"A Study To Assess The Knowledge Regarding Occupational Stress Among Staff Nurses At Rama Medical College And Research Center, Ghaziabad, U.P''.

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Abstract:

Background: *Stress In Nurses Is An Endemic Problem . The Nursing Profession Is Known To Be Stressful Throughout The World And Has Detrimental Effects On The Physical And Psychological Wellbeing Of An Individual's Health . Occupational Stress Is Of Key Interest To Employers Because Of The Known Adverse Effects On Employee Performance, Productivity, Job Satisfaction And Health As A Whole . Stress Basically Involves The Relationships Between Individuals And Their Environment That Are Considered As Challenging Or Exceeding Their Resources And Jeopardizing Their Well-Being. Stressors Are Objects And Events; Stress Reactions Are Responses In The Form Of Physiological (Such As Rapid Heart Rate, Increased Blood Pressure) And Psychological (E.G. Anger, Fear), That Occur When Confronted With A Stressor . World Health Organization Has Observed That Stress Is A Worldwide Epidemic Because Stress Has Recently Been Noted To Be Associated With 90% Of Visits To Physicians . Research For The Past Years Shows That, Signs Of Occupational Stress Appear To Be Rising Among Nurses Which Has Been Referred To Several Factors Ranging From Downsizing, Restructuring, And Merging To Role Boundary And Responsibility . According To Chapman, Occupational Stress Reduces Productivity, Increases Management Pressures And Makes People Sick In Many Ways, Evidence Of Which Is Still Increasing . Nurse Stress Is Defined As The Emotional And Physical Reactions Resulting From The Interactions Between The Nurse And Her/His Work Environment Where The Demand Of The Job Exceed Capabilities And Resources . Work Stress Is Recognized World-Wide As A Major Challenge To Workers' Health And The Healthiness Of Their Organizations The Working Environment Is One Of The Most Important Recourses Of Occupational Stress . Due To Dealing With Patient And. Majority 59% Due To Workload As Cause Of Stress. Inadequate Emotional Preparation Is Reported By 68%,24% And 8% Of Nurses As Occasional, Frequent And Extremely Occurring Cause Of Stress Respectively. Maximum 49% Reported Frequent Occurrence, Due To Conflict With The Doctors. 52% Nurses Reported Frequent Occurrence Of Stress, Because Of Supervisors As A Cause Of Stress. Maximum 50% Nurses Reported Extreme Occurrence Of Stress Due To Death And Dying As Cause Of Stress. 53%, Nurses Reported Occasional, Frequent And Extreme Occurrence Of Stress Due To Conflict With Peers As A Cause Of Stress Respectively. 48% Nurses Reported Occasional, Frequent And Extreme Occurrence Of Stress Due To Discrimination As A Cause Of Stress Respectively. There Was No Significant Association Found Between Occupational Stress, And Age, Sex, Professional Education, Year Of Experience. Most Studies Have Noted That The Cause Of Stress And Its Incidence Is Due To Overwork . In The United States, Work Place Stress Has Doubled Since 1985. Approximately One Third Of All Americans Considered Job Related Stress As Their Greatest Source Of Stress . This Is Confirmed By A Worldwide Poll Where 82.0% Of Respondents Reported That Work Related Pressure Cause Them To Feel Stress On A Regular Basis And Almost One Third Of Respondents Experience Stress Everyday METHOD:- A Descriptive Research Design Was Used To Assess The Knowledge Regarding Occupational Stress Among 100 Staff Nurse Working In Rama Medical College And Research Center Ghaziabad U.P. Non Probability Sampling Technique Was Used To Obtain The Sample For Study .The Data Was Collected By Using Structured Knowledge Questionnaire For Knowledge Assessment And On Occupational Stress .The Study Was Based On Health Belief Model*

RESULT: - THE MAJOR STUDY FINDINGS WERE AS FOLLOWS: Among The Nursing Student Most Of Them Were Below 21-25 Years Of Age , (45%),Gender Of Nursing Students Most Of Them Female 65(65%),In Context To Religion Most Of Them Belong To Hindus 52 (52%), Educational Status Maximum Student Nurse Come Under To The GNM 37 (37%), The Job Description Of The Staff Nursing Were Mostly Senior Nurse, 48 (48%)

