

# **“A Study To Assess The Occupational Stress And Contributing Factors Among The Icu Staff Nurses Working In Selected Government And Private Hospitals Of Sangli, Miraj, Kupwad Corporation Area”**

**Ms. Swati Jadhav<sup>1</sup>, Mr. Narayan K Ghorpade<sup>2</sup>**

M.Sc.(N) Mental Health (Psychiatric) Nursing, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Sangli, Maharashtra, India 416414. Email ID: swati23071990@gmail.com

Assistant Professor, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Sangli, Maharashtra, India 416414. Email ID: nkghorpade@gmail.com

## **ABSTRACT**

“A study to assess the occupational stress and contributing factors among the ICU Staff nurses working in selected government and private hospitals of sangli, miraj, kupwad corporation area”.  
OBJECTIVES: 1] To assess the occupational stress among the ICU staff Nurses working in selected government hospital. 2] To assess the occupational stress among private ICU staff Nurses working in selected private hospital. 3] To compare the occupational stress between selected government and private ICU staff Nurses. 4] To compare the mean of contributing factors of occupational stress among the government and private hospitals. 5] To find out the factors contributing on occupational stress among ICU staff nurses working in selected government and private hospitals. MATERIAL AND METHODS A cross sectional descriptive design was conducted to assess the level of occupational stress and its contributing factors. The Reliability coefficient “r” of the work place stress scale and semi structure questionnaires was 0.76, hence it was found reliable. Total 100 samples were selected by convenient sampling method. A work place stress scale and semi structure questionnaires 10 sample administer to assess the occupational stress and its contributing factors among the ICU staff nurses of sangli district. The conceptual framework based on system model theory. RESULT The study revealed that in the government staff nurse group, 42% of them had no stress, 54% of them had fairly low stress, 4% of them had moderate stress and no one had severe or dangerous level stress. In the private staff nurse group, 2% of them had fairly low stress, 22% of them had moderate stress, 58% had severe and 18% had dangerous level stress. The comparison of occupational stress of government ICU staff nurses average score was 16.32 and private ICU staff nurse’s average score was 27.44 and p value less than 0.05, shows significant difference. There is statistically significant difference in mean score of contributing factors in government hospital personal factors is more contributing and in private hospital financial factor is more contributing, CONCLUSION, The chapter explain the analysis and interpretation of the data according to the objectives which was conducted on 100 samples. This result describes the frequency and percentage of the level of occupational stress and find out the contributing factors of government and private hospitals and Shows significant difference in the occupational stress among the ICU staff nurses working in selected government and private hospitals.

**KEYWORDS:** Assess, nursing occupational stress, intensive care unit,

## **INTRODUCTION**

Stress is an unavoidable part of life. Everyone is affected in one way or another. Because we live in an unpredictable world, no one is safe from it, and no one can prevent it. Everyone experiences stress in various situations and circumstances throughout their lives, leaving them physically and emotionally exhausted and vulnerable. Stress can have either a positive or negative impact on one's life. Positive stress advances and leads to advancement, resulting in new discoveries and awareness. Negative stress, on the other hand, causes anguish, rejection, and anger, as well as physical and emotional problems or trauma. Stress is a common occurrence that is referred to as a response or stimulus. . Stress, in this context, refers to the particular changes that occur in the human biological system as a result of the stimulus, which is linked to environmental events that cause these changes. Stress factors are the sources of stress: Biological, chemical, microbial, psychological, developmental, sociocultural, and environmental influences are among them.

The internal reaction to external event is known as stress to put it another way, stress occurs when the body and mind are attempting to adapt to a constantly changing environment. The task becomes more difficult to complete. And it impedes a person's ability to meet. Workplace stress has long been regarded as a source of difficulty for nurses. Nursing is a high-stress profession. Occupation that affects the physical and mental health of the nurse. There are many reasons for stress in nurses. Work-related stress, on the other hand, can be beneficial because it helps nurses prepare for life's challenges, but it can also be harmful if the pressure and demand are too high. Everything which triggers the release of stress hormones is referred to as stress. There are two broad categories of stress: physical stress and mental stress. Nurses have a variety of stressful workloads, staff shortages, lack of support from supervisors, conflicts with colleagues and doctors, demands from patients and relatives.

