

A Comparative Study of the Assessment of Stress Levels Among Nursing Staff in the Operating Room of a Private Hospital and a Government Hospital in Aurangabad

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Abstract: Introduction: 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, especially operating rooms, 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. 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.

Keywords: Stress, Nursing staff, Operation theater, Hospital

1. Introduction

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. It can be defined as "an event or an internal or external situation with the potential to make physiologic, mental, or behavioral changes in individuals." Stressors can be physical, physiologic, or socio psychological. Although there is occupational stress in all occupations, those in relation with human health are of immense importance. Nurses going on frequent strikes in most of the western countries reveal the fact that nursing is a profession under a great deal of stress.

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, especially operating rooms, are counted stressful due to their existing physical and psychological stress. Occupational stress can lead to occupational burnout. It also leads to a reduction of efficiency. working output, high work absenteeism, reduction of patients' satisfaction, quitting a job, familial and marital problems, drug and alcohol abuse, depression, and even suicide. Stress accounts for 30% of diseases and absenteeism of the personnel in health care centers, with a yearly burden of 300 - 400 million dollars.

Study done by Parul Sharma, Anuradha Davey, and Rahul Bansal (2019 - 20) on occupational stress among staff nurses controlling the risk to health among 100 nurses and concluded that - The main nurses' occupational stressors were poor doctor's attitude, posting in busy departments (emergency/Icu), inadequate pay, too much work, and so on.

Study done by Divina Kumar K J, Shivram Bhat Pookala, Ram Chandra Das (2014) on perceived stress, psychological well - being and burnout among female nurses working in government hospitals, sample consisting of one hundred subjects and the study concludes that the Prevalence of burnout in government employed female nurses in India was less when compared to prevalence of burnout in nurses reported in western countries. The perceived stress and burnout were more in nurses of 31 - 50 years age group and being employed in the acute wards.

2. Problem Statement

A comparative study was developed to assess the level of stress among nursing staff of private hospital's operation theatre and government hospital operation theatre in Aurangabad.

Objective

- 1) To assess the level of stress of hospital among nursing staff of private hospital OT.
- 2) To assess the level of stress of hospital among nursing staff of governmental hospital OT.

- 3) To compare the level of stress among nursing staff of governmental and private hospital.
- 4) To find out the correlation between selected demographical variables and level of stress of private and governmental hospital

3. 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)

Inclusion criteria:

- Nurses of O. T. (Dr. Hedgewar Hospital).

- Nurses of O. T. (Government Ghati hospital),
- Nurses who willing to participate in study.
- Nurses should be present during data collection.

Exclusion criteria:

- Nurses who are not willing to participating in study.
- Nurses who worked in non O. T. area are excluded.

Statistical Analysis:

The collected data was organized, tabulated and analyzed by using descriptive statistics that is in frequency, percentage; mean and standard deviation and inferential statistics chi - square test are used to find out the co - relation between level of distress and selected demographic variables.

4. Results

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.

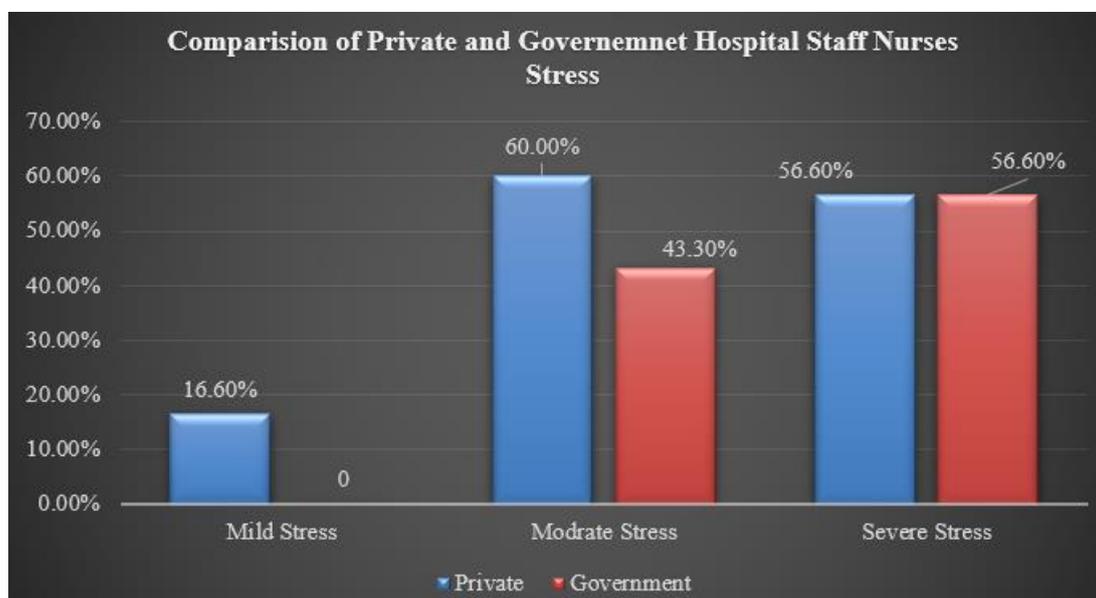


Figure 1: Comparison of Private and Government Hospital Staff Nurses Stress

5. Conclusion

In the present study the nurses of private hospital have severe stress & nurses of government hospital nurses have moderate stress.

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