

Assessment of of stress level of Nurses In The Care Of Their Children and its impact on job performance : A descriptive study from tertiary hospitals of Southern India

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Abstract :Health Implies, A sound mind, in a sound body, in a sound family in a sound environment .On average, a working mother does “Double Shifts” One at home, other at work. Understanding nurses stress level who are involved in their careers with the competing demands of their multiple roles is considered a research priority. A typical descriptive study approach was adopted . The stressors, stress level of nurses and effects on work performance was assessed by self-report using investigator developed structured questionnaires. In this study, the sample consist of 60 nurses who has children at home and attending duty in a tertiary health care institute .Stress of nursing staff is assessed and their work performance at hospital based on some objective parameters. Stress level of nurse: (91.7) were having moderate stress ,(8.3 percent) had severe stress. The overall effects on work performance of nurses showed: 73.4 percent nursing had mild effects 26.6 percent of nurses had moderate effects . It is stressful for a mother who is working , all of the nurses who are mother had moderate to severe stress . it causes negative impact in their work performances .

KEY WORDS: Nurse, Workplace, Stress, Tertiary hospital .

INTRODUCTION

Health definition by WHO. Implies, A sound mind, in a sound body, in a sound family in a sound environment

Personal life and professional life are interrelated to each other of an individual both are interconnected in such a way that one is affected the other should change as well. Maintenance of life is critically dependent on keeping the internal environment constant in the face of a changing external environment. Disruption of this homeostatic process is stressful and result in disease. On average, a working mother does “Double Shifts” One at home, other at work.

Parenting is one of the toughest of all endeavor in life. . Mothers are the most significant influence in the life of the child. They need constant attention from the mothers and inability to provide the attention to the child cause extreme stress to the mother. . Adjustment to a new role of parenting is difficult enough, and at the same time when the child has to handover to another person’s hand while attending duty for her it can make the situation very stressful.

Nursing is itself a very stressfull and demanding job A NURSE CAN NOT BE REPLACED BY ORDINARY INDIVIDUAL BECAUSE OF THE NATURE OF THE JOB

In this study , we have assessed the stress level of the nurses who had additional respionsibility of raising their children apart from attending their job .

Objectives

1. To determine level of stress among nurses regarding care of their children up to 18 years of age.

2. To find out association between level of stress among nurses in the care of their children with selected variables.
3. To develop information booklet for nurses regarding coping strategies to reduce level of stress in the care of their children.

4. METHODOLOGY

This study was done to assess the level of stress among nurses in the care of their children in Narayana Hrudayalaya and Indira Gandhi Institute Of Child Health, Bangalore

Inclusion Criteria

- Working nursing personnel who is having children upto 18 years of age group.
- Those who are willing to participate.

Exclusion Criteria

Male nursing personnel

A self structured rating scale selected on the basis of the objectives of the study as it was considered to be the most appropriate instruments to elicit responses from the participants is selected.

A socio demographic schedule and stress rating scale was constructed by the investigator which contains item of the following aspects:

Section – I

Socio Demographic Data:-

Age of nurses, Professional Qualification, Working Area, Years of Experience, Type of the family, Religion, Family Support, Place of Residence,

Duration of Married Life, Mode of Duty, Chronic Illness, Age of the Child,
Gender of the Child, Health Status of the Child, Number of Children.

Section – II

Stress Rating Schedule: Consist of 62 items which consists of 3 parts

Part A – Nurses stressors regarding care of their children

Part B – Level of stress

Part C – Effects on work performances

Part A Consist of Nurses stressors regarding care of their children. Part B is divided into two section that is B1 & B2. B1 consist of physiological dimension and section B2 contains psychological dimension. Each item has three options with score of one, two, three thus the total score is ninety. Level of stress is categorized as mild, moderate and severe. Part C contains effects of stress on work performance

To assess the reliability in conducting main study and to obtain information for improving the project, the pilot study was undertaken. To assess the reliability in conducting main study and to obtain information for improving the project, the pilot study was undertaken.

The reliability of the tool (questionnaire) was observed reliability is found $r = 0.896$.

Data Collection Method:

A formal written permission was obtained from concerned authority.

Socio demographic schedule and stress rating scale was administered to collect back ground information and level of stress of nurses. . Before conducting the study consent was taken from them by explaining the purpose of the study.

Plan For Data Analysis:

The data are tabulated according to various parameters like, Age of nurses, Professional Qualification, Working Area, Years of Experience, Type of the family, Religion, Family Support, Place of Residence, Duration of Married Life, Mode of Duty, Chronic Illness, Age of the Child, Gender of the Child, Health Status of the Child and number of children.

The analysis is made by using the important parameters like percentage, mean, SD and chi-square test.

Results

The participants included in the study were between the age group of 25-45 years, majority of participants 96.3 percent were between the age group of 25-35years. Most of the participants 85 percent were GNM.

