

Factors Influencing Occupational Stress Among Female Nurses

Dr. M. K. Durgamani,

Asst. Professor, SRC, SASTRA Deemed University, Kumbakonam

Mr. R. Swaminathan,

Asst. Professor, SRC, SASTRA Deemed University, Kumbakonam

Dr. M. Ganesan,

Asst. Professor, SRC, SASTRA Deemed University, Kumbakonam

1. INTRODUCTION

Nursing and Occupational Stress

Work stress can be characterized as a negative physical and passionate response that happens when the activity prerequisites don't coordinate the abilities, assets or necessities of the laborers. Employment stress can prompt unexpected weakness and even injury to the individual influenced stress can lessen the pleasure throughout everyday life, mess hypertension. Nursing is a holistic and satisfying profession. Yet, simultaneously it can likewise be very unpleasant depends on time and situation. Nursing staff working at the base of the chain of command and in medical clinics are the ones who are progressively worried. Distressing work of attendants may proliferate substance maltreatment among laborers, which they may use to lessen or adapt to pressure.

It has likewise been that those working in open clinics are more worried than their partners working in private medical clinics. Move obligations, time requirements, absence of thought on part of patients, doctors and emergency clinic the executives, inadequate staffing rates, relational connections, mortality and a low compensation scale incredibly decrease their feelings of anxiety.

Causes of Occupational stress among nursing professionals:

The major factors contributing for stress among Nurses are,

- Working hours
- Nature of work
- Working Environment
- Relationship
- Complex Nature of the Job
- Work Load

STATEMENT OF PROBLEM

Word related pressure has been a long-standing worry of the wellbeing division. Several Studies also demonstrate that medical workers have higher paces of self-destruction than other different. Word related pressure has been demonstrated to be a significant social determinant of wellbeing through its negative effect among medicinal services laborers. Unfavorable conditions inside the unique circumstance and substance of work are hazard factors for issues. On account of the financial effects of word related pressure, reads on intercessions for limiting its belongings are vital.

1.1 REVIEW OF LITERATURE

Shen, H.C., Cheng, Y., Tsai, p.j., Lee S.H., (2005) made his research work on "Occupational stress in psychiatric institutions in Taiwan", nurses are known to be prone to job tension. To examine work-related stress and risk factors for psychiatric nurses in Taiwan a cross-sectional study was conducted.

Hattar-Pollara, M., & Dawani, H (2006) made a study in "Journal of Transcultural nursing", Psychological symptoms of distress include, but are not limited to, depression, low self-esteem, exhaustion, sleep disruption, and increased smoking. Physical stress effects can include increased risk of heart disease, mental illness, other forms of cancer, migraine, stomach ulcers, fever, asthma and skin rash.

Lexshimi R.G.S.T., Santhna L.P., Md Nizam (2007), made his research work on "Prevalence of stress and coping mechanism among staff nurses", the nursing intensive care unit (ICU) operating environment is a continuous source of tension. Researchers have described ICU as a stressful environment

because of the complex nature of health problems in patients that require extensive use of highly sophisticated technology.

Sahraian,A., fazlzadeh,A., Mehdizadeh,A.r., & Toobaee,S.H (2008),made their research work on “ Burnout in hospital nurses”, found that psychiatric nurses displayed significantly higher rates of mental fatigue and depersonalization relative to nurse working in other fields and burning nurses showed significantly higher levels of personal achievement emotionally drained were the nurses who were single, too.

Hanrahana,N.P., Aiken,L.H., McClaine,I., & Hanlon,A.L (2010) made his study on “ Issues in mental health nursing”, work stress is an essential part of nursing. It negatively affects the health and well-being of nurses. Nurses who are under stress often report job dissatisfaction, intent to quit, burn out, and physical complaints.

Mc carthy,V.J.,Power,S.,& Greiner(2010) in his study “ Perceived occupational stress in Nurses working in Ireland”, states that the Perceived stress varies across different areas of work in the same hospital. Factors of work, demand and support, are important in terms of perceived stress.

