



A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ASSERTIVENESS TRAINING ON LEVEL OF STRESS AMONG STAFF NURSES WORKING IN SELECTED HOSPITALS AT DISTRICT SANGRUR, PUNJAB.

Nursing

Miss Karamjeet Kaur*

M. Sc. Nursing (Mental Health Nursing), National Institute of Nursing, Khurana, Patiala Road, District Sangrur, Punjab (148001). *Corresponding Author

Elango. G

Associate Professor M.Sc. Nursing (Medical Surgical Nursing (Cardio Vascular and Thoracic Nursing)), Khurana, Patiala Road, District Sangrur, Punjab (148001).

ABSTRACT

INTRODUCTION: Stress is an emotional and physical response you experience when you perceive an imbalance between demand placed on you and your resources at a time when coping is important. Assertiveness means considered healthy behavior for all. "Assertiveness" is the appropriate expression of rights in such a way that respect the rights of others. Assertiveness training are designed as to improve an staff nurse's assertive beliefs and behavior, which can help the staff nurses changes how they view themselves and establish self-confidence.

METHODOLOGY: The research design was quasi experimental, one group pre-test and post-test design. The sample size was 50 and simple random sampling technique was used to select the samples in the study

RESULT: The mean of pre-interventional level of stress is 49.58 and mean of post-interventional level of stress is 39.84. The mean difference of pre and post-interventional level of stress is 9.74. The standard deviation of pre and post-interventional level of stress is 6.86. The df is 49, and the t-test value is 9.938, and the table value is 2.02.

CONCLUSION: The study concluded that, the level of stress during pre-intervention was high as compared to post-interventional level of stress. Hence, assertiveness training has positive effect on level of stress among staff nurses.

KEYWORDS

Assess, Level of Stress, Assertiveness training, and staff nurses.

INTRODUCTION:

Nursing is a stressful environmental profession. Nursing professions are charged with the responsibilities of patient care and services for patients and families, which the human, responsive, empathic, collaborative, and culturally informed. The expectation to provide quality patient care with limited resources can result in severe work-related stressful for nurses.

The Stress is psychological and physical response experience when you perceive an imbalance between demands placed on you and your resources when coping techniques is important. Stress can be regarded as a psychological threat, in which the individual perceives a condition as a potential threat. The term stress as it is currently used was coined by Hans Selye stated that it is the non-specific response of the body to any demand for changes.

Assertiveness is a one style of communication which reflects nurse's expression of their genuine feelings, and emotions standing up for their legitimate rights, refusing unreasonable requests. Assertive nurses resist undue social effect and disregard arbitrary authority figures, and refuse to conform to arbitrary group standards.

Assertive Nurses value what they think and feel personally empowered, have self-esteem/self-confidence and self-respect. They recognize their own our strengths and limitations. In addition, being assertive means taking responsibility for his life and his choices. It also means not blaming other people or circumstance for what happens to him/her. Assertiveness is true assertiveness if it is in the form of trait in personalities.

Assertiveness has emerged as effective moderator of stressful for both the general female population, and the nursing student's population. Assertiveness is the ability to express feelings, opinions, beliefs, and, openly and honestly, needs directly while not violating the personal rights of others.

RESEARCH OBJECTIVES:

1. To assess the pre-interventional level of stress among staff nurses working in selected hospitals at district Sangrur, Punjab.
2. To plan and implement the assertiveness training among staff nurses working in selected hospitals at district Sangrur, Punjab.
3. To assess the post-interventional level of stress among staff nurses working in selected hospitals at district Sangrur, Punjab.
4. To compare the pre and post-interventional level of stress among staff nurses working in selected hospitals at district Sangrur, Punjab.

5. To determine the association of level of stress with selected socio-bio- demographic characteristics among staff nurses working in selected hospitals at district Sangrur, Punjab.

REVIEW OF LITERATURE

The related literature always serves as a foundation stone for a new study and also helps to develop into problem area.

1. Review of literature related to stress.
2. Review of literature related to assertiveness training.

MATERIALS AND METHOD

The research design was quasi experimental, one group pre-test and post-test design. The sample size was 50 and simple random sampling technique was used to select the samples in the study. A tool i.e. stress scale were developed particularly for the purpose of the study. The study was conducted personally by the researcher after taking the written consent from staff nurses. Data was collected by stress scale in 7 days following the pre-intervention and post intervention was conducted with same tool and the same group of the staff nurses working in selected hospitals at district Sangrur, Punjab. The collected data was analyzed.

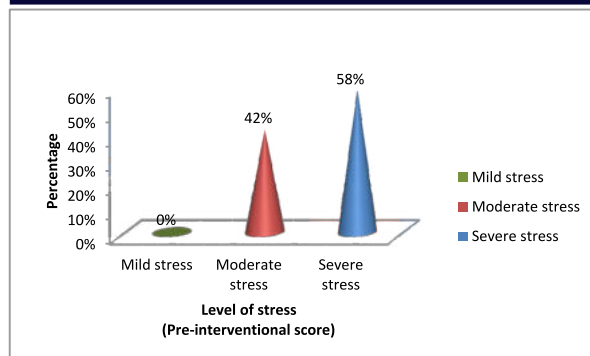
RESULT

The collected data was analyzed.

