A Study to Assess the Level of Stress Experience among Staff Nurses at SMVMCH, Puducherry

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Abstract: *Background: Human beings reacts to the stress both physically and mentally to react with the changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. It is intensified in a non specific response to an internal or external environmental changes or threat. Working stress in nursing was first assessed in 1960 when Menzies identified four sources of anxiety among nurses, patient care, decision making, taking responsibility, and environmental changes. The nurse's role has long been regarded as stress - filled based upon the physical labor, human suffering, working hours, lack of staffing, and interpersonal relationships that these are the factors for creating a stress among staff nurses. Since the mid - 1980s, however, nurses work stress may be escalating due to the increasing use of technology, continuing rises in health care costs, and turbulence within the work environment. Methodology: . A quantitative research approach with descriptive research design is adopted for this study. Totally 30 staff nurses were selected by using a purposive sampling technique and the study was conducted in Sri ManakulaVinayagar Medical College and Hospital. The data was collected by using the standardised occupational stressor scale consist of 40 questions administered to the staff nurse. Results: The study results showed that Majority of the staff nurses 27 (90%) had high stress level and 3 (10%) had Always stressful and this might be due to total experience of work. The mean and standard deviation level of stress experience among staff nurses is (168.97 ± 5.242). The effectiveness of the research study is verified by its utility by the nurse in the practical field. Conclusion: By turning toxic work environments into healthy workplaces, researchers and nursing leaders believe that improvements can be realized in recruitment and retention of staff nurses, job satisfaction, increasing wages that may leads to comprehensive care in nursing profession.*

Keywords: Level of stress, Staff nurses, experience

1. Introduction

Human beings reacts to the stress both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation.

Stress can be described as a dynamic and reciprocal relationship between the person and the environment. Stress, a term continually being redefined in the scientific study of disease and illness, is nevertheless a well - proven and important factor in etiology and maintenance of many inflammatory diseases. Selye defined stress as "response state of organism to forces acting simultaneously on body which, if excessive, i. e., straining the capacity of adaptive processes beyond their limits, led to diseases of exhaustion and death. " [1]

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increased stress levels in the modern lifestyle. [2] Stress may act alone or combine in groups and may exert effects at different stages of the life course. There have been multiple mechanisms proposed to relate pathogenic properties associated with stress including:

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Stress is a physical or emotional state of response always present in a person as a result of living. It is intensified in a non specific response to an internal or external environmental change or threat. Stress is frequently described as 'the black plague of the eighties or the modern

epidemic has become an important feature and major problem of everyday life, threatening individual, organization and societal health.

According to WHO report, "Raising awareness of stress at work in Developing countries as the common forms of stress in developing countries as the socioeconomic states, social inequalities and overpopulation forces employees to work based on job availability without a choice.

The findings of the present study revealed that 64.4% of them had Low level of stress, 31.2% of them had Moderate stress and only 4.4% of them had no stress among Staff nurses Residing in Destitute Home, Puducherry.

Work stress in nursing was first assessed in 1960 when Menzies identified four sources of anxiety among nurses: patient care, decision making, taking responsibility, and change. The nurse's role has long been regarded as stress - filled based upon the physical labor, human suffering, work hours, staffing, and interpersonal relationships that are central to the work nurses do. Since the mid - 1980s, however, nurses work stress may be escalating due to the increasing use of technology, continuing rises in health care costs, and turbulence within the work environment. Stress, depression and anxiety are not yet confirmed as absolute risk conditions but have been identified in some observational studies, as potential factors that may affect disease.
Stress has become one of the important concerns for the health professionals in hospitals. Nursing has been identified as an occupation that has high levels of stress.

Aim of the Study
The aim of the study was to assess the level of stress experience among staff nurses working at SMVMCH, Puducherry.

Objectives
* To assess the level of stress experience among staff nurses.
* Associate between the level of stress experience among staff nurses with their selected demographic variables.