Sharifah Z, Afiq Im, Chow Cy, Sitisara D(2011) in their study on “ Stress and its associated factors amongst ward nurses”, identifies nursing profession tends to face more stress at work than other health care workers. Stressful working conditions may cause high turnover and burn-out among nurses.

Menon, S.,Narayanan, L., & Spector, P.E (2013), made a study in “Time urgency and its relation to occupational stressors and health outcomes for health care professionals”, investigating stress levels and recognizing the stress response cycle for nurses according to their work units is important, and researchers are trying to recognize stressors that trigger nursing stress for future actions in the health care system to ensure that they are healthier and more sensitive.

Currid (2018), made his research work on “Stress in Acute mental health nurses”, identified mental health nursing stress are small, research specifically targeting acute mental health nurses are even smaller. Acute mental health nurses work in demanding and

unpredictable conditions and take care of some of the most severely ill patients.

Nandita Kshetrimayum, Darshana Bemadi, Sibyl Siluvai(2019), in his study on “ stress among staff nurses”, Nursing is a career that has a variety of circumstances which trigger stress. Work related stress (occupational stress) may be harmful to a person's physical and mental health, which has a direct and indirect effect on their productivity and job performance.

1.2 OBJECTIVES OF THE STUDY

- To study the demographic and academic characteristics of female nurse in Kumbakonam.
- To identify the stress experienced by nurses.
- To analyse the factor influencing occupational stress among female nurses in the study area.
- To examine the adapting procedures embraced by the female nurses to manage the stress.
- To provide suggestions to overcome stress to the female nurses.

2. RESEARCH DESIGN:

Source of Data:

Primary data collected through well structured questionnaire and secondary data were collected from websites, journals etc.,

Sample Size

The data were collected from 120 female nurses.

Statistical Tools

- Percentage analysis;
- Cluster analysis;
- Chi- square; and
- T – Test

Sampling Technique

Convenient sampling methods were used to select respondents in private & public Hospitals Nurses.

Hypotheses

- There is no significant difference with demographic variables and level of stress.
- There is no significant distinctiveness among Nature of hospital and physiological problem.
- There is no significant difference among age and physiological problem.

- There is no significant difference among job experience and psychological problem.

Limitations

- The area of study was restricted to Kumbakonam town.
- The precision of the depends on the information gave by the respondents views and opinions may vary in future.
- This study was based on primary data collected from sample nurses only by survey method

3. ANALYSIS AND INTERPRETATIONS

INTRODUCTON:

This investigation is altogether founded on essential information and examination thereof. The analyses are done under three categories, namely

1. Stress experience of Nurses.
2. Physiological problem
3. Psychological problem

TABLE :1 DEMOGRAPHIC VARIABLES

S. No	Demographic Factors					
1.	Age (Yrs)	<30	31-40	41-50	>51	
		41	38	18	23	
	%	34.2	31.7	15	19.2	
2.	Marital Status	Married		Unmarried		
		72		48		
	%	60		40		
3.	Educational Qualification	B.Sc	Diploma	ANM	MPHN	GNM
		42	24	30	17	7
	%	35	20	25	14.2	5.8
4.	Number of Dependents	<2	3-4	5-6		>6
		17	72	14		17
	%	14.2	60	11.7		14.2
5.	Monthly Income	<15000		15k – 20k	20k-30k	>30k
		40		28	15	37
	%	33.3		23.3	12.5	30.8

The above table shows that 41% of the respondents were in the age group of 20-25 years. 72% of respondents were married and the rest of respondents were unmarried. 55%

of the respondents were completed either UG or diploma. The table also depicts that 57% of the respondents were belongs to the income group of less than 20000.

