



## A Study on Health Disorder Related to Stress Among Employees in Hospital Environment in Tamilnadu– A Empirical View

### KEYWORDS

health disorder, stress, work environment

**Dr. P. THIRUMOORTHY**

Assistant Professor, Periyar Institute of Management Studies, Periyar University, Salem – 636 011.

**G.VENKATESAN**

Full-time Research Scholar, Periyar Institute of Management Studies, Periyar University, Salem-636 011

**ABSTRACT** *Aim: To find out the health disorder factors related to stress among employees in hospital environment*  
*Methodology: A study was conducted with help of 100 samples of Nurses from three private hospitals in Salem district of Tamil Nadu and the respondents were chosen based on random sampling method. It is a Descriptive Research. Primary Data was collected through survey method choosing the respondents. Questionnaire was used to collect the data from respondents. Secondary Data was collected from the Internet, Newspapers, Magazines and Books etc.*  
*Results: The variables of Health disorder causing stress among nurses is (i) Headache (ii) Dry Mouth (iii) Clammy Hands (iv) Skin rashes (v) Stomach ache (vi) Anxiety (vii) Blurred vision (viii) Teeth grinding (ix) Heart Burn (x) Sleeplessness, Which are likely to induce stress at hospital environment.*  
*Conclusion: From the results of the study different variables have been analysed and taken into consideration as findings from the study relating to stress among employees in hospital environment.*

### INTRODUCTION

Individuals earn their bread for themselves and their families to enjoy good health. If not for health, percentage of people who toil for luxurious life is countable in number. The employees spend one third of their day in the work place and therefore it is their ultimate responsibility to take care of their health and for that the work environment should be conducive. As an English proverb goes, 'when wealth is lost, nothing is lost and when health is lost, everything is lost.'

### LITERATURE BACKGROUND

**Anitha Devi (2007)** aimed at identifying the degree of life stress and role stress experienced by professional women. A total sample of 180 women professionals belonging to six occupations were chosen for the study. The result showed science and technology professionals and doctors experienced significantly greater life and role stress followed by administrators and self-employed. Teachers and bankers experienced comparatively lesser stress in both role as well as life.

**Hasnain et al. (2001)** on his study "role stress and coping strategies in different occupational groups" assessed the coping strategies in three different occupational groups (20 engineers, 20 managers and 20 teachers). No significant difference was obtained among the coping strategies of the three groups. The two coping strategies used by these three group were extra-persistent and inter-persistent (approach coping). In a nutshell it can be said that in all the three groups approach coping strategies were more frequently used than avoidance strategies.

**Pradhan and khattri (2001)** Studied the effect of gender on stress and burn out in doctors. They have considered experience of work and family stress as intra-psycho variables. The sample consisted of 50 employed doctor couples. Mean age was 40 years for males and 38 years for females. The result indicated no gender difference in the experience of burn out, but female doctors experience significantly more stress.

### STATEMENT OF THE PROBLEM

Stress is thought to affect individuals' psychological and physical health as well as organization effectiveness in an adverse manner. This statement provides practical advice how to deal with stress. From this study, we will find out the health disorders among the Nurses. Thus, will decrease trustworthiness of Nurses towards their leader or supervisor and indirectly will give negative impact. Also, this study is to determine the outcomes of occupational stress that occur among Nurses which can give effect to the hospital.

### OBJECTIVES OF THE STUDY

To find out the health disorder factors related to stress among Nurses in hospital environment

### METHODOLOGY

The study was conducted for the sample size of 100 respondents of Nurses from three private hospitals in Salem district of Tamil Nadu and the respondents were chosen based on random sampling method. It is a Descriptive Research. Primary Data was collected through survey method choosing the respondents. Questionnaire was used to collect the data from respondents. Secondary Data was collected from the Internet, Newspapers, Magazines and Books etc.

### ANALYSIS AND DISCUSSION

Analysis was performed with three dimensions. The first part presents the frequency analysis, the second and third dimensions that descriptive and ANOVA respectively.

#### (i) Demographic profile of the respondents

S.No	Demographic variables	Particulars	No.of respondents
1	Age	Less than 25 yrs	09
		25-35 yrs	24
		35-45 yrs	32
		45 – 50 yrs	27
		50 and above	08
2	Gender	Male	18
		Female	82

3	Marital Status	Married	67
		Unmarried	33
4	Educational Qualification	Diploma	21
		UG	65
		PG	14
5	Total Experience	Less than 5 yrs	22
		6-10 yrs	16
		11-15 yrs	25
		16-20 yrs	17
6	Income per month	Rs.10,000-Rs.20,000	46
		Rs.20,001-Rs.30,000	20
		Rs.30,001-Rs.40,000	22
		Rs.40,001 & above	12

**Interpretation**

From the demographic profile most of the respondents are belongs to the age group of 35-45 yrs, most of them are female category and married. Educational qualifications of the respondents are UG level and most of them had 11-15 yrs work experience. Most of the respondents are getting income of Rs.10,000-Rs.20,000 per month.

**(ii) Descriptive Analysis**

S.No	Items	N	Mean	Standard Deviation
1	Headache	100	1.6900	0.64659
2	Dry Mouth	100	1.3300	0.63652
3	Clammy hands	100	1.2100	0.45605
4	Skin rashes	100	1.1400	0.40252
5	Stomach ache	100	1.8000	0.60302
6	Anxiety	100	1.1400	0.42687
7	Blurred vision	100	1.2700	0.60059
8	Teeth grinding	100	1.2000	0.55048
9	Heart Burn	100	1.0600	0.31205
10	Sleeplessness	100	1.0400	0.19695

**Interpretation**

From all the above items, the mean score were different. This shows that the response of the respondents has varied between never, sometimes and often. The standard deviation score were differs from 0.19 to 0.64.

**(iii) One-way ANOVA**

One-way analysis of variance was performed to identify the association between different health problems.

S. No	Items	Diff.	SS	DF	MS	F	S
1	Headache	Between Groups	6.461	7	0.923	2.431	0.025
		Within Groups	34.929	97	0.380		
		Total	41.390	99			
2	Dry Mouth	Between Groups	12.418	7	1.774	5.894	0.000
		Within Groups	27.692	92	0.301		
		Total	40.110	99			
3	Clammy hands	Between Groups	2.865	7	0.409	2.124	0.049
		Within Groups	17.725	97	0.193		
		Total	20.590	99			
4	Skin rashes	Between Groups	1.861	7	0.266	1.725	0.113
		Within Groups	14.179	92	0.154		
		Total	16.040	99			

5	Stomach ache	Between Groups	2.421	7	0.346	0.948	0.474
		Within Groups	33.579	97	0.365		
		Total	36.000	99			
6	Anxiety	Between Groups	5.340	7	0.763	5.526	0.000
		Within Groups	12.700	92	0.138		
		Total	18.040	99			
7	Blurred vision	Between Groups	10.923	7	1.560	5.791	0.000
		Within Groups	24.787	97	0.269		
		Total	35.710	99			
8	Teeth grinding	Between Groups	15.975	7	2.282	14.970	0.000
		Within Groups	14.025	92	0.152		
		Total	30.000	99			
9	Heart Burn	Between Groups	1.440	7	0.206	2.308	0.033
		Within Groups	8.200	97	0.089		
		Total	9.640	99			
10	Sleeplessness	Between Groups	1.040	7	0.149	4.882	0.000
		Within Groups	2.800	92	0.030		
		Total	3.840	99			

**Interpretation**

Variables under health disorder factors, Headache, Dry Mouth, Clammy hands, Anxiety, Blurred vision, teeth grinding, Heart Burn, and Sleeplessness are below significant. This implies that the respondents differed significantly in their perception pertaining to the above variables.

**FINDINGS**

**From Demographic variables**

From the demographic profile most of the respondents are belongs to the age group of 35-45 yrs, most of them are female category and married. Educational qualifications of the respondents are UG level and most of them had 11-15 yrs work experience. Most of the respondents are getting income of Rs.10,000-Rs.20,000 per month.

**From descriptive analysis**

Nurses felt that these are the certain variables which are likely to induce stress.

**From ANOVA**

The analysis of variance revealed that the variability of mean score of the respondents based on their departments had difference in significance regarding health disorder variables.

**SUGGESTIONS**

The stressors in health disorder variables, which are likely to induce stress at work. The Hospitals can look into these variables of their Nurses and remedial measures can be taken in order to make their Nurses physically and mentally fit. Proper working conditions will help them to free from these kinds of health related stressors and in turn, the productivity (profit) of the employees becomes more.

Hence, these are all the suggestions that can be taken into consideration in order to overcome these stress related problems in the hospitals. This will provide their Nurses to be free from stress and in turn, they can contribute more towards their organizations growth and development. This will enhance their productivity (Profit) and satisfaction towards their profession.

**CONCLUSION**

From the above study different variables namely Headache, Dry Mouth, Clammy hands, Anxiety, Blurred vision, teeth grinding, Heart Burn, and Sleeplessness have been analysed and taken into account as findings from the study relating to stress among Nurses in hospital environment. These are the variables which are likely to cause stress can be modified by taking necessary steps like providing comfortable hospital environment which won't cause any illness to the employees, making employees to participate in decision making

The hospitals are therefore advised to take note of the impact of stress causing variables (stressors) in order to protect both the Nurses and the hospitals against the negative effects of stress. The study has revealed that majority of the Nurses suffers stress due to different kinds of problems (Health disorders) prevailing at their hospital environment.

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