Nursing is a stressful profession. Care for patients, families, groups, groups, or communities as a whole can be overwhelming, even for the most experienced people with many complex and annoying problems. Nurses regularly face emotional situations, face intense interpersonal relationships in the workplace, situations and conflicts within the profession, and seek to make appropriate and safe decisions. Nursing has been recognized as a high-risk. Profession when it comes to stress-related illnesses. Stress reduces the enjoyment of life, reduces high blood pressure, heart problems, immunity, can lead to substance abuse, frustration, irritability, and overall mental well-being. It is essential to determine the extent of the problem and to study the causes of it.

Nurses, along with other health professionals, play an important role in the health team. It seeks to prevent disease, promote health, and extend the lives of individuals and the community. She works at the patient level, physician level and administrative level. In this context, she faces physical and psychological stress. Stress at work is also called burnout which is characterized by emotional, physical and spiritual exhaustion. Stress at the workplace is a chronic illness caused by workplace conditions that negatively affects a person's performance and / or general well-being of his or her body and brain, one or more physical and mental illnesses manifest at work. Tension. Some usually need to validate further degrees due to work-related stress. Job stress is the result of an interaction between the characteristics of individual workers, resources, and stressors, which are all physical, mental, or social factors associated with the work environment.

## METHODOLOGY

The study to aim an occupational stress and its contributing factor of the ICU staff nurses. A total of 50 of government ICU staff nurses and 50 of private ICU staff nurses who had undergoing occupational stress using convenient sample method. In this study the tool is used for data collection was validate by the experts the tool consist of three parts. 1. Part A – demographic variables, 2. Part B – work place stress scale, 3. Part C- semi-structured questionnaire.

The scoring for Holmgren et al. created the WSQ as a self-administered questionnaire with the goal of recognizing individuals who are at risk of being sick-listed due to work-related stress Work place stress scale questionnaire has 8 questions [5 negative started 3 positively started items. The responses set range from 1 [Never] to 5 very often and positively started items are reverse code before items are summed with higher score indicating more work place stress scale . Score for 8 items range from 1 to 40. It is considered that higher the score the score more is the stress scale.

Semi structured questionnaire on contributing factor of occupational stress. Under each factor the score of 2 or below are having no contributing factor. The score is 3 or more this factor will be contributing factor. Total questions is 25 and each factor having 5 questions.

The study was conducted after the approval obtained from ethical committee of Bharti Vidyapeeth (deemed to be) university collage of nursing sangli. A formal permission was obtained from Padmbhushan Vasantdada Patil Hospital, Sangli. And Bharati Hospital Sangli.

The investigator personally visited the staff nurses undergoing occupational stress were clearly explained about the purpose of the study informed consent was taken from the participants.

The reliability of tool was by spearman's brown. Coefficient method .The reliability coefficient 'r' was 0.76 hence it was found to be-Data is analyzed by using descriptive and inferential statistical and

finding will be presented in form tables and figures-Tabulation of data in terms of frequency and percentage distribution to described data The collected data was analyzed based on objective with the help of descriptive (frequency, percentage, means and standard deviation) and inferential, (t-Test, chi square test) statistical method

**RESULTS:**

**Table 1: Frequency distribution of the ICU staff nurses working in selected government and private hospitals.**

[n=100]

| Variable                  | Groups       | Government |            | Private   |            |
|---------------------------|--------------|------------|------------|-----------|------------|
|                           |              | Frequency  | Percentage | Frequency | Percentage |
| Age                       | 21-30        | 12         | 24.00      | 20        | 40.00      |
|                           | 31-40.       | 38         | 76.00      | 30        | 60.00      |
|                           | 41-50        | 0          | 0.00       | 0         | 0.00       |
| Gender                    | MALE         | 29         | 58.00      | 20        | 40.00      |
|                           | FEMALE       | 21         | 42.00      | 30        | 60.00      |
| Marital Status            | MARRIED      | 39         | 78.00      | 31        | 62.00      |
|                           | UNMARRIED    | 11         | 22.00      | 19        | 38.00      |
| Number of Children        | 0            | 14         | 28.00      | 24        | 48.00      |
|                           | 1            | 9          | 18.00      | 6         | 12.00      |
|                           | 2            | 27         | 54.00      | 16        | 32.00      |
|                           | 3            | 0          | 0.00       | 4         | 8.00       |
| Educational Qualification | GNM          | 12         | 24.00      | 21        | 42.00      |
|                           | BSc Nursing  | 25         | 50.00      | 13        | 26.00      |
|                           | PBBS Nursing | 13         | 26.00      | 14        | 28.00      |
| Work Experience           | 0-3 yrs      | 0          | 0.00       | 2         | 4.00       |
|                           | 4-6. yrs     | 39         | 78.00      | 31        | 62.00      |
|                           | above 6 yrs  | 11         | 22.00      | 17        | 34.00      |
| Work Pattern              | Morning      | 28         | 56.00      | 31        | 62.00      |
|                           | Night        | 22         | 44.00      | 19        | 38.00      |
| Satisfaction with Salary  | Yes          | 37         | 74.00      | 0         | 0.00       |
|                           | No           | 13         | 26.00      | 50        | 100.00     |