Conclusion: *Findings Revealed That The Nursing Staff Had Good Knowledge About Occupational Stress*

Keywords: *Knowledge, Occupational Stress, Staff Nurse*

I.Introduction:

Stress is defined re-expressing of an event accompanied by symptoms of increased arousal and by evidence of stimuli associated by trauma, this affects the job performance. With this context of organization sources mediated stress, controversy surrounds not only the exact causes of work stress but also the efficiency of methods used to intervene in supports of the staff. Occupational stress is defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, responses or need of the worker. Work place stress or job stress means any characteristic of the job environment that poses a threat to the individual, either excessive demands or insufficient supplies to meet the need and lead to a rising tension in a person. Nurse's working environment include an enclosed atmosphere, time pressures, excessive noise or undue quiet, sudden swings of from intense to mundane tasks, no second chance, unpleasant sights and sounds, and long standing hours. Nurses are trained to deal with these factors but chronic stress takes a toll when there are additional stress factors like home stress, conflict at work, inadequate staffing, poor teamwork, inadequate training, and poor supervision.

II.Material & Method:

Research Approach: non experimental research approach

Research Design: A descriptive design was adopted for the study. Surveys are carried out for the purpose of providing an accurate portrayal of a group of subject with specific characteristics. This study intended to ascertain the knowledge of staff nurse regarding occupational stress

Setting Of The Study: District Hospital Ghaziabad

Population of the Study: Population of this study consist of staff nurse working in selected District Hospital Ghaziabad

Sample Size: In this study sample size is 100 staff nurse were selected who fulfilled the sampling criteria

Sampling Technique : Non probability purposive sampling technique was used to select the sample.

Reliability of Tools : The reliability of the tool was established by administering the tool to 10 staff nurse in District hospital Ghaziabad the coefficient of internal consistency was used to check the knowledge questionnaire by using KUDER-RICHARDSON. The reliability of structured knowledge questionnaire on occupation stress was 0.65

Inclusion criteria
1.   Staff nurses who are willing to participate.
2.   Staff nurse is above 21 years.
3.   Those who knows English or Hindi

Exclusion criteria. • Who are not willing to participate in study •
 Who are not present at the time of study

The tool for data collection had two sections – section A ,and B Section A: Demographic Performa Demographic Performa consisted of 4 items like Nurses 's age, gender, , religion , job description Section B: Structured Knowledge Questionnaire on Occupational stress Structured knowledge questionnaire on occupational stress consisted of 10 questions covering

III.Organization of the findings

• Data was organized under the following section. • SECTION A- Analysis the demographic data. • SECTION B- Association between demographic variables and level of knowledge.

IV.Result

SECTION- I

- Findings Related To Sample Characteristics
- Frequency and percentage distribution of staff nurse by their sex, age, religion,jobdescription

TABLE NO -(1) frequency and percentage distribution Among Staff nurseswith their selected demographic variable

S.NO	DEMOGRAPHIC DATA		FREQUENCY	PERCENTAGE
1	AGE	21-25YEARS	45	45
		26-30 YEAR	42	42
		31-35YEARS	13	13
		ABOVE 35 YEARS	0	0
2	SEX	MALE	35	35
		FEMALE	65	65
3	RELIGION	HINDU	52	52
		MUSLIM	33	33
		SIKH	07	07
		CHRISTIAN	08	08
4	JOB DESCRIPTION	MATRON/ANS	0	0
		WARD INCHARGE	0	0
		SENIOR NURSE	48	48
		JUNIOR NURSE	52	52

- The table 1st is describing the frequency Among staff nurse with their selected demographic variables like age, sex, religion and job description
- The variable age in present study were 45%,staff nurse belong to 21--25 year and 42% staff nurse belong to 26-30year where as13 % staff nurse belong to 31-35 year and 0 % belongfrom above 35 yr
- The variable sex of staff nurse 35% were male and staff nurse 65% female
- The variable religion in present study were 52% staff nurse were hindu , 33% staff nurse Were muslim,7%student were sikh,8%were Christian.
- The variable Job description in present study Were 0% Matron/ANS , 0 % Ward incharge ,48% Senior Nurse , 52 % Junior nurse

