



Laughter therapy on stress levels of ICU staff nurses

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Abstract

Background: Stress is a common feature in all our lives. It is often seen as a Negative emotion by stress plays on important role in the survival. It helps to face threats and dangerous situations, makes the individual to get motivated and an even make the perform once better. Stress is a state of physical minds for adjustments up on the individual.

Stress in nurses are working in intensive care units. The stressing agents and symptoms associated to the Nurses perception of stress, and to assess the correlation between the occurrence of stress, associated to specific situations, such as problems with co-workers, ambiguity and function conflicts,. The work-home double shifts, pressure from superiors according to the individuals perception and changes undergone within the context of the occupation. These situations may be important sources of stress among intensive care nurses was not example from the consequences of intensive care unit stress, showing problems such as dysfunction with work burnout syndrome and observation.

Objectives: 1.To assess the stress levels among staff nurses working in intensive care unit. NMCH Nellore. 2.To evaluate the effectiveness of laughter therapy on stress levels among ICU staff nurses 3.To find out the association between the stress level among ICU staff nurses with their selected socio demographic variables.

Materials and Methods: The Quasi experimental research design with Simple random sampling technique, 30 staff nurses working in intensive care unit in Narayana Medical College Hospital, Nellore.

Results: The result shows that among 60 samples shows that with regard to ICU staff nurses 24(30%) are mild stress, 6(20%) are Moderate stress.

Keywords: laughter therapy, stress

Introduction

Stress is a common feature in all our lives. It is often seen as a Negative emotion by stress plays on important role in the survival. It helps to face threats and dangerous situations, makes the individual to get motivated and an even make the perform once better. Stress is a state of physical minds for adjustments up on the individual.

Stress in nurses are working in intensive care units. The stressing agents and symptoms associated to the Nurses perception of stress, and to assess the correlation between the occurrence of stress, associated to specific situations, such as problems with co-workers, ambiguity and function conflicts,. The work-home double shifts, pressure from superiors according to the individuals perception and changes undergone within the context of the occupation. These situations may be important sources of stress among intensive care nurses was not example from the consequences of intensive care unit stress, showing problems such as dysfunction with work burnout syndrome and observation.

As a result of stress among nurses working in intensive care unit, they are experiencing with in frequent headaches, personality changes, irritability, anxiety, depression, hair loss, back pain, muscle spasm, Gastritis, duodenal ulcers, ulcerative colitis, irritable colon, constipation, diarrhea, difficulty in making decisions, feeling our couded or, over whelmed, frequent crying spells, suicidal thoughts and feeling of

loneliness or worthlessness, menstrual problems stress also blocks the chemical reactions in the effective coping strategies facilitate the return to a balanced state, reducing the Negative effects of stress".

Stress can be managed for Nurses working in intensive care unit by the support of from family members, developing a positive optimism attitude, Laughter therapy, time management, counseling location when needed, playing games, yoga and Meditation. Laughter therapy is the wonderful stress reducer and laugh is one form of stress reducer. Laugh for 1 minutes at the of 30 seconds 6 times morning and evening.

Laughing is found to lower blood pressure, reduce stress hormones, increase muscle flexion and boost immune function by raising levels of infection high T-cells, disease fighting proteins called gamma interform and B-cells. Which produce disease destroying antibodies. Laughter also triggers The release of endorphins the body Natural pain killers and produces a general sense of well being.

Need For the Study

WHO expert committee (1985), conducted a study to assess the stress levels in ICU, stress in the nursing is attributed largely to the physical labour, suffering and emotional demands of the patients, families work hans shift work, interpersonal relationship.

The statistical survey conducted by such African nursing council (SANC) in (2010) to identify the stress related among 54, 13, 536 nursing staff intensive care unit in Australia, Canada, New Zealand, United Kingdom.

Statement of the Problem

A study to assess the effectiveness of laughter therapy on stress levels of ICU staff nurses in NMCH, Nellore.

Objectives

- To assess the stress levels among staff nurses working in intensive care unit. NMCH Nellore.
- To evaluate the effectiveness of laughter therapy on stress levels among ICU staff nurses
- To find out the association between the stress level. Among ICU staff nurses with their selected socio demographic variables.

Delimitations: The study is delimited to,

1. Nurses who are working intensive care unit in NMCH, Nellore.
2. A sample size of 60 nurses only.
3. 2 weeks of data collection period only.

Methodology

Research Approach: A quantitative research approach was used to assess the effectiveness of laughter therapy on stress levels in ICU staff nurses in NMCH, Nellore.

Research Design: Quasi experimental design was used for the present study to assess the effectiveness of laughter therapy among ICU staff nurses in NMCH, Nellore.

Research Setting: The study was conducted in Narayana Medical College Hospital, Nellore. Super specialty hospital in 1750 beds.

Target population: The Target population of the present study were ICU staff nurses.

Sampling Technique: Simple random sampling technique was used for present study to select the sample.

Sample Size: The sample size for the present study was 60 ICU staff nurses.

Criteria for Sample Selection

Inclusion criteria: ICU staff nurses who are working in NMCH, Nellore.

- ICU staff nurses who were working in Narayana Medical College Hospital.
- ICU staff nurses who are willing to participate.

Exclusion criteria:

- ICU staff nurses who were not willing to participate at the time of data collection
- Who were sick or on leave during data collection.

Results and discussion

Table 1: Frequency and Parentage distribution of ICU staff nurses based on stress level (n=30)

Level of knowledge	Frequency(F)	Percentage
Very little stress	0	0
Mild Stress	2	6.6
Moderate Stress	21	70
Secure stress	7	23.4
Total	30	100

Shows that with regard to ICU staff nurses 2(6.6%) are mild stress 21(70%) are moderate stress 7(23.4%) are secure stress

Table 2: Frequency and Percentage distribution of ICU staff nurses based on level of stress

Level of Stress	Frequency(F)	Percentage
Mild Stress	24	80
Moderate Stress	6	20
Total	30	100

It shows that with regard of stress level in ICU staff nurses 24(80%) are mild stress, 6(20%) are Moderate stress.

Table 3: Mean and Standard Deviation of staff nurses of laughter therapy on stress level among ICU staff nurses.

Sl. No	Test	Mean	Standard Deviation	T-test
1	Pre test	165.9	36.54	191.83
2	Post Test	114.3	13.14	

It indicates that in pretest the mean level of stress is 165.9 with SD of 36.54 where as in posttest the mean level of stress is 114.3 with 8.0 of 13.14 calculated value of 'T' test for the effectiveness of laughter therapy on stress level is 191.83 and table value is 0.01 as the calculated value is more than table value there is significant impact of laughter therapy on level of stress.

Association between the Pretest level of stress ICU staff and demographic variables among members.

There is significant association between the working time period and number of night duties in the test month. Not significant variables Gen, Education, religion, and selection of profession with interest and camping Shelley based.

Association between the Posttest level of stress and Socio demographic variables among ICU staff nurses.

There is significant variables, association between the working time period and number of night duties in the last month. So H2 is accepted. Not significant variables Gen, Education, religion, selection of profession which interest and camping Shelley used.

Conclusion

Laughter therapy is effective producing the stress level of the ICU staff nurses it can be practiced easily, less time consuming and very effective.

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