Above table deals with analysis of demographic data like age, gender, marital status, number of children, education and qualification of ICU staff nurses selected government and private hospital area of sangli, miraj and Kupwad Corporation in term of frequency and percentage.

Above table and following figure depicts that, in the government ICU staff nurse group according to age, 24% were from the 21-30 years, 76% from the 31-40 years and no one from the 41-50 years of age. In the private ICU staff nurse group according to age, 40% were from the 21-30 years, 60% from the 31-40 years and no one from the 41-50 years of age. Above table and following figure depicts that, in the government ICU staff nurse group according to gender, 58% were male staff nurses and 42% female staff nurses. In the private ICU staff nurse group according to gender, 40% were male staff nurses and 60% were female staff nurses. Above table and following figure depicts that, in the government ICU staff nurse group according to marital status, 78% were married staff nurses and 22% unmarried staff nurses. In the private ICU staff nurse group according to marital status, 62% were married staff nurses and 38% unmarried staff nurses. Above table and following figure depicts that, in the government ICU staff nurse group according to number of children, 28% of them had no child, 18% had one child and 54% of them had 2 children. In the private ICU staff nurse group according to number of children, 48% of them had no child, 12% had one child, 32% of them had 2 children and 8% of them had 3 children. Above table and following figure depicts that, in the government ICU staff nurse group according to educational qualification, 24% were GNM qualified, 50 were BSc nursing qualified and 26% were PBBSc nursing qualified. In the private ICU staff nurse group according to educational qualification, 42% were GNM, 26% were BSc nursing qualified and 28% were PBBSc nursing qualified. Above table and following figure depicts that, in the government ICU staff nurse group according to work experience, 78% of them had experience in 4-6 years and 22% had experience above 6 years. In the private ICU staff nurse group according to work experience, 4% of them had experience in 0-3 years, 78% of them experience in 4-6 years and 22% had experience above 6 years.

**Table 2: General assessments of occupational stress among the ICU staff nurses working in selected government and private hospitals**

[n=50 + n=50]

| Level of stress | Score    | Government |            | Private   |            |
|-----------------|----------|------------|------------|-----------|------------|
|                 |          | Frequency  | Percentage | Frequency | Percentage |
| No Stress       | below 15 | 21         | 42.00      | 0         | 0.00       |
| Fairly Low      | 16-20    | 27         | 54.00      | 1         | 2.00       |
| Moderate        | 21-25    | 2          | 4.00       | 11        | 22.00      |
| Severe          | 26-30    | 0          | 0.00       | 29        | 58.00      |
| Dangerous level | 31-40    | 0          | 0.00       | 9         | 18.00      |

The above table shows assessment of the occupational stress among the ICU staff nurses working in selected government & private hospitals.

In the government staff nurse group, 42% of them had no stress, 54% of them had fairly low stress, 4% of them had moderate stress and no one had severe or dangerous level stress.

In the private staff nurse group, 2% of them had fairly low stress, 22% of them had moderate stress, 58% had severe and 18% had dangerous level stress.

**Table 3: Comparison of occupational stress among the ICU staff nurses working in selected government and private hospitals**

[n=100]

| WSS        | Size | Mean  | S.D. | t     | P    |
|------------|------|-------|------|-------|------|
| Government | 50   | 16.32 | 2.57 | 19.77 | 0.00 |
| Private    | 50   | 27.44 | 3.04 |       |      |

The comparison of the occupational stress among the ICU staff nurses working in selected government and private hospitals was done by the unpaired test.

The occupational stress average score of government ICU staff nurses group was 16.32 with the standard deviation of 2.57. The occupational stress average score of private ICU staff nurses group was 27.44 with the standard deviation of 3.04.

The Unpaired t test statistics value was 19.77 with the p value 0.00. Here, p value less than 0.05, shows significant difference in the occupational stress among the ICU staff nurses working in selected government and private hospitals.

