

Assess the level of work related stress and coping strategies among staff nurses working in operation theatre at NMCH, Nellore

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Abstract

Background of the study: Stress is referring to a pressure that made disturb in the balance of living system and organism. When there is an inconsistency between the one's understandings of his or her abilities to meet such a needs. Stressors are factors that can be affected that can affect people; mental and physical health and consequently disturb their normal function. Gastro intestinal disorders, headache, dizziness and severe fatigue are among side effect and complications of stress.

Objectives: To assess the level of work related stress among staff nurses working in operation theatre. To assess the coping strategies among staff nurses working in operation theatre. To find out the association between the level of work related stress among staff nurses working in operation theatre with their socio demographic variables. To find the association between the coping strategies among staff nurses working in operation theatre with their socio demographic variables.

Material and Method: The present study was conducted by using quantitative research approach and descriptive design was adopted. The Samples were selected by using non -probability convenience sampling technique.

Result and Discussion: to level of work related stress among OT staff nurses, 20(66.7%) belongs to moderate and 10(33.3%) belongs to severe. coping strategies among OT staff nurses 17(56.7%) belongs to moderate and 13(43.3%) belongs to severe.

Conclusion: Based on the study researcher suggested that educational program can be organized to create awareness among OT staff nurses to relive the stress with regarding to level of work related stress among OT staff nurses, 20 (66.7%) belongs to moderate and 10(33.3%) belongs to severe. with refers to coping strategies among OT staff nurses 17(56.7%) belongs to moderate and 13(43.3%) belongs to severe.

Keywords: work related stress, and coping strategies, staff nurses working in operation theatre

Introduction

Stress is referring to a pressure that made disturb in the balance of living system and organism. When there is an inconsistency between the one's understandings of his or her abilities to meet such a needs. Stressors are factors that can be affected that can affect people; mental and physical health and consequently disturb their normal function. Gastro intestinal disorders, headache, dizziness and severe fatigue are among side effect and complications of stress. Among the many different types of stress, the stress attributed to work place environment is the most common by means of which persons go through mental and physical pressures and may fail to achieve their carrier goals. Also, job stress arises when the requirements of a certain job are for more than one's capabilities, consequently, people may undergo unpleasant and obnoxious emotional and physical reactions.

The operating room is a complex, stressful and potentially hazardous environment. Risk have to do with patient condition, competence of the surgeon to perform difficult procedures, team dynamics and organizational and environmental conditions. In addition, work pressure can result in decreased patient safety. This has been confirmed in a study by Deferential that showed a direct correlation between

stressful work situations and the patients safety. A review of

over 300 empirical studies by superstorm and the miller concluded that there is a direct correlation between work place stress and the health of employees.

Need for study

Nursing is a stressful profession. Previous research has identified international and difference in OT staff nurses work place stress and coping responses. It will concluded frequent work place stress is reduced health.

According to World Health Organization 2011 report have there are 3.4 million nurses are globally and in India there are 143000 nurses are working in operation theater

WHO 2012 conducted a study in 96 random sample of midigan OT nurses working 12 hour shifted reported in significantly higher level of stress than working 8 hour shift. The nurses in 12 hours shift experienced significantly more chronic stress.

United Kingdome health and safety executive nurses (1997) published a document enlisted self reported work related stress among OT staff nurses. This survey representation national sample7500. The result 42% of nurses are suffered

with stress. Nurses were among highest group who reported significantly raised rate of stress. Indian journal of occupational and environment medicine show that mean score is 3.25. 51% OT staff nurses have moderate stress and 3% staff nurses have severe stress. In Swami Vivekananda hospital Meerut, Uttar Pradesh conducted a cross sectional study to determine work place stress among OT staff nurses. Result show that 80% nurses had high stress and 42% had moderate to severe stress. In Andhra Pradesh most of the OT staff nurses have stressful situation during shift time. The researcher is interest to assess the level of work related stress and coping strategies among staff nurses working in operation theater in Narayana Medical College Hospital, Nellore.

Statement of problem

A study to assess the level of work related stress and coping strategies among staff nurses working in operation theater at nmch, Nellore.

Objectives

1. To assess the level of work related stress among staff nurses working in operation theater.
2. To assess the coping strategies among staff nurses working in operation theater.
3. To find out the association between the level of work related stress among staff nurses working in operation theater with their socio demographic variables.
4. To find the association between the coping strategies among staff nurses working in operation theater with their socio demographic variables.

