



Stress in Nursing-An Analysis of Its Impact on Women Nurses in Coimbatore City

KEYWORDS

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ABSTRACT *This paper is based on a descriptive research undertaken in Coimbatore district, TamilNadu a comparative study to identify and differentiate sources of stress. The purpose of the study is to identify the factors causing stress and the impact of stress among nurses. The study has taken a sample of 250 nurses from private hospitals using Simple percentage analysis and Kendall's (W) Coefficient of Concordance. The result indicated that most of the respondents are affected by headache, migraine, physical pain, blood pressure and sugar due to stress. By providing some stress free technique such as meditation, yoga and physical exercise, stress can be reduced. The study has given suitable suggestions to overcome the stress.*

INTRODUCTION

In the recent years women have come out of their cocoon, and they are exposing themselves in various fields. Their earnings will definitely reduce the financial burden of their families and hence employed women are greatly accepted in the society. The people at all professions are undergoing stress due to the increased work pressure of changing life style. Stress is a term that is difficult to define and yet, it can be identified with the physical, mental, emotional and behavioral responses that signal to the person stressed. The word itself is derived from a Latin root meaning "hardships". the stress response is also uniquely experienced and perceived which means one person's stress is another person's stimulus and vice versa .the health and safety executive (HSC) defines stress as "the adverse reaction people have to excessive pressure or other types of demand placed on them.

STATEMENT OF THE PROBLEM

Nursing has been identified in a number of studies as a stressful occupation. As a nurse, by tradition and training, they spend a great deal of mental, emotional and physical energy on caring for others. So , they face physical, psychological and other problems like erratic moods, irresponsible work, wrong treatment, harsh treatment of patients, etc. which ultimately lead to stress. A better understandings of these factors in nursing, may allow identification of strategies to improve the working conditions for these nurses with resulting benefits for the quality of nursing care.

OBJECTIVE OF THE STUDY

The following are the objective of the study:

1. To identify the factors causing stress among nurses
2. To study the impact of stress among nurses

SCOPE OF THE STUDY

The study aims to find "stress among nursing" with respect to Coimbatore city. The aims is to find out the impact on women nurses. The study identifies the factors causing stress and measures taken among nurses.

NEED FOR THE STUDY

Nursing is a reward and satisfactory profession, but at the same time it can also be extremely stressful. Nurses are not only assuming the role of care-givers but also administrators and supervisor of patients. Nurses working in hospitals show more distress (strain) and lower levels of morale, job satisfaction and quality of work life than others. It has also been identified that nurses working in hospitals are more stressed due to shift duties, time pressures, lack of respect from patient, doctors as well as hospital administrators, inadequate staffing levels, interpersonal relationships, death and a low pay scale significantly add to their stressed situation.

SOURCES OF DATA

Both primary and secondary data were used in the study. The primary data was derived through the Questionnaire that was distributed to the respondents. Secondary data was collected from various sources such as Journals, Magazines, and Websites etc.

AREA COVERD AND SAMPLING TECHNIQUE

All the respondents have been chosen from the Coimbatore city based on purposive sampling.

TOOLS USED

The statistical tools used:

- Simple percentage analysis
- Kendall's (W) Coefficient of Concordance

LIMITATIONS OF THE STUDY

1. The study was restricted to Coimbatore city only and hence general conclusion cannot be made.

2. The respondent's views and options may hold good for the time being and may vary in future.

REVIEW OF LITERATURE

To review various literature earlier studies done by various researchers were referred and to understand the research gap to be studied and analyzed.

Chandra Sekar (1992) , has conducted on " Job Stress" among the nurses from various hospitals. The study reveals that different nurses had different nurses had different types of stresses in different hospitals. The study also revealed that as the number of patients' increases the work load will increase and thus experiencing the stress.

Luthans (1992) study conducted on "Stress" defines, identifies, examines and discusses the effects of stress including physical, psychological and behavioral problems of stress. The causes of stress are extra organizational, individual.

ANALYSIS AND INTERPRETATION

Personal Factor		No.of.Re-spondent	Percentage
Age	Below 25 years	77	30.8
	25 - 30 years	70	28.0
	30 to 40	49	19.6
	40 to 45 years	19	7.6
	45 and above	35	14.0
Education	+2	41	16.4
	Diploma in nursing	92	36.8
	Diploma in midwife	30	12.0
	B.Sc nursing	87	34.8
Marital Status	Married	86	34.4
	Unmarried	164	65.6
Nature of employment	Private	143	57.2
	Government	107	48.8
Family type	Nuclear family	52	60.5
	Joint family	34	39.5

The above table -1 depicts that the 56% of the respondents are the age group of below 30 years , 62% of the respondents are graduates ,54% of the respondents are married, and 37% of the respondents are earning 10,001 to20,000 monthly income.

