

A Study on Occupational Stress among Staff Nurses in Moodubidire Region

SAPNA

Research Scholar

Mangalore University, Mangalore (Karnataka) India

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Concept of Stress:

Stress is a broad term with many facets that includes a variety of behavioral, psychological, and physiological reactions to demanding or dangerous circumstances. It is an innate aspect of the human experience that can have both detrimental and adaptive purposes, depending on the stressor's length and context.

Concept of Occupational Stress:

The term "occupational stress" describes the mental and physical reactions that arise when a worker's needs, resources, or capabilities are not met by the demands of their job. It is a multifaceted phenomenon that can take many different forms and is impacted by a variety of workplace-related circumstances. It even encompasses the stress brought on by aspects of one's profession and happens when expectations from one's employment surpass one's ability to handle them.

The purpose of the research is to ascertain the frequency and contributing factors of occupational stress among staff nurses in the Moodubidire area. By looking at things like workload, work environment, interpersonal interactions, and administrative assistance, it aims to pinpoint particular stressors associated with the nursing profession in this area.

Aim of the study:

This study aims to assess the prevalence of occupational stress and its contributing factors among staff nurses in the Moodubidire region. It looks at how recognized stressors affect their physical and mental well-being and evaluates how well coping mechanisms and support networks are working right now. The study's ultimate goal is to offer suggestions for lowering stress and enhancing these nurses' wellbeing.

Objectives:

1. To develop an occupational, familial and personal profile of the respondents.
2. To investigate the factors contributing to occupational stress among staff nurses.

Analysis and Interpretation of the study:

Demographic profile

Age of the respondents:

The age distribution of staff nurses is displayed in the statistics. The bulk of responders, about 50%, are between the ages of 20 and