Delimitation of Study: The study is delimited to,

- Staff nurse working at OT in NMCH, Nellore. Who available at time of data collection.
- Sample size was 30 OT staff nurse.
- Data collection period is 2 weeks.

Methodology

Research Approach: quantitative research approach

Research design: descriptive design

Setting of the study: The study was conducted in Narayana Medical College Hospital, Nellore.

Population

Target Population: Target population include the staff nurses working in operation theater at Nellore.

Accessible Population

The population for the present study was the staff nurses working in operation theater at Narayana Medical College Hospital, Nellore.

Sample

Samples of the study was staff nurses working in operation theater, who fulfills the inclusive criteria

Sampling Technique

Non probability convenience sampling technique was adopted for this study to assess the level of work related stress and coping strategies among staff nurses working in operation theater.

Sample Size: The sample size for the study was 30 OT staff nurses in Narayana Medical College Hospital at Nellore.

Criteria for Sampling

Inclusion criteria: OT staff nurses who are,

- willing to participate in the study
- available at the time of data collection

Exclusion criteria: OT staff nurses who are,

- not willing to participate in the study
- not available at the time of data collection

Variables of the study: Variables of the study are research variables and demographic variables

Research variables: The level of work related stress and coping strategies among staff nurses working in operation theater.

Demographic variables: The demographic variables of OT staff nurses such as age, sex, educational status, working experience, type of family, salary, daily working hours, marital status, and children’s in the family.

Description of Tools

The investigator was developed observational checklist to assess the level of work related stress and coping strategies among staff nurses working in operation theater. The tools was divided into two part.

Part-A: It deals with the socio demographic variables of the OT staff nurses which includes the age, gender, educational status, year of experience, salary, daily working hours, marital status, and children’s in the family.

Part-B: Deals with observational checklist. It deals with physical and psychological stress and also social relationship. It consist 40 observational checklist to assess the level of work related stress and coping strategies among staff nurses working in operation theater.

Score interpretation

Table 1: Under the score interpretation yes means 1 mark and no means ‘0’ mark.

Grade	Score
Major	More than 75%
Severe	50-74%
Moderate	25-49%
Mild	Less than 25%

Table 2: Plan for data analysis

Sl. No	Data analysis	Method	Remarks
1.	Descriptive statistics	<ul style="list-style-type: none"> Frequency and percentage distribution. Mean and standard deviation of staff nurses. 	<ul style="list-style-type: none"> Distribution of socio- demographic variables of OT staff nurses. To assess the level of work related stress and coping strategies among staff nurses working in operation theater.
2.	Inferential statistics	Chi-square test	<ul style="list-style-type: none"> To find out the association between the level of work related stress and coping strategies among staff nurses working in operation theater with their selected demographic variables.

Data Analysis and Interpretation

Section-I

Frequency and percentage distribution of socio demographic variables among OT staff nurses

Section-II

- Frequency and Percentage distribution of level of work related stress among OT staff nurses.
- Frequency and Percentage distribution of coping

strategies among OT staff nurses.

Section-III

Mean and standard deviation of level of work related stress and coping strategies among OT staff nurses.

Section-IV

Association between the level of work related stress and coping strategies among OT staff nurses.

Level of work related to stress among to staff nurses.

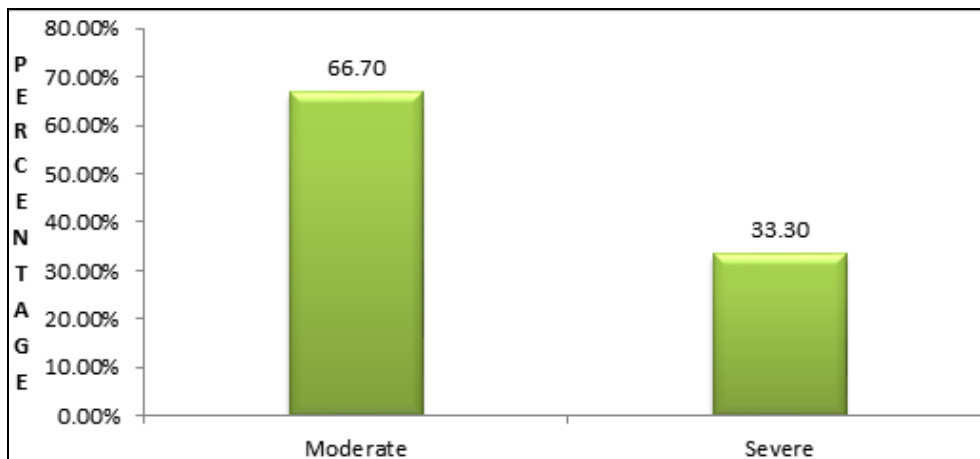


Fig 1: Plevel of work related stress percentage distribution of ot staff nurses based on level of work related stress.