Among 60 participants 71.7 percent of them having one children. Regarding type of family 83.3 percent of participants were from nuclear family. Place of residence reveals that 61.7 percent of participants were within 15 Kms radius from hospital. Regarding age of the child 14.5 percent were in between age group 5-11 months, 55.5 percent were in between age group of 1-5yrs

The results based on participants stressors regarding care of their children. Majority (83.3 percent) reported about inadequate time, (60 percent) of participants shows about increased workload and transportation problem.

Table 1 : Association between the selected demographic variables with their stress level based on professional profile.

Sl No	VARIABLES	Level Of stress	χ^2	Df	Table value
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		Above or equal to mean	Below mean			
1.	Professional Qualification <ul style="list-style-type: none"> • GNM • Bsc Nsg 	28 6	23 3	0.004	1	3.84
2.	Working Area <ul style="list-style-type: none"> • General Ward • ICU 	13 21	16 10	0.770	1	3.84
3.	Years of Experience <ul style="list-style-type: none"> • 2-8 yrs • 9-15yrs 	28 5	22 5	0.016	1	3.84
4.	Monthly Salary <ul style="list-style-type: none"> • 5000-10000 • 11000-20000 	28 6	18 8	0.240	1	3.84
5.	Age <ul style="list-style-type: none"> • 25-35 • 26-45 	33 1	25 1	0.034	1	3.84
6.	Types of family <ul style="list-style-type: none"> • Nuclear family • Joint family 	28 5	22 5	0.166	1	3.84
7.	Religion <ul style="list-style-type: none"> • Hindu • Christian 	15 19	18 8	0.912	1	3.84
8.	Maximum family support <ul style="list-style-type: none"> • Husband • Family member • Servant 	12 12 10	10 8 8	0.038	2	5.99

9.	Place of Residence <ul style="list-style-type: none"> • Within 15km radius from hospital. • More than 15kms radius from hospital. 	20 14	17 9	0.055		3.84
10	Number of children upto 18 years <ul style="list-style-type: none"> • 1 • 2 	24 9	19 8	0.035	1	3.84
11	Age of the child <ul style="list-style-type: none"> • 5-11months • 1-5yrs • 6-19yrs 	5 21 6	5 17 15	0.7360.	1	3.84
12	Gender of the child <ul style="list-style-type: none"> • Male • Female 	25 10	10 27	3.83	1	3.84
13	Health Status of the Child	28 10	21 9	0.024	1	3.84

The statistical analysis reveals that 91.7 percent were suffering from moderate stress level whereas 8.3 percent had severe stress.

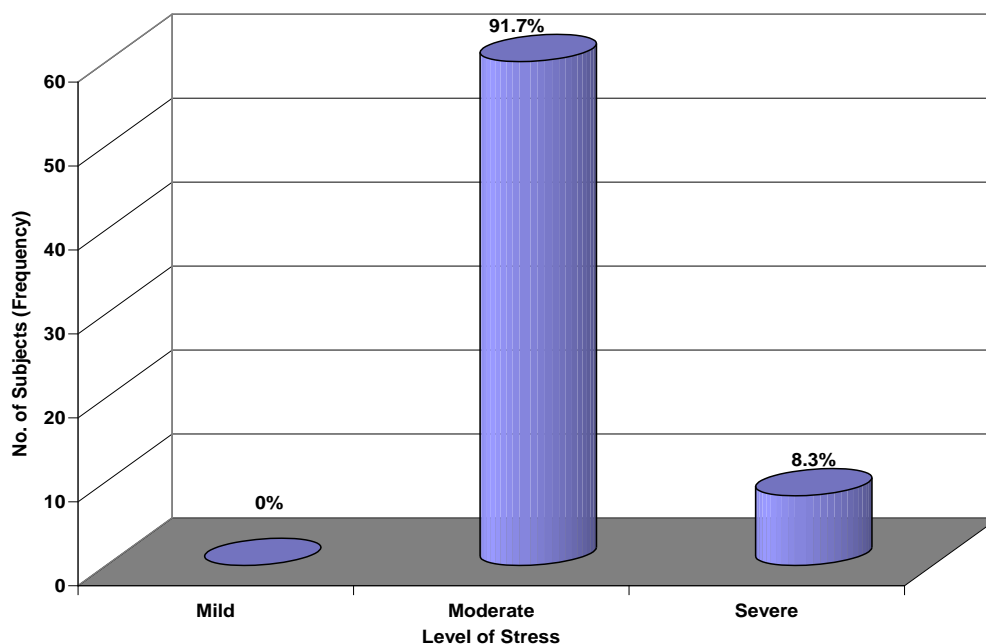


Fig 1 :Frequency and percentage distribution of Nurses Level of Stress

Table 2 : Description Of Mean And Standard Deviation Of Stress Score

Sl No	Domain	Max	Range	Mean	Mean%	S.D
1.	Physiological	39	19-39	25.6	56.96	3.2
2.	Psychological	36	18-36	25.8	57.22	4.1

Table 1 deals with description of mean and standard deviation stress score of physiological and psychological dimension. The mean stress score of physiological and psychological dimensions was 25.6, 25.8, respectively mean was 56.96 percent, 57.22 percent and standard deviation 3.2, 4.1.