**Table 4. Analysis of Variation within Contributing Factors among the Government ICU staff Nurses**

[n=29]

| Contributing Factors  | Mean ± S.D           | 95% Confidence Interval for Mean | Significance        |
|-----------------------|----------------------|----------------------------------|---------------------|
| Occupational Factors  | (3.03 ± 0.50)        | (2.84, 3.22)                     | F = 2.967 p = 0.022 |
| Financial Factors     | (3.10 ± 0.31)        | (2.99, 3.22)                     |                     |
| Personal Factors      | <b>(3.34 ± 0.48)</b> | (3.16, 3.53)                     |                     |
| Physical Factors      | (3.10 ± 0.31)        | (2.99, 3.22)                     |                     |
| Psychological Factors | (3.00 ± 0.46)        | (2.82, 3.18)                     |                     |
| Total                 | (3.12 ± 0.43)        | (3.05, 3.19)                     |                     |

There is statistically significant difference in mean score of contributing factor of government ICU staff nurses. Personal factor is contributing more than other factor.

**Table no 5. Analysis of variation within Contributing Factors amongst the Private ICU staff Nurses**

| <b>Contributing Factors</b>  | <b>Mean ± S.D</b>    | <b>95% Confidence Interval for Mean</b> | <b>Significance</b> |
|------------------------------|----------------------|---|---------------------|
| <b>Occupational Factors</b>  | (3.94 ± 0.59)        | (3.77, 4.11)                            | F = 1.614 p = 0.171 |
| <b>Financial Factors</b>     | <b>(4.08 ± 0.49)</b> | (3.94, 4.22)                            |                     |
| <b>Personal factors</b>      | (3.98 ± 0.59)        | (3.81, 4.15)                            |                     |
| <b>Physical Factors</b>      | (3.76 ± 0.69)        | (3.56, 3.96)                            |                     |
| <b>Psychological Factors</b> | (3.92 ± 0.83)        | (3.68, 4.16)                            |                     |
| <b>Total</b>                 | (3.94 ± 0.65)        | (3.86, 4.02)                            |                     |

There is no statistically significant difference in mean score of contributing factor of Private ICU staff nurses. Financial factor is contributing more than other factor.

**CONCLUSION**

The study was descriptive in nature and population taken for the research study was ICU staff nurses of government and private hospitals. Cross-sectional descriptive study was used to assess the level of occupational stress and its contributing factor of ICU staff nurses of government and private hospital of Sangli district. The finding of the study have been discussed with reference to objectives and assumption.

The assessment of the occupational stress among the ICU staff nurses working in selected government hospitals. In the government staff nurse group, 42% of them had no stress, 54% of them had fairly low stress, 4% of them had moderate stress and no one had severe or dangerous level stress

The assessment of the occupational stress among the ICU staff nurses working in selected private hospitals. In the private staff nurse group, 2% of them had fairly low stress, 22% of them had moderate stress, 58% had severe and 18% had dangerous level stress.

The comparison of the occupational stress among the ICU staff nurses working in selected government and private hospitals was done by the unpaired t test.

The occupational stress average score of government ICU staff nurses group was 16.32 with the standard deviation of 2.57. The occupational stress average score of private ICU staff nurses group was 27.44 with the standard deviation of 3.04.

The Unpaired t test statistics value was 19.77 with the p value 0.00. Here, p value less than 0.05, shows significant difference in the occupational stress among the ICU staff nurses working in selected government and private hospitals.

This chapter deals with the conclusion, implication of the study to nursing recommendation for the future studies and data collected from 100 ICU staff nurses samples. Regarding the level of occupational stress and its contributing factors of selected government and private hospital. The data was collected by using work place stress scale and semi structured questionnaires. The study was conducted in selected government and private hospital of sangli district. The data analysis was done by cross-sectional descriptive research design. The study’s results are as follows. The comparison of the occupational stress among the

ICU staff nurses working in selected government and private hospitals was done by the unpaired t test. The occupational stress average score of government ICU staff nurses group was 16.32 with the standard deviation of 2.57. The occupational stress average score of private ICU staff nurses group was 27.44 with the standard deviation of 3.04. The Unpaired t test statistics value was 19.77 with the p value 0.00. Here, p value less than 0.05, shows significant difference in the occupational stress among the ICU staff nurses working in selected government and private hospitals.

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