(T-2) Shows the level of knowledge acc. to age group

S.no.	age	Inadequate	Average	Adequate	Frequency .	percentage
1	21-25	4	21	20	45	45%
2	26-30	6	22	14	42	42%
3	30-35	1	7	7	13	13%
4	Morethen35	0	0	0	0	0%
Total		11	50	39	100	100%

Fig.-(1) shows the level of knowledge according. Age
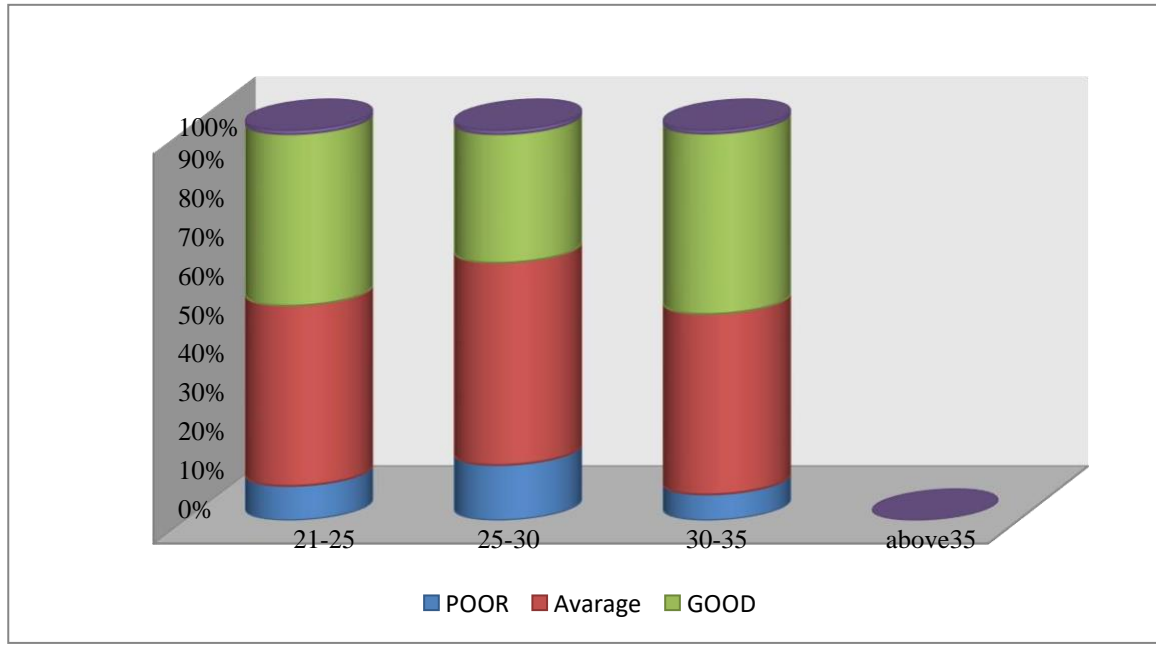
(T-3) Shows the level of knowledge acc. to gender

| S.NO.	SEX	POOR	AVERAGE	GOOD	FREQUENCY	PERCENTAGE
1	FEMALE	7	33	25	65	65%
2	MALE	4	17	14	35	35%
TOTAL		11	50	39	100	100%

In the knowledge level acc. To gender Female is 65(65%). male is 35(35%).

(T-4)Shows the knowledge level acc. To religion.

S.no .	religion	poor	average	Good	frequenc y	Percentage
1	HINDU	4	24	24	52	52%
2	MUSLIM	4	18	11	33	33%
3	SIKH	1	4	2	7	7%
4	CHRISTAN	2	4	2	8	8%
total		11	50	39	100	100%

In the knowledge level acc. to religion Hindu is (52%), Muslim is (33%) Sikh(7%) Christian is (8%).