Rank analysis using kendall's (w) coefficient of concordance
Physical causes

Table 1
Distribution of respondents according to their physical causes

Physical cause	Mean	Rank
Head aches/ migraine	2.18	II
Physical pain	2.17	I
Ulcers	2.81	III
Asthma	3.79	IV
Diabeties	4.05	V

Kendall's coefficient of concordance

Kendall's W	.314
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From the mean ranks it is seen that physical pain gets first

priority followed by headaches/migraine, ulcers, asthma, and last priority is for diabetics. Kendall's coefficient of concordance (w) was used to find whether there is similarity among the respondents in the order of assigning the ranks. Kendall's(w) indicate the extent of similarity among the respondents in the order of assigning the ranks. Kendall's (W) indicates the extent of similarity among the respondents higher the value of W more will be the similarity. Kendall's(W) ranges between 0 – 1. From the above table it is seen that the w is 0.314 which shows that there is low similarity among the respondents in assigning the ranks.

Psychological causes

Table 2
Distribution of respondents according to their psychological causes

Physical cause	Mean	Rank
Loss of Weight	2.80	II
Lack of sleep	2.39	I
Depression	2.86	III
Inability to concentrate	3.30	IV
Low self esteem/ confidence	3.65	V

(source : computed)

Kendall's coefficient of concordance

Kendall's W	.095
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From the mean ranks it is seen that lack of sleep gets the foremost priority, followed by loss of weight, depression, inability to concentrate and the least priority is for low self esteem/confidence. Kendall's coefficient of concordance (W) was used to find whether there is similarity among the respondents in the order of assigning the ranks. Kendall's (W) indicates the extent of similarity. Kendall's (W) ranges between 0-1. From the above table it is seen that the w is 0.095 which shows that there is low similarity among the respondents in assigning the ranks.

Other causes

Table 3
Distribution of respondents according to their other causes

Physical cause	Mean	Rank
Erratic moods	2.64	I
Irresponsible work	2.70	II
Working treatment	3.11	IV
Lack of smile on the face	2.97	III
Harsh treatment of patients	3.58	V

(source : computed)

Kendall's coefficient of concordance

Kendall's W	.056
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From the mean ranks it is seen that Erratic moods gets the foremost priority, followed by Irresponsible work, lack of smile on the face, wrong treatment and the least priority is for harsh treatment of patients Kendall's coefficient of concordance (W) was used to find whether there is similarity among the respondents in the order of assigning the ranks. Kendall's (W) indicates the extent of similarity among the respondents higher the value of W more will be the similarity. Kendall's (W) ranges between 0-1. From the above table it is seen that the W is 0.056 which shows

that there is less similarity among the respondents in assigning the ranks.

FINDINGS

Findings of the study:

The following are the important findings of a study on stress among nurses. Based on the sample size, 250 respondents were selected from coimbatore city alone.

PERCENTAGE

It is concluded that maximum (30.8%) of the respondents are below 25 years of age and majority (65.6%) of the respondents are unmarried. It is evident that maximum (36.8%) of the respondents have done diploma in nursing while Majority (57.2%) of the respondents are working in private hospital, it is identified that maximum (54%) of the respondents have 10 years and experience, and most (40%) of the respondents have acquired special grade in their job. It is found most of them have opted for working in both day and night duties, majority (60.5%) of the respondents are in nuclear family and most (40.4%) of the respondents are earning a salary of Rs.8000 and above per month.

KENDALL'S CO-EFFICIENT OF CONCORDANCE

➤ It is found that the stress for the nurse is due to the physical pain. Kendall's coefficient of concordance was used to find whether there is similarity among the respondents in assigning the rank. The Kendall's (W) for the given terms is 0.314, which shows that there is moderate level of similarity in assigning ranks.

➤ It is found that the stress for the nurse is due to the poor sleep pattern. Kendall's coefficient of concordance was used to find whether there is similarity among the respondents in assigning the ranks. The Kendall's W for the given terms is 0.095, which shows that there is moderate level of similarity in assigning ranks.

➤ It is found that stress for the nurse is due to the erratic moods. Kendall's coefficient of concordance was used to find whether there is similarity among the respondents in assigning the ranks. The Kendall's (W) for the given terms is 0.056, which shows that there is moderate level of similarity in assigning ranks.

SUGGESTIONS

- Most of the respondents are affected by headache, migraine, physical pain, blood pressure and sugar due to stress.
- By providing some stress free technique such as meditation, yoga and physical exercise, stress can be reduced.
- Deep sleep is an effective technique to reduce stress. It enable the nervous system to function well.
- Listen to good music, as it is great stress remover. Laughter is a good medicine to reduce the stress, so spend some time daily with people who make you cheerful.
- Plan the duty according to the patient's type.

CONCLUSION

An individual's success or failure in controlling stress depends on his physical and psychological strength. If they face stress with a positive attitude, it will create a lot of positive energy to achieve the task. The commitment of the organization and the individual are very important factor in managing stress effectively. The cost of stress is very expensive because it affects the individual, organization and society at large. The stress of work overload in the hospital setting was often a direct result of staff shortage. Unless the various work stressors are recognized and properly dealt with, it may lead to poor morale and uncooperative behavior.

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