

A COMPARATIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING STRESS AND ANXIETY AMONG STAFF NURSES WORKING AT SELECTED GOVERNMENT AND PRIVATE HOSPITAL NALAGARH (HIMACHAL PRADESH)

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Abstract: Stress is a nonspecific response of the body to everything it needs. Dr. Selye has named the stress with positive reaction as good stress. Each stimulant leading to stress or physical nonspecific response is named stressor. Inappropriate environmental conditions such as noise, light, radiation, temperature, and humidity, high load of work, small number of the staffs, and high responsibility are also effective in the incidence of being stressed. Nurses' working environments are considered stressful due to their existing physical and psychological stress. Occupational stress can lead to occupational burnout. It also leads to a reduction of efficiency.

Keywords: stress, anxiety, staff nurses and hospital

1. INTRODUCTION

Stress is the reaction that people may have due to excessive pressure or other type of demands placed upon them. It arises when on worries that he can't cope. It is the wear and tear of mind and body. Stress occurs when the pressure is greater than the resources. Stress and stress related disorders have been considered as a significant cause of disease and may contribute to perhaps 75% of all illnesses. Stress is a non specific response of the body to any demand made upon it. Stress is arousal of mind and body in response to demands made upon them.

The term stress refers to negative emotional experience with associated behavioral, biochemical, physiological changes that are related to perceived acute or chronic challenges. These changes are stimulated by the events called stressor. It is a stimuli that proceeds or precipitate stress which cause bodily and mental tension. The stressful situation may vary from person to person. It may be possible that a situation may be stressful for one person but another person might find that same situation as neutral. Apart from psychological effects, stress also has various bodily consequences such as rapid heartbeat etc. according to Rosch 1996, one of the casual factors responsible for insomnia is stress and 40% of people claim that they are unable to sleep because of stress.

Stress is not a property of the person, or of the environment, but arises when there is conjunction between particular kinds of person that leads to a threat appraisal. Stress is feeling of pressure and strain. Work stress has negative impact on individual and organization. For the individual nurse, regardless of whether stress is perceived positively or negatively, physiological reactions may depends not only on the quality of the environment threats but also on the quality of reactions between the individual and the environment.

The term anxiety is usually defined as a diffuse, very unpleasant feeling of fear and apprehension. A person having anxiety disorder may show various symptoms like, dizziness, sweating, rapid heartbeat, fainting, sleeplessness, frequent urination, loss of appetite and tremors. The difference between fear and anxiety is that a person having fear is well aware of the reason that of what he/she is afraid of where as in anxiety the person is unaware of the reason that why he/she is fearful.

NEED SIGNIFICANCE OF THE STUDY:

In general work is good for one's mental health. It can give one's life a sense of meaning and help connect with other people. Having some stress at work from time to time can be beneficial to us, it can be motivated to do the job better. Work related or work place stress is a harmful reaction that people have to undo pressure and demands placed on them work.

If there is too much stress at work it can harm the person both professionally and personally. A person may feel stressed if there is a mismatch between what's expected of them at work and what the person is able to do. There will be a drop in work performance and harm to productivity. The effect of work stress can result in burnout; reduce motivation, decrease job satisfaction, high turnover rates, low morale and interpersonal conflicts. In a global context report by the WHO indicated that 10-20% of staff nurses suffer from mental health conditions, including stress-related disorders. A 2020 survey by the APA found that 53% of staff nurses in the USA reported moderate to severe levels of stress, particularly related to excessive workload and lack of interpersonal relationships. A study conducted in 2020 by the Indian Council of Medical Research found that 61.5% of staff nurses across India reported experiencing moderate to high levels of stress.

Stress affects both the mind and body. A little bit of stress is good and can help us perform daily activities. Nursing students face notably higher stress levels compared to their counterparts in other health sciences, with the clinical aspects of nursing education being particularly stressful. Work-related stress can be caused by poor work organization, by poor work design, poor management, unsatisfactory working conditions and lack of support from colleagues. Nursing is a rewarding and satisfying profession. But at the same time, it can be extremely stressful. Nurses in India, overburdened as the nurse-to-patient ratio is high.