Major findings include Among 50 staff nurses maximum numbers of staff nurses i.e. 42 (84%) were from the age group 21-34 years, and 47 (94%) staff nurses were females. Majority of staff nurses i.e. 41 (82%) belonged to Sikh religion and most of them i.e. 33 (66%) were unmarried. Majority of staff nurses i.e. 39 (78%) were living in joint family. Majority of staff nurses i.e. 34 (68%) were diploma in nursing and most of the staff nurses i.e. 47 (94%) were total duration of work experience in same clinical area group 00-12 years. More than half of the staff nurses i.e. 26 (52%) were in the private hospitals.

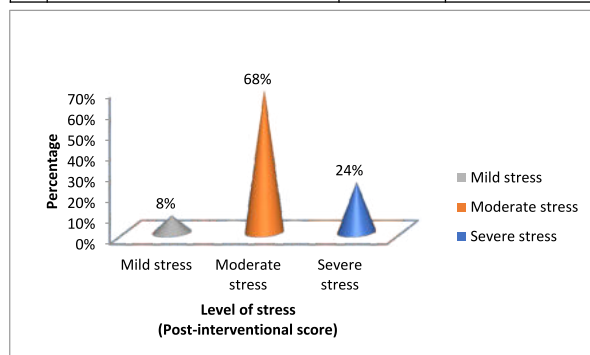
The pre-interventional stress score among staff nurses working in selected hospitals at district Sangrur, Punjab, majority 29(58%) subjects had severe stress, 21(42%) subjects had moderate stress, and no subject had mild stress.

S. No.	Level of stress (Pre-interventional score)	Frequency (f)	Percentage (%)
1.	Mild Level of stress (00-24)	00	00%
2.	Moderate Level of stress (25-48)	21	42%
3.	Severe Level of stress (49-72)	29	58%



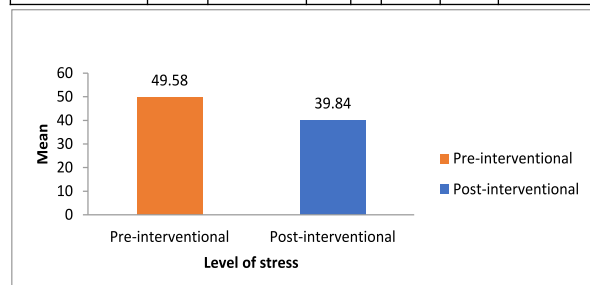
The post interventional stress score among staff nurses working in selected hospitals at district Sangrur, Punjab, majority 04(08%) subjects had severe stress, 34(68%) subjects had moderate stress, and 12(24%) subject had mild stress.

S. No.	Level of stress (Post-interventional score)	Frequency (f)	Percentage (%)
1.	Mild Level of Stress (00-24)	04	08%
2.	Moderate Level of stress (25-48)	34	68%
3.	Severe Level of stress (49-72)	12	24%



The mean of pre-interventional level of stress is 49.58 and mean of post-interventional level of stress is 38.18. The mean difference of pre and post-interventional level of stress is 11.4. The standard deviation of pre and post-interventional level of stress is 7.81. The df is 49, and the t-test value is 10.27, and the table value is 2.02. So, it was significant and it shows that assertiveness training is effective to reduce the stress of staff nurses working in selected hospitals at district Sangrur, Punjab.

Level of Stress	Mean	Mean difference	S.D.	Df	T-test	Table Value	Result
pre-interventional	49.58	9.74	6.86	49	9.938	2.02	Significant
post-interventional	39.84						



CONCLUSION

The study concluded that, the level of stress during pre-intervention was high as compared to post-interventional level of stress. The mean of pre-interventional level of stress is 49.58 and mean of post-interventional level of stress is 39.84. The mean difference of pre and post-interventional level of stress is 9.74. The standard deviation of pre and post-interventional level of stress is 6.86. The df is 49, and the t-test value is 9.938, and the table value is 2.02. Hence, assertiveness training has positive effect on level of stress among staff nurses.

RECOMMENDATIONS

- The study can be replicated on large sample to validate and generalize the findings.
- Comparative study can be conducted between Govt. and private hospital on effectiveness of assertiveness training on level of stress
- Similar study can be done in another area.
- A pre-experimental study may also be planned on staff nurses working in psychiatric setting.
- Comparative study can be conducted between the assertiveness training and other coping techniques.

REFERENCES

- Sreevani R, a guide to mental health and psychiatric nursing, 3rd edition, jaypee, 259-62.
- EzenwajiLfeiyinwa O., EseadiChiedu, Okide Charity C., Work-related stress, burnout, and related sociodemographic factors among nurses, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6370177/> reviewed on 03/05/2019.
- Brunero S., Cowan D., Grochulski A., A. Garvey: Stress management for nurses in New South Wales Nurses' Association, <http://www.nswnurses.asn.au/> reviewed on 28/02/2018
- Hans Selye: What is stress in The American Institute of Stress, <https://www.stress.org/what-is-stress/> reviewed on 02/03/2018
- Albert RE, Emmons ML. Your Perfect Right: A Guide to Assertive Behavior. Fourth ed. Impact Publishers, San Luis, California;1986.
- Townsend MC. Assertiveness training, Psychiatric Mental Health Nursing Concepts of Care, F.A. Davis publishers, Philadelphia, 4th ed, 2003; 219-30.
- Maheshwari S.K., Gill KanwaljitKaur, Relationship of assertive behavior and stress among nurses. Delhi psychiatry journal, 2015 18(2):356-364.
- Ellis, J. & Hartley, C. Managing and coordinating nursing care. 4th ed. Philadelphia, PA: Lippincott, Williams and Wilkins.2005; 7-8,18.