2. Methodology

A quantitative research approach was considered as appropriate for the present study.

Research Design:
A descriptive research design was adopted for this study.

Research Setting:
The study will be conducted at Sri ManakulaVinayagar Medical College and Hospital, a It consist of 1050 - bedded hospital in Puducherry. The population of the study all Staff nurses working at SMVMCH, Puducherry. sample size is the number of subjects involved in the study. sample size consist of 30 staff nurses. Sampling refers to the process of selecting a portion of the population to represent the entire population. Sampling technique chosen was purposive sampling.

Description of Tool:
The tool used for this study is a standardized tool and the tool consists of 2 sections namely,

Section A: The section consists of socio demographic variables such as age, sex, marital status, religion, educational qualification, monthly income, total work experience, working hours per day, nature of setting, duration of travel to workplace.
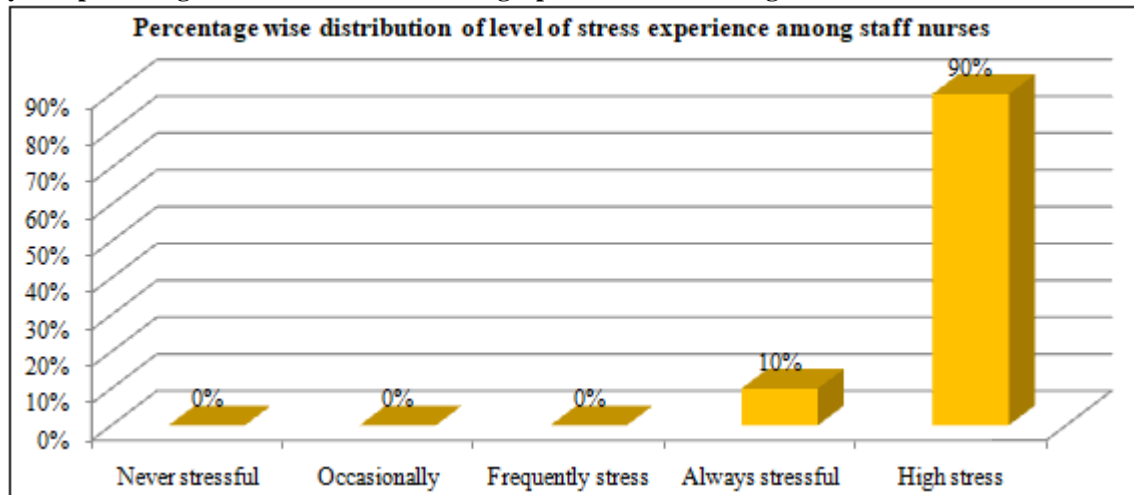
Section B: This section consists of Occupational Stressor scale 40 questions. The stress level of staff nurses was categorized as follows:

Score	Intrepretation
1 – 40	Never stressful
41 – 80	Occasionally
81 – 120	Frequently stress
121 – 160	Always stressful
161 – 200	Untolerable stress

3. Result and Discussion

The findings reveals that out of 30 samples, majority of the staff nurses 27 (90%) had untolerable stress level and 3 (10%) had always stressful. The findings of the study revealed that out of 30 staff nurses among 10 demographic variables the total work experience has significantly relationship with the level of stress with the chi square value of $(X^2 = 7.38, df = 2)$ at $p<0.005$ level. The mean and standard deviation of the level of stress experienced by staff nurse is 168.97. The other demographic variables had not shown statistically significant association with the level of stress experience by the staff nurse.

Frequency and percentage wise distribution of demographic variables among staff

4. Results

A study to assess the level of stress experience by the staff nurses at SMVMCH, Puducherry. The findings of the study revealed that out of 30 staff nurses among 10 demographic variables the total work experience has significantly relationship with the level of stress with the chi square value of ($X^2 = 7.38$, df $= 2$) at p$<$0.005 level. The mean and standard deviation of the level of stress experienced by staff nurse is 168.97

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