

A descriptive study to assess the level of stress among staff nurses working in critical care unit in selected Hospital Indore

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Abstract

A descriptive study was done to assess the level of stress among the staff nurses working in CCU. Non experimental research design was used for the study. Convenience sampling was used as sampling technique and 20 staff nurses working in CCU in Bombay Hospital, Indore were selected for the study, with the permission of the higher authority we approached the staff nurses working in CCU individually. Socio demographic performa was given priorly and the work stress scale was given for data collection. Time taken for the assessment of the structured work stress scale was 10 minute. We thank all the staff nurses of CCU who co-operated with us for the completion of data collection. Conclusion of the study shows that age, marital status, educational qualification, satisfaction with salary are the socio demographic factors which are significant in the study and gender, work experience, number of children, area of the work are non-significant variables in the study.

Keywords: level of stress, staff nurses, critical care unit, assess

Introduction

Background of the Study

In the year 1942, the Australian born Dr. Hans Selye, Director of the institute of experimental medicine and surgery at the University of Montreal, introduced the word stress for first time. According to him, stress is a non-specific response of the body to any to any demand being made on^[5].

Stress may be viewed as an individual's reaction to any change that requires an adjustment or response, which can be physical, mental or emotional. Responses directed at stabilizing internal biological processes and preserving self-esteem would be viewed would as health adaptation to stress¹ Psychologist Eric Fromm notes that not he who has much is rich but he who gives much. The hoarder who is anxiously worried about the loss of something is psychologically the poor improvised man, regardless of what he is.

Psychologist Joseph Macbrath believes that the popular belief of stress as something evil would change if only stress was labeled as challenge^[3].

Stress has been categorized as an antecedent or stimulant as a consequence or response and as an interaction proposed a physiological assessment that supports considering the association between stress and illness⁶.

Stress occurs when the body prepares itself over and over again, for an activity such as combat or escape that really never takes place. Stress is not inherently deleterious however each individuals cognitive appraisal their perception and interpretation gives.

Stress has observed among ICU nurses, due to their close contact with patients in distress and at the risk of death. This situation becomes worse due to the need for direct and intensive care^[2].

Several studies were performed to characterize nurses working at ICU and verified the presence of stress among them. The studies identified that there is heavy workload, urgency of work to be performed, dying and death of patients,

role conflict, lack of autonomy in practice, insufficient knowledge base, lack of support, fear of making mistakes, limitations on organization level, unsafe work place^[7]

Statement of the Problem

A descriptive study to assess the level of stress among staff nurses working in critical care unit in selected hospital of Indore.

Objectives

- To assess the level of stress among staff nurses working in selected hospital of Indore.
- To find out the association between level of stress among staff nurses working in CCU and selected socio demographic variables.

Hypothesis

H1: There is a significant association between level of stress among CCU staff nurses and selected demographic variables at the level of $p \leq 0.05$.

Material and Methods

A Descriptive research approach was found to be the most appropriate. Polit and Hungler (1999) highlighted the descriptive study design to dimensional phenomenon. Research design helps the researcher in selection of subjects manipulating the variables & declining upon the type statistical analysis to be used to interpret the data. In this study a non-experimental research design was used to assess the level of stress among the staff nurses working in CCU. The dependent variable in this study was level of stress among CCU nurses. The study was conducted in Bombay Hospital Indore. It is a multispecialty hospital for treatment of patients. Population comprised of CCU nurses in Bombay Hospital Indore. Purposive sampling entails handpicking of the participants to be included in the sample based on

research's knowledge about the population. The method used for non-probable purposive sample from a population in such a manner that the sample will facilitate determination of some hypothesis concerning some population. This study is planned to analyze the data based on the objective obtained from 20 samples was analyzed using descriptive & inferential statistics as frequencies and percentage of socio-demographic data was analyzed using descriptive statistics. Mean, median, standard deviation would be calculated to find out the level of stress among the staff nurses working in CCU.

Findings

The study revealed age wise 85% of CCU staff nurses were in age group of 20-25 & 15% were in age group of 26-30. On gender basis 20% were male staffs & 80% were female staffs. Based on marital status 75% were single & 25% were married and that 85% are without child. In case of educational qualification GNM staffs were 30% & 70% were B.Sc. based on area of work 55% were CCU staffs & 45% were ICCU staffs. on basis of work experience 50% of staffs were having >12 month experience, 30% having 13-24 month experience & 10% for staffs with 25-30 month & < 36 month experience. 65% staffs having reveals that age, marital status, educational qualification and satisfaction with salary are highly significant and gender, number of children, area of work and work experience are non-significant variables.

Discussion

Level of stress among the staff nurses working in critical care unit. the finding of the study showed that out of 20 samples taken for the study 5% staffs were calm and 4% staffs were with low stress, 5% staffs having moderate stress and 3% were having severe stress and the staff nurses in highly dangerous stress were 3%. Association study reveals that age (39.11%) is significant: gender (1.95%) is not significant, marital status (5.99%) is significant, no of children (6.09%) is not significant, educational qualification (73.98%) is significant, area of work (3.08%) is not significant, work experience (7.2%) is not significant, satisfaction with salary (5.52%) is significant.

Conclusion

The main aim of the study was to assess the level of stress among CCU nurses in Bombay Hospital, Indore. After detailed analysis and experience of the investigators, finding revealed as majority having work related stress. the overall experience of conducting the study was enjoyable. The response of the participants to the study was an encouraging hand for the investigators. The constant helps and support of the guide and co-guide provided a positive reinforcement for the successful completion of the study. The study revealed that the study helps to identify the level of stress among the staff nurses working in critical care unit of Bombay Hospital, Indore. The findings of the study have several implications including nursing research, nursing administration and nursing services.

Ethical clearance

Conduct this study was obtained from institutional ethical committee. Participants were informed of the purpose and procedures of the study and their right not to participate and

withdraw at any time without prejudice. Informed consent was taken prior to the study.

Conflict of interest: No

Source of Funding; self

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