TABLE : 2 REASON FOR STRESS OF THE RESPONDENT'S

Reason for stress	No. of Respondent's	%
Adherence of strict time schedule	17	14.2
Relation with superiors	26	21.7
Managing the co-workers	36	30.0
Heavy work load	28	23.3
Complex nature of the job	13	10.8
Total	120	100.0

The above table displays that the reason for stress of the respondent's. 14.2% of them are adherence of strict time schedule, 21.7% of them are relation with superiors, 30.0% of them are managing the co-workers, 23.3% of

them are heavy work load and 10.8% of them are complex nature of the job. Therefore it very well may be surmised that part larger of the defendant's reason for stress managing the co-workers

TABLE: 3 WAYS TO REDUCE STRESS OF THE RESPONDENT'S

Reduce stress	No. of Respondent's	%
Sports/ Exercise/ Walking/ Cooking	35	29.2
Meditation/Yoga/Counselling	23	19.2
Watching To/ Listening songs/Reading Books	35	29.2
Chatting with Friends	27	22.5
Total	120	100.0

The above table shows that the reduce stress of the defendant's. 29.2% of them involving sports/ exercise/ walking/ cooking to reduce their level of stress and watching / listening

songs/reading books. Next to this, the employees opined that meditation/yoga/counselling, chatting with friends.

TABLE : 4 AGE OF RESPONDENT'S AND LEVEL OF STRESS

Age	Low	Medium	High	Total
Below 30 years	17 (41.5)	11 (26.8)	13 (31.7)	41 (100)
31 – 40 years	4 (10.5)	19 (50)	15 (34.5)	38 (100)
41 – 50 years	2 (11.1)	10 (55.6)	6 (33.3)	18 (100)
Above 51 years	5 (21.7)	8 (34.8)	10 (43.5)	23 (100)
Total	28 (23.3)	48 (40)	44 (36.7)	120 (100)
chi – Square value 14.30	d.f. 6		Sig. 0.026	

Majority of the defendant's in all categories are medium level of stress. As the chi-square value is less than significant value we reject the hypothesis. There is significant

relationship between age of the respondents and level of stress of the respondents.

TABLE:5 MONTHLY INCOME RESPONDENT'S AND LEVEL OF STRESS

Monthly Income	Low	Medium	High	Total
Below 15,000	12 (30)	13 (32.5)	15 (37.5)	40 (100)
15,001 – 20,000	6 (21.4)	11 (39.3)	11 (39.3)	28 (100)
20,001 – 30,000	6 (40)	5 (33.3)	4 (26.7)	15 (100)
Above 31,000	4 (10.8)	19 (51.4)	14 (37.8)	37 (100)
Total	28 (23.3)	48 (40)	44 (36.7)	120 (100)
chi – Square value 7.485	d.f. 6		Sig. 0.278	

Majority of the respondent's in all categories are the medium level of stress. As the chi-square value is less than significant value we reject the hypothesis. There is significant

relationship between Monthly income of the respondents and level of stress of the respondents.

TABLE: 6 NATURE OF HOSPITAL OF THE RESPONDENTS AND PHYSIOLOGICAL PROBLEM OF THE RESPONDENTS

Nature of Hospital	Low	Medium	High	Total
Government Hospital	12 (18.1)	37 (56.0)	17 (25.8)	66 (100)
Private Hospital	29 (53.7)	4 (7.40)	21 (38.9)	54 (100)
Total	41 (34.2)	41 (34.2)	38 (31.7)	120 (100)

It was observed that more than 56.0% of the respondent's in all the Government hospital groups are in the medium level of stress. 53.7% of the respondent's in the private hospital group are

low level stress. 38.9% of the defendants in the private hospital collection are high level of stress. But majority of the respondents in all categories are the medium level of stress.

