

A Descriptive Study to Assess the Level of Compassion Satisfaction among Nurses Working at Selected Hospitals, Guntur

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Abstract: A descriptive study to assess the level of compassion satisfaction among nurses working at selected hospitals, Guntur. **Introduction:** In healthcare settings, maintaining compassion satisfaction is particularly vital. Understanding the level of compassion satisfaction among nurses therefore essential to ensure their psychological well-being and the delivery of effective health care. **Objectives of the study:** To assess the pre-test level of compassion satisfaction among nurses. To find out the association between pre-test compassion satisfaction among nurses with their selected demographic variables. To determine the demographic variables of nurses. **Material and methods:** A quantitative non experimental descriptive study was conducted among 50 staff nurses in selected Hospitals of Guntur, Andhra Pradesh. Data were collected using Structured Questionnaire and ProQOL (Professional Quality of Life) scale and was analyzed using descriptive and inferential statistics. **Results:** In the study revealed that 24% of staff nurses had low levels of compassion satisfaction, 86% had moderate levels and 12% had high levels of compassion satisfaction. The variables such as, Gender ($X^2 = 70.8493$, $df = 2$), marital status ($X^2 = 22.8382$, $df = 2$), work experience ($X^2 = 15.6273$, $df = 6$) were found significant. **Conclusion:** The study concludes that majority of nurses had moderate levels (86%) of compassion satisfaction, a small portion experienced high levels (12%), while few had low levels (24%). This indicates that nurses derive a reasonable sense of fulfillment from their work, but there remains scope for improvement to reach higher levels of professional satisfaction.

Keywords: Compassion Satisfaction, staff nurses

1. Introduction

Nursing is a care profession grounded in compassion, empathy, and commitment to well-being of other. The health care settings pose unique challenges to nurses due to the complex emotional, behavioral, and psychological needs of patients with illness. Nurses in this setting often engage in prolonged therapeutic relationship, provide emotional support, and manage crisis situation such as aggression, self-harm, or acute psychosis. These demanding circumstances can significantly influence their emotional state and job satisfaction. Compassion satisfaction refers to the pleasure and fulfilment of individuals drive from being able to do their work well, especially in helping or care giving professions. It is a key component of professional quality of life, along with compassion fatigue and burn out. A high level of compassion satisfaction enables nurses to find meaning of their work, enhances motivation, foster resilience, and contributes to improved patient care outcome. Conversely, a low level of compassion satisfaction may leads to emotional exhaustion, decreased productivity, absenteeism and even intend to leave the profession.

2. Need for Study

Nurses face distinctive and demanding emotional and psychological challenges. They manage high patient loads, complex mental health conditions, and potentially difficult patient behaviors, all of which can significantly impact their professional quality of life. A satisfied and resilient nursing staff is better equipped to deliver highquality, compassionate care.

This study aims to support nurses in their challenging roles, ultimately benefiting patient outcomes. There is limited research on compassion satisfaction among nurses. Compassion is a core component of nursing care, especially

in clinical settings where patients often require deep empathy and understanding. Compassion satisfaction can influence nurses' job satisfaction and, in turn, affect the overall quality of care provided to patients.

3. Material and Methods

A quantitative non-experimental descriptive research design was adopted for the study. The study was conducted in selected hospital of Guntur, Andhra Pradesh. The sample consisted of 50 staff nurses, selected using purposive sampling technique. Data were collected using Structured Questionnaire and ProQOL (Professional Quality of Life) scale to assess the levels of compassion satisfaction among staff nurses. The tool included demographic variables and attitude- based questions. Data collection was carried out after obtaining informed consent from participants. The collected data were analyzed using descriptive statistics (frequency, percentage, mean, and standard deviations) and inferential statistics to compare knowledge levels between the two groups.