OBJECTIVES OF THE STUDY

- 1) To assess the socio-demographic variables regarding stress and anxiety among staff nurses working at selected government and private hospitals in Nalagarh.
- 2) To assess the level of stress and anxiety among staff nurses working at selected government hospitals in Nalagarh.
- 3) To assess the level of stress and anxiety among staff nurses working at selected private hospitals in Nalagarh.
- 4) To compare the stress and anxiety levels among staff nurses working at selected government and private hospitals in Nalagarh.
- 5) To find out the association between the level of stress and anxiety among staff nurses working at selected government and private hospitals in Nalagarh and their selected demographic variables.

HYPOTHESIS

H₁: There is a significant difference between stress and anxiety among staff nurses working at selected government hospitals in Nalagarh.

H₂: There is a significant difference between stress and anxiety among staff nurses working at selected private hospitals in Nalagarh.

H₃: There is a significant difference between stress and anxiety among staff nurses working at selected government and private hospitals in Nalagarh.

METHODOLOGY

The research methodology is a way to systematically solve the research problem. It includes the steps, procedures and strategies for gathering and analyzing the data in a research investigation.

- 1) Name of the experiment: Comparative research study.
- 2) Location: Government and private hospital setting. The setting is the physical location and the condition in which data collection takes place in the study. The selection of appropriate set up is a very important asset that can influence the way the people behave or feel and how they respond. The researcher needs to decide where the data will be collected according to the availability of subjects and seeking approval and expectations of cooperation from selected government and private hospitals in Nalagarh.
- 3) Methodology: Research methodology could be defined as a way to solve the research problem systematically.

4) Statistical analysis: Deferential and inferential statistics will be used for this study.

RESEARCH METHODOLOGY

- 1) **Research design:** Is the overall plan for addressing a research question, including specification of enhancing the integrity of the study research (pilot). The research study guides the researcher in planning and implementing the study in a way that is most likely to achieve the intended goal.
 - a. Research design used for this study is under Comparative research design.
 - b. Types of research design: Pre-test research design.
- 2) **Sample design:** Is the process of selecting a subset of a population to collect data from, which is used to make inferences about the entire population.
 - a. Sampling technique: Convenience sampling technique is used for this study.
 - b. Sample size: 200 participants
- 3) **Data collection:** Data collection tools are the procedure used by the researcher to observe and measure the key variables in the research problem.
- 4) **Data preparation:** A formal written permission is obtained from the BMO of Government and private hospital Nalagarh after discussing the purpose and objectives of the study.
- 5) **Data analysis:** Data analysis is by using descriptive and inferential statistical method
- 6) **Inclusive criteria:**
 - Staff nurses between the age group of 22-58years of age were included.
 - Too willing and available to participate during the data collection period.
- 7) **Exclusive criteria:**
 - Staff nurses with major health issues and serious illness.
 - Those unavailable during the data collection period.

Questionnaire consisted of questions regarding demographic and socioeconomic information (based on Modified Kuppaswamy Socioeconomic Status Scale), questions concerning their medical history, diagnosed systemic diseases, and medications taken on a regular basis, history of tobacco, and alcohol consumption. Stress was measured using two stress scales: PSS and ENSS.

CONCLUSION

Material and method: The research approach adopted for this study was quantitative type and the research design was comparative descriptive design. This study was conducted among 60 staff nurses working in private and government hospitals by using non - probability convenient sampling technique. Rating scale was used to collect data by expanded nursing stress scale. The data were analyzed and interpreted by descriptive and inferential statistics. Section - I Demographic variables of staff nurses working at private and government hospitals. Section - II by expanded nursing stress scale used by the investigator which consists of nine - factor (death and dying, conflict with physicians, inadequate emotional preparation, problems related to peers, problems related to supervisors, workload, uncertainty concerning treatment, patients and their families and discrimination). Data was analyzed with the help of frequency, mean and standard deviation. Chi - square test was used to determine the association between the levels of stress with selected demographic variables. Results and conclusion: By the finding of the study, it is concluded that the nurses of private hospitals have severe stress & nurses of government hospital nurses have moderate stress. In the present study the nurses of private hospital have severe stress & nurses of government hospital nurses have moderate stress. There is no significant association between working stress and demographic variable Age, Gender, Marital status, type of family, Salary and Residency. There is significant in demographic variables as Education and Clinical experience.

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