

A STUDY ON STRESS AMONG NURSES WORKING IN PRIVATE HOSPITALS IN THE SEMI-URBAN AREAS



Dr.M.Thiagarajan

Research Supervisor and HOD, Department of Administration
Alagappa Government Arts College, Karaikudi

Ms.J.Sridevi

Ph.D. Research Scholar, Alagappa University, Karaikudi

Abstract

This research paper aims at to study the stress of nurses working in private hospitals in the semi urban areas. The stress is a common phenomena but especially nurses are facing stress more due to the external factors such as verbal abuse of patients, Scolding's f Doctors and harassment of patient relatives etc. Nurses especially female should tackle

all type of patients with patients. Here the researcher focused on female nurses because they are more stressful than male nurses. The paper tries to find out the causes of stress and how it is managed by nurses in Private Hospitals.

Keywords: stress, nurses, factors, private hospitals, semi-urban

Introduction

The stress is a common phenomena but especially nurses are facing stress more due to the external factors such as verbal abuse of patients, Scolding's f Doctors and harassment of patient relatives etc. Nurses especially female should tackle all type of patients with patients.

Statement of the Problem

Nursing plays a vital role in transformation of healthy society. This profession requires a lot of patience, experience, kindness, skills to deal with different type f personalities etc..Due to the above said qualities required for the nurses the nurses are facing more stress .So the researcher tries to find out the factors causes more stress for the nurses in private hospitals working in semi urban areas.

Scope of the Study

To know the level of stress faced by the female nurses working in private hospitals in semi urban areas.

Objectives of the study

To identify the factors casuing stress facing bb the nurses in private hospitals in semi urban areas.

Research Methodology

1	Research Design:	Descriptive research design
2	Data:	i. Primary Data ii. Secondary Data
3	Sampling:	Convenience sampling
4	Research Instrument:	Questionnaire
5	Type of Questionnaire:	Structured
6	Type of Questions:	Close-ended and open-ended questions
7	Sample size:	15 female nurses

8	Mode of collecting data:	Information such as the perception and attitudes of nurses working in private Hospital are the best obtained by talking to them; by observing event, people and objects; by administering questionnaire etc. The primary data are those that are collected through questionnaire and direct personal interviews.
---	--------------------------	--

Descriptive research design: To describe the state of affairs as it exist present.

Primary Data: Data, which are collected for first time and it, happens to be original in character.

Secondary Data: Data, which have been published already in the form of magazines, documents, thesis etc,

Convenience sampling: This involves choosing the sample on the basis of own convenience.

Questionnaire: It is a list of questions prepared in a logical manner by an investigator.

Structured

The investigator uses predetermined questions of highly standardized techniques. The questions are asked in a prescribed order.

Close-ended and open-ended questions

The investigators may use certain options/alternatives for their questions were known as close- ended questions, the open- ended questions are through which open suggestion of the respondents are invited.

Limitation of the Study

The study area is limited to Semi urban area.

Data Analysis and Interpretation

Table 1 The factors that causes stress

Source of stress	percentage
Low Salary	12
Verbal Abuse of Patients	54
Scolding of Doctors in front of patients	26
Long Duty Hours	8

Interpretation: Verbal abuse of patients creates more stress among nurses

Table 2 The most stressful Situation

Source of stress	Percentage
Treatment for patient in absence of doctors	55%
Shortage of medicines	13%
Monotonous job	15%
Dealing with relatives of patients	23%
Harassment of Doctors	4%

Interpretation: The 55% respondents felt that the most stressful situation is treatment for patient in absence of doctors.

Table 4 Non cooperation of patients contribute to stress

opinion	Percentage
Agree	24%
Strongly Agree	38%
Neutral	16%
Strongly Disagree	10%
Disagre	12%

Interpretation: 38% nurses are strongly agree that due to non cooperatin of patients causes stress

Source: Primary Data

Table 5 peers contribute to stress

Source of stress	Percentage
Competition	85%
Respect/Support	6%
Personal Accountability	7%
Lack of Teamwork	3

Interpretation: *% of competition among peers causes more stress

Source: Primary Data

Table 6 Coping Methods to Reduce Stress

Individual approaches	Percentage
Exercise/Physical Workout	12%
Outdoor Hobby (golf, fish, hunt, garden, coach, etc.)	9%
Chatting	8%
Rest/Breaks/	7%
Indoor Hobby (read, card games, puzzles, etc.	2%
Other Misc. (sleep, drive, shopping, etc.)	3%
Eat/Cook/Drink	5%
Listening Music	47%
Reading	9%
Meditation/Breathing/Prayer	3%
Source: Primary Data	

Interpretation: 47% respondents are coping the stress by listening of music

Table 7 Employer Helps to Manage Stress

Organizational approaches	Percentage
Flexible Schedule, Work-Life Balance, Telecommute	7%
Time Off, Vacation, Holidays	5%
Nothing/No Support	42%
Wellness Events	6%
Miscellaneous	40%
Source: Primary Data	

Interpretation: 42% of respondents are not felt that the employer helps to manage the stress.

Conclusion

The Private Hospitals should aim not only their growth but also their employees especially female nurses and providing suitable measures to them, the healthy world can be possible.

References

1. Rainer Martens PhD, 1987, Coaches Guide to Sport Psychology, Human Kinetics, Champaign, Illinois
2. Don Greene, 2010, Fight Your Fear and Win, Random House, New York
3. Terry Orlick PhD, 1990, In Pursuit of Excellence, Human Kinetics, Champaign, Illinois
4. Herbert Benson M.D., 2008 (reissue), The Relaxation Response, Harper Collins, New York
5. Martha Davis PhD, 2009, The Relaxation & Stress Reduction Workbook (Fifth Edition), New Harbinger Publications, Oakland, California
6. Taylor, S.E., 1999, Health Psychology (Fourth Edition), McGraw-Hill, Singapore
7. Other tools are developed for this site, or are developments based on material at <http://www.mindtools.com>.