TABLE:7 AGE OF THE DEFENDANTS AND PHYSIOLOGICAL PROBLEM OF THE DEFENDANTS

Age	Low	Medium	High	Total
Below 30 years	17 (41.5)	11 (26.8)	13 (31.7)	41 (100)
31 – 40 years	4 (10.5)	19 (50)	15 (34.5)	38 (100)
41 – 50 years	2 (11.1)	10 (55.6)	6 (33.3)	18 (100)
Above 51 years	5 (21.7)	8 (21.7)	10 (43.5)	23 (100)
Total	28 (23.3)	48 (40)	44 (36.7)	120 (100)
chi – Square value 2.400		d.f. 6	Sig. 0.00	

Majority of the defendants in all categories are the medium level of stress. As the chi-square value is less than significant value we reject the hypothesis. There is

significant relationship between Age of the respondents and physiological problem of the respondents.

TABLE:8 JOB EXPERIENCE OF THE RESPONDENT'S AND PSYCHOLOGICAL PROBLEM OF THE RESPONDENT'S

Job Experience	Low	Medium	High	Total
Below 5 years	32 (76.2)	0 (0)	10 (23.8)	42 (100)
6 – 10 years	8 (20.5)	11 (28.2)	20 (51.3)	39 (100)
Above 10 Years	1 (2.56)	30 (76.9)	8 (20.5)	39 (100)
Total	41 (34.1)	41 (34.1)	38 (31.7)	120 (100)
chi – Square value 77.949		d.f. 4	Sig. .000	

Majority of the defendants in all categories are the medium level of stress. As the chi-

square value is less than significant value we reject the hypothesis. There is significant

relationship between Job experience of the respondents and psychological problem of the respondents.

4.1 FINDINGS OF THE STUDY:

This project work is carried out to know about the “occupational stress among female nurses in Kumbakonam town”.

- The investigation shows that dominant part of the defendants 34.2 percent are falls under the age gathering of under 30 years
- 35 percentage of respondents were completed B.Sc. Nursing. ere completed
- 60.0 percent belonging to a family of 3 – 4 number of dependents.
- Larger part of the defendants are earning below 20,000.
- The Majority of the respondents 55.0 percent are working in Government Hospital.
- 50.8 percent were working as Staff Nurse.
- 35 percent of the respondents having working experience below 5 years.
- 30 percent of the respondents feel that the reason for their stress is managing their co-worker.
- 29.2 percent of the respondents were reducing their stress by cooking and exercise.
- There is significant affiliation among age of the defendants and level of stress.
- There is significant affiliation among educational qualification of the respondents and level of stress.
- There is significant affiliation among number of dependents of the defendants and level of stress.
- Relationship between marital status and level of stress shows that married respondents are high level of stress more than unmarried respondents.
- Relationship between nature of hospital and level of stress shows that private hospital nurses are high level of stress more than government hospital.
- There is significant affiliation among nature of hospital of the

defendants and physiological problem of the defendants.

- There is significant affiliation among age of the defendants and physiological problem of the defendants.
- There is significant affiliation among job experience of the defendants and psychological problem of the defendants.

4.2 SUGGESTIONS:

- In order to reduce job pressure, the government hospital needs to increase the number of nurses.
- Private hospital management should provide a good and attractive salary package to make nurses work with satisfaction. They should follow the framework for salary
- Being less number of Nurses available against the requirement, hence the government hospitals need to provide adequate rest time for nurses..
- Private hospital management may try to provide a housing allowance and travel allowance for nurses who have made their own accommodations.
- Private hospital management should adopt certain stress coping methods, such as a holiday kit, their family entertainment, and so on.
- In general hospitals should ensure safety of Nurses in their working environment.

4.3 CONCLUSION:

In general medical caretakers are firmly connected to others and the obligation of all human life and managing patients and hopeless maladies which makes nursing a distressing activity. Occupation stress is absolutely a typical event among attendants and is influenced by an assortment of variables. Identification and controlling the factors involved in stress can reduce this effect. Supportive and constructive steps must also be taken to reduce job tension. Owing to high levels of job tension on the scale of demand and workload. Careful and in-quiet techniques must be done so as to expand the quantity of medical caretakers and raising their works day.

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