The overall effects on work performance of nurses showed that 73.4 percent nursing had mild effects and 26.6 percent of nurses had moderate effects on work performance. The mean score of effects on work performance obtained by the nurses 3.75 and mean percentage was 31.25 percent with standard deviation 1.5.

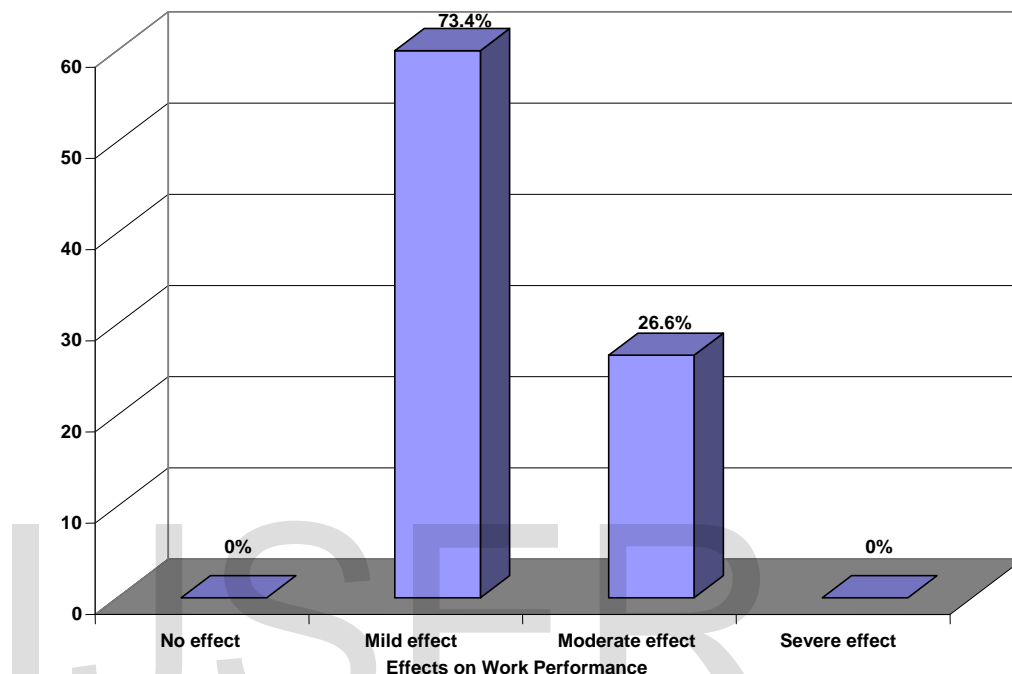


Fig 2: Frequency and Percentage Distribution of Effects on Work Performance

Table 3 : Description Of Mean And Standard Deviation Of Effects On Work Performance.

Part C	Max	Range	Mean	Mean %	S.D
Effects on work performance	7	0-7	3.75	31.25	1.5

Table 3:represent that the overall effects on work performance of subjects indicating mean, mean percent and standard deviation. The mean is 3.75, mean score is 31.25 percent respectively standard deviation was 1.5

A association of selected demographic variables in relation to their subjects stress was studied. The findings reveals that demographic variables like age, professional qualification, working area, years of experience, monthly salary, number of children, type of family, religion, family support, place of residence, duration of married life, mode of duty, no of night duty per month, age of the child, gender of the child, health status of the child did not have any statistical significant association between participants level of stress.

CONCLUSION

This study revealed the various associated factors influencing the nature of stressors in nurses .Varied kind of stressors experienced by the nurses while attending duty leaving their children at home. Time constraints is the most important stress factor .The level of stress affects on work performance of all nurses at mild to moderate grades .It needs multi centric study to confirm the increased stress level of working mother . Organization should introduced global changes to deal with some of these issues that reduce level of stress among nurses which will demonstrate considerable economic savings to organizations in reduced rates of sickness and absenteeism as well as health care costs . Availability of Quarter , day care facilities , transportation facilities , medical facilities , provison of counseling for interpersonal problems are few alternatives that will really help . Follow up study can be conducted to evaluate

the effectiveness of information booklet. The study can be replicated for assessing their coping strategies and its effectiveness. A comparative study can be done between hospitals regarding nurses stress level or between general ward and ICU Nurses. Same can be replicated to assess stress level of nurses with pre school children.

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