Distribution of coping strategies among to staff nurses.

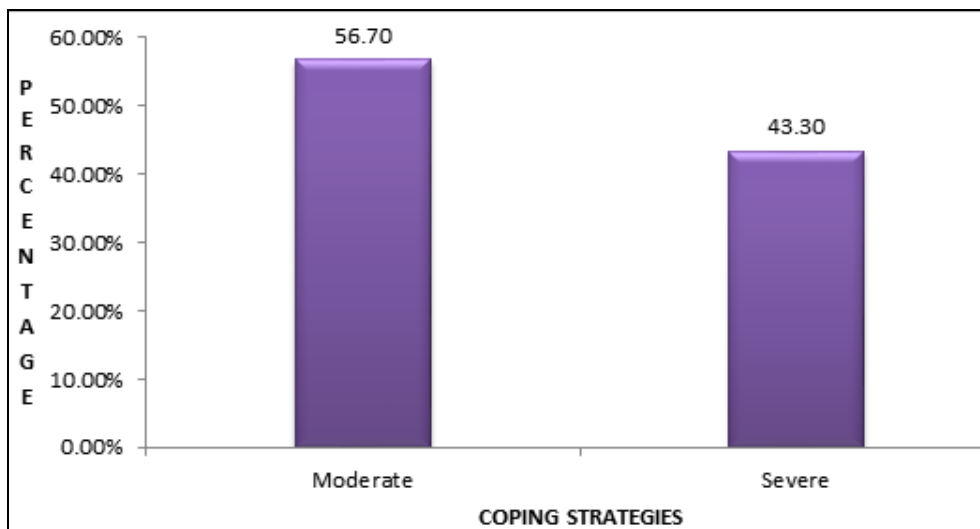


Fig 2: Percentage distribution of OT staff nurses based on coping strategies.

Mean and standard deviation of level of work related to stress among of staff nurses.

Table 3

Mean	Standard deviation
17.97	3.527

Mean and standard deviation of coping strategies among to staff nurses.

Table 4

Mean	Standard deviation
18.97	3.378

Association between the level of work related to stress among to staff nurses with their selected socio demographic variables.

There is no significant association between Age, Gender, Educational qualification, Working experience, Type of family, Salary, Marital status and Children’s in the family.

Association between the level of work related to coping strategies among to staff nurses with their selected socio demographic variables.

There is significant association between Age, Educational qualification, Salary, and Children’s in the family; no significant association between Working experience, Type of family, Marital status

Summary, Conclusion, And Recommendations

Major findings of study

- with reference to age 20(83.3%) are between 21-25 years of age.
- With regarding to gender 25(83.3%) are female.
- With contest to educational qualification 21(70%) are studied BSc nursing.
- With related to working experience, 11(36.7%) have <1 year of experience.
- With association to type of family 23(76.7%) belongs to nuclear family.
- With regarding to salary, 20(66.7%) had Rs. /- 6000-10000/-.
- With relation to daily working hours, 30(100%) all staff nurses are working in 10 hours.
- With refers to marital status, 23(76.7%) are single.
- With regarding to children’s in the family 25(83.3%) are not have children.
- With regarding to level of work related stress, 20(66.7%) are moderate stress level.
- With regarding to coping strategies,17(56.7%) are moderate coping strategies.

Recommendation for future research

On the basis of the findings of the study, recommendations are:

- A stress related program can be conducted to know about the stress management.
- A similar study can be replicated in large sample to generalize the finding.

- Relaxation therapy can be more utilize to reduce the stress.

Conclusion

Based on the study researcher suggested that educational program can be organized to create awareness among OT staff nurses to relive the stress with regarding to level of work related stress among OT staff nurses, 20 (66.7%) belongs to moderate and 10(33.3%) belongs to severe. with refers to coping strategies among OT staff nurses 17(56.7%) belongs to moderate and 13(43.3%) belongs to severe.

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