Fig-3 shows the level of knowledge according. Religion
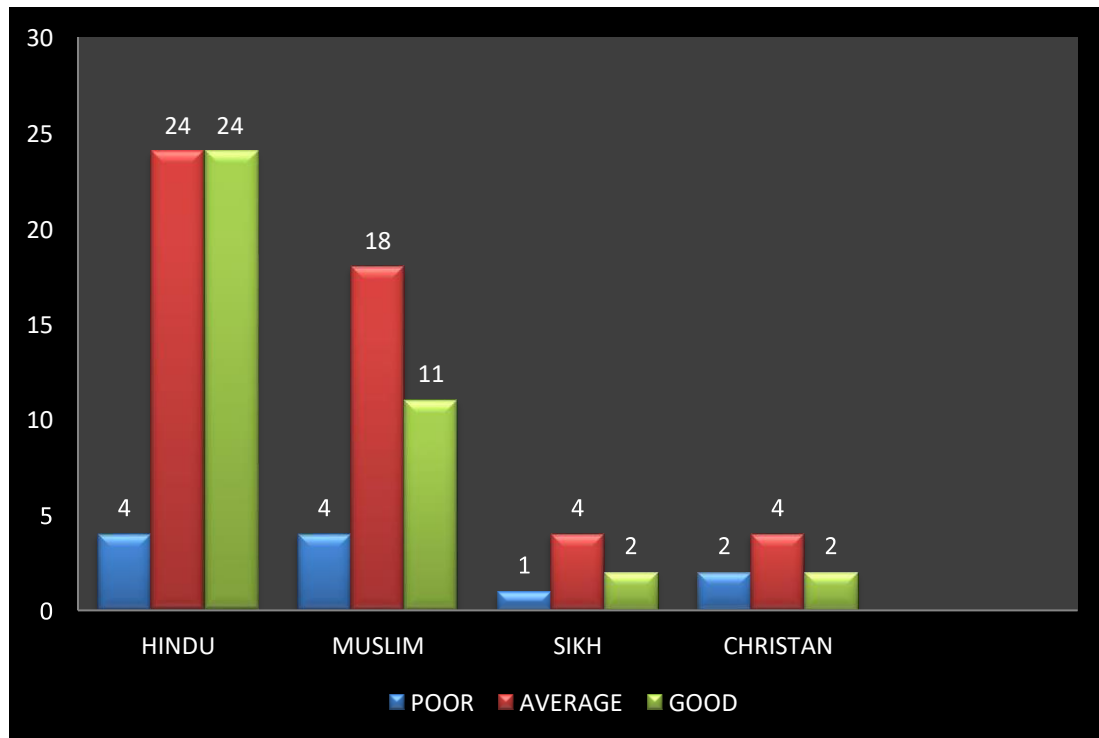
(T-5) Shows the knowledge level according to Jobdescription

s.no	Job Description	Poor	Average	Good	Frequency	%
1	Matron/ANS	0	0	0	0	0%
2	Ward incharge	0	0	0	0	0%
3	Sr. Nurse	4	19	25	48	48%
4	Jr. Nurse	7	31	14	52	52%
Tot.		11	50	39	100	100%

(T-6)show the level of knowledge score range

S.no	Level of knowledge	Range	Frequency	Percentage
1	Adequate	12-15	39	39%
2	Average	09-11	50	50%
3	Inadequate	Blow 09	11	11%
Tot.			100	100%

In level of knowledge adequate is 39%, average is 50%and inadequate is 11%

(T-7)Mean median, standard deviation of level ofknowledge score of staff nurse

Level of knowledge	Mean	Median	S.D
	11.60	9	1.837

SECTION-B

(T-8) Show the association between the levels of knowledge withdemographic variables.

S.no .	Demograph ic variables	Chi square	Tabl e valu e p	Level of significant	Degree of freedo m	N=100 Inference
1	AGE	11.64 4	12.5 9	0.05	6	N S
2	SEX	23.43 2	5.99	0.05	2	S*
3	RELIGION	3.962	12.5 9	0.05	6	N S
4	DESIGNATION	6.649	12.5 9	0.05	6	N S

Chi square is computed to determine the significant association between knowledgelevels of staff nurse with selected demographic variables at 0.05 level of significance.

Previous chi square was calculated to find out association between knowledge and demographic variables. There is significant in working of selected sample sex and age, religion and job description are non significant.

V. Discussions

The finding of the study have been discussed with reference to the objectives and hypothesis stated

Analyses revealed that majority (45%) of staff nurse are from the age group 21-25 years. It was found the majority (65%) of staff nurse have gender female. It was also found the the majority of job description (52%) of junior staff nurse . It was found the majority of religion (52%) of staff nurse was Hindu.

Thme, the finding revealed that the majority of staff nurse knowledge had (39%) good knowledge, (50%) had average knowledge and (11%) had poor knowledge regarding occupational stress .

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