Table 4.1: Frequency and percentage distribution of socio-demographic variables of the staff nurses

S.No	Socio-demographic variables	Frequency (f)	Percentage (%)
1	Age		
	a) 20–30 years	44	88%
	b) 31–40 years	4	8%
	c) 41–50 years	1	2%
	d) Above 50 years	0	0%
2	Gender		
	a) Male	28	56%
	b) Female	22	44%
3	Marital status		
	a) Married	10	20%
	b) Not married	40	80%
4	Educational qualification		

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	a) Gnm	4	8%
	b) B.SC(N)	40	80%
	c) Post. Bsc(N)	3	6%
	d) Msc(N)	3	6%
	Years of experience		
	a) <1 year	26	52%
	b) 1-2 years	11	22%
	c) 2-3 years	6	12%
	d) 3 years	7	14%
	Work shift		
	a) Morning	39	78%
	b) Afternoon	10	20%
	c) Night	1	2%
	Average number of patients per shift		
	a) <10 patients	9	18%
	b) 11-20 patients	14	28%
	c) 21-30 patients	19	38%
	d) 31 patients	8	16%
	Perceived workload in wards		
	a) Low	1	2%
	b) Moderate	28	56%
	c) High	21	42%

Age: 68% belongs to the age group of 20–30 years, 8% belongs to 31–40 years age group, and 24% belongs to 41–50 years age group.

Gender: 56% were male and 44% were female.

Marital Status: 20% were married and 80% were non-married.

Educational Qualification: 8% had completed ANM, 80% had BSc (N), 6% had Post BSc (N) and 6% had MSc (N).

Work Experience: 52% were having less than 1 year of experience, 22% were having 1–2 years of experience, 12% had 2–3 years of experience and 14% had 3 years of experience.

Work Shift: 78% were working in morning shift, 20% had afternoon and 2% were working in night shift.

Number of Patients Cared for Daily: 18% had <10 patients on average daily, 28% had 11–20 patients, 38% had 21–30 patients and 16% had more than 31 patients. Regarding perceived workload in their wards, 2% perceived low workload, 56% of them perceived moderate workload and 42% perceived high workload.

Frequency and percentage distribution of nurses according to their levels of compassion satisfaction

Table 4.2

Levels of knowledge	Frequency	Percentage
Low	1	2%
Average	43	86%
High	6	12%

Compassion Satisfaction

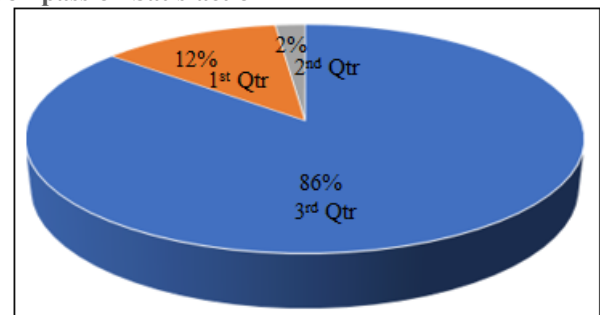


Figure 4.2(A): Percentage Distribution according to Levels of Compassion satisfaction in Staff Nurses.

Table 4.4: To find the mean & standard deviation (SD) of levels of compassion satisfaction among nurses working at selected hospital

S No	Variable	Mean	Standard deviation
1	Levels of compassion satisfaction	92.8	15.81

The table above depicts the values of mean and standard deviation obtained by the end of this study. The study concluded that the mean obtained from the levels of compassion satisfaction among staff nurses was 92.8 and standard deviation was calculated to be 15.81.

4. Discussion

The study findings revealed that the majority of staff nurses had moderate levels of compassion satisfaction. This indicates that nurses experience a reasonable degree of fulfillment and pleasure from providing patient care despite workplace challenges such as workload and stress. The finding suggests that maintaining a supportive work environment, adequate staffing, and professional recognition may further enhance compassion satisfaction and improve both nurses' well-being and the quality of patient care.

5. Conclusion

A descriptive study was conducted to assess the levels of compassion satisfaction among nurses working in selected hospitals in Guntur. A structured tool (ProQOL scale) and self-reported questionnaire method was used to collect data from the participants. The sample size was estimated using simple random sampling technique, which turned out to be 50 samples. The findings revealed that majority of nurses had moderate level (86%) of compassion satisfaction, a smaller portion experienced high levels (12%) while few had low levels (2%). This indicates that nurses derive a reasonable sense of fulfilment from their work, but there remains scope for improvement to reach higher levels of professional satisfaction.

6. Recommendations

- Encourage nurses to engage in stress management and self-care activities.
- Promote team support and healthy communication in clinical settings.
- Conduct regular emotional debriefing sessions.

- Include training on resilience, coping strategies and emotional well-being in the curriculum.
- Provide workshops and continuing education programs on compassion satisfaction. Ensure adequate staffing and workload distribution.
- Implement recognition and reward systems. Provide access to mental health and counseling services.

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