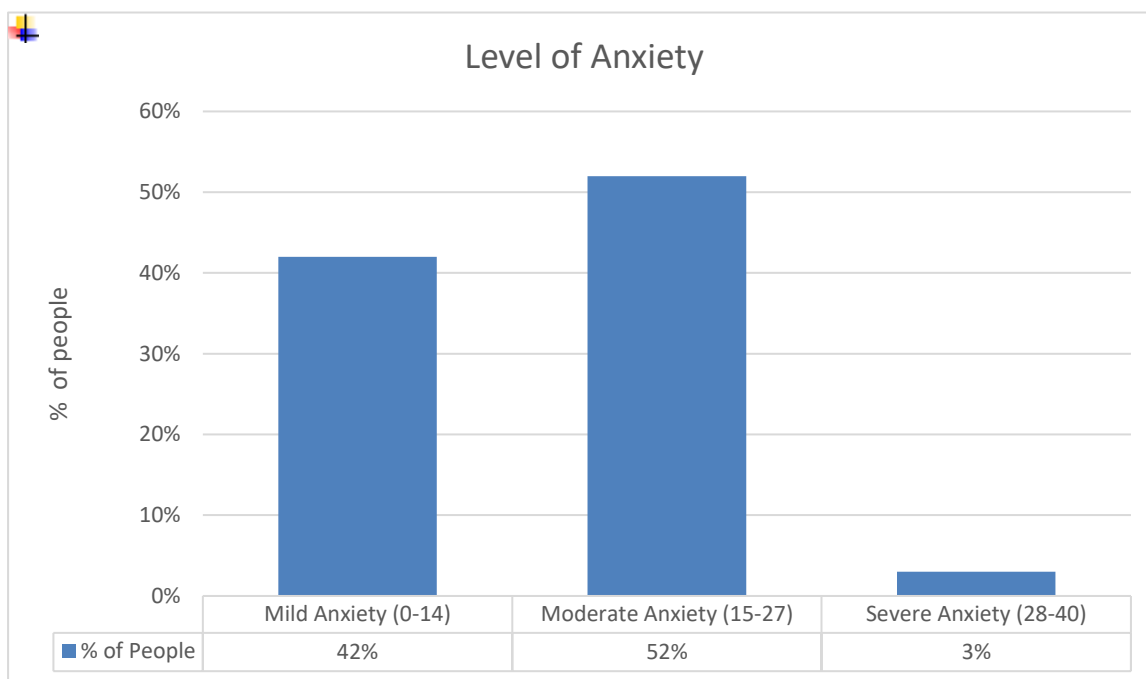
Graph – 4.4 : Graph is showing that majority 60 % of the people are unemployed and 40 % of the people were Employed.

SECTION – 2

LEVEL OF ANXIETY N= 50	FREQUENCY	PERCENTAGE (%)
Mild Anxiety (0-14)	21	42 %
Moderate Anxiety (15-27)	26	52 %
Severe Anxiety (28-40)	3	6 %

TABLE- 4.2 Criteria Measure of Level of Anxiety

TOTAL = 100



Graph 4.5: Graph indicates overall levels of anxiety showing 42 % of the people have mild level of Anxiety (Scoring – 0 to 14), 52 % of people have Moderate level of Anxiety (Scoring – 15 to 27) and 3 % of people have Severe level of Anxiety (Scoring 28 to 40).

Descriptive Statistics	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
Anxiety Level	16.58	16	6.80	34	5	29	55.17%

Minimum = 5

Maximum = 29

SECTION – 3

ASSOCIATION BETWEEN THE SELECTED DEMOGRAPHIC VARIABLES AND THE LEVEL OF ANXIETY AMONG PATIENTS:

The Chi-square test was used to determine the association between the anxiety levels and selected demographic variables:

Demographic Data		Association with level of Anxiety							
Variable	Options	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Chi test	p-value	Df	Table value	Result
Age (in years)	18-30 years	14	13	0	16.83	0.05	6	12.59	Significant
	31-40 years	3	7	0					
	41-50 years	3	4	2					
	51 & above	1	1	2					
Gender	Male	14	13	2	1.12	0.05	4	9.49	Not Significant
	Female	7	12	2					
	Others	0	0	0					
Educational Status	Illiterate	3	4	4	17.06	0.05	6	12.59	Significant
	Primary Education	2	3	0					
	Secondary Education	4	8	0					
	Graduate & above	12	10	0					
Occupation	Employed	9	11	0	2.90	0.05	2	5.99	Not Significant
	Unemployed	12	14	4					

TABLE- 4.3 Association Between the Selected Demographic Variables and the Level Of Anxiety Among Patients

The findings of the study are discussed under the following headings:

PART 1

SECTION 1: Distribution of samples according to socio demographic variables

The demographic characteristics of the study population were as follows:

In relation to **age** of the samples study revealed that, majority of the people 54 % were in age group of 18-30 years, 16 % were in age group 31- 40 years, 18 % were in age group of 41-50 years, and 12 % were in age group of 51 and above years. According to **gender** majority of the people 56 % were males, and 44 % were females. And no other gender is present. As per **educational status** 22 % of people were illiterate, 10 % of people had their primary schooling only, 24 % of people had their secondary Education only, majority of people 44 % were graduated or above. As per the **occupational Status**, majority 60 % of the people are unemployed and 40 % of the people were Employed.

SECTION 2: Assessment of the level of anxiety among patient's undergoing surgeries

As per the Levels of anxiety, 42 % of the people have mild level of Anxiety (Scoring – 0 to 14), 52 % of people have Moderate level of Anxiety (Scoring – 15 to 27) and 3 % of people have Severe level of Anxiety (Scoring 28 to 40).

SECTION 3: Association between the selected Demographic Variables and the Level of Anxiety among patients.

In present study the result shows there was no significance association between the level of Anxiety and demographic variables such as gender and Occupation but there is a significant association between the demographic variables such as Age and Educational status. The calculated chi-square values were less than the table values in case of demographic variables such as Gender and Occupational status and vice-versa in case of demographic variables such as Age and Educational Status.

CONCLUSION

In the present study, the level of anxiety among patients undergoing surgeries at St. Mary's Hospital, Kursi Road, Lucknow, Uttar Pradesh, was assessed. The findings revealed that:

- 42% of patients exhibited mild anxiety (scoring 0 to 14).
- 52% of patients exhibited moderate anxiety (scoring 15 to 27).
- 3% of patients exhibited severe anxiety (scoring 28 to 40).

The study also found no significant association between the level of anxiety and demographic variables such as gender and occupation. However, a significant association was found between anxiety levels and factors like age and educational status.

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