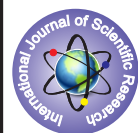


# A COMPARATIVE STUDY TO ASSESS THE STRESS AND COPING STRATEGIES AMONG NURSES WORKING IN PSYCHIATRIC CHRONIC AND GENERAL WARDS AT DR. VIDYA SAGAR MENTAL HOSPITAL, AMRITSAR, PUNJAB



## Nursing

**KEYWORDS:** stress, coping strategies, psychiatric chronic and general wards

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## ABSTRACT

"A comparative study to assess the level of stress and coping strategies among staff nurses working in psychiatric chronic and general wards at Dr. Vidya Sagar Mental hospital Amritsar".

### The objectives of the study were:

1. To assess the level of stress among the nurses working in chronic ward in psychiatric hospital.
2. To assess the level of stress among nurses working in general ward in psychiatric hospital.
3. To compare the level of coping strategies among nurses working in chronic and general ward in psychiatric hospital.
4. To associate the level of stress and coping strategies among nurses working in psychiatric hospital with their selected demographic variables.

### The hypotheses of the study were:

**H<sub>0</sub>:** There is no significant difference between level of stress and coping strategies among nurses working in chronic and general ward at Dr. Vidya Sagar Mental Hospital.

**H<sub>1</sub>:** There will be a significant difference between level of stress and coping strategies among nurses working in chronic and general ward at Dr. Vidya Sagar Mental Hospital.

A comparative approach was adopted in the study. Sample consisted of 60 nursing staff in Dr. Vidya Sagar Mental Hospital, Amritsar. Probability random sampling (Lottery) technique was used for the study. After the completion of the pilot study, main study was conducted. Analysis was done by using mean, standard deviation and chi square. Finding revealed that there is a significant association between the level of stress and their selected demographic variables.

The conceptual frame work adopted for the study was based on modified Betty Neumans theory. The study utilized a comparative research approach. The Population considered of nurses working in Chronic and General ward of Dr. Vidya Sagar Mental Hospital, Amritsar Punjab. A subject size of 60 nurses was selected using purposive non probability random sampling technique.

## INTRODUCTION

Stress is a subjective phenomenon based on individual perceptions, producing positive (eustress) and negative (distress) perspectives. The conceptualization of stress reported by Selye is basically a Physiological one in which stress response is seen as necessary adjunct to the organisms fight for survival. By causing various body changes the stress response prepare the individual to fight against emergency or to take flight from it. Job stress is a common work place problem experienced by all professionals, irrespective of their nature of work. Stress level can be defined as the harmful physical and emotional responses things are bad for that occur when the requirement of the job dose not stress and coping strategies the poor health and even injury.

According to NIOSH (National Institute for Occupational Safety and Health view), exposure to stressful working conditions (called job stressors) can have a direct influence on worker safety and health. According to the researchers, people who do the stressful jobs have the tendency to do things are bad for health, such as smoking and alcohol drinking, rather than people who enjoy their work to overcome the boredom in the workplace. Psychologists say that people should start thinking about the needs of others, especially the loved ones and the family, thus avoiding the other bad habits that affect their health. So it is important to assess the stress and coping strategies of nurses.

The conceptualization of stress reported by Selye is basically a physiological one in which stress response is seen as necessary adjunct to the organisms fight for survival. By causing various body changes the stress response prepare the individual to fight against emergency or to take flight from it. At the same time the stress implies strain which can cause by prolonged exposure to stresses.

Increased competition, growing Patients demands, prompts Patients services, time pressure, target and role conflicts are main factors of stress to nurses. The advent of technological changes especially extensive use of computers in the sector have changed

the work patterns of nurses and made it inevitable to downsize the workforce sector.

Poor working relationship among co-workers cannot provide valuable social support and this can cause job stress.

## Material and Methods

### RESEARCH DESIGN

The non- experimental comparative research design, which helps to compare the level of stress among nurses working in Chronic and General ward.

The pilot study was conducted on 22.03.2016 to assess the feasibility of the study and to decided data analysis plan. Administrative permission was taken from the Supritendent of Dr. Vidya Sagar Mental Hospital Punjab. The pilot study was done on 6 nurses working in Chronic and General ward. The data was analyzed by statistical test. The pilot study did not shown any major changes in the design of the structured questionnaire.

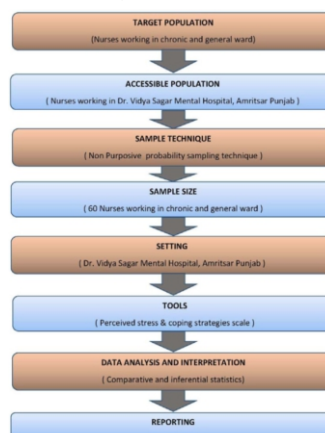


FIGURE 3.1 SCHEMATIC REPRESENTATION OF THE RESEARCH DESIGN

**ORGANIZATION AND PRESENTATION OF STUDY FINDINGS**

The finding is presented according to the objectives set for the study. The collected data is tabulated, analyzed, organized and presented under the following headings:-

- **Section A:-** Socio-demographic data. 28
- **Section B:-** Assessment of level of stress.
- **Section C:-** Perceived Stress Scale
- **Section D :-** Association between the selected coping strategies scale

**RESULT:-**

1. A assesment of nurses shows that the Majority in chronic ward 16(53%) are females, 20(63%) are of Age group 31 – 35, 18 (60%) are Un-Married .21 (70%) are having per Capita Income between 10000 – 20000, 15(50%) of the nurses have education and 13 (43%) works in timing 2.00 P.M – 8:00 P.M.

2. Assesment of nurses shows that the Majority in General Ward 20(67%) are females ,17 (57%) are of Age Group 31 -35, 17 (57%) are Married , 19 (63%) are having Per Copita Income between 10000 – 20000 , 15 (50%) of the nurses have education and 16(53%) works in timing 8:00 A.M – 2:00 P.M.

3. Assessment of the coping strategies reveals that 30% of employees are having poor coping strategies and 30% are having average coping strategies and none of them having good coping stratiges.

4. The study showed that there is relatively a significant negative correlation between stress and coping stratiges

5. Findings of the study revealed that there is significant association between the stress, coping strategies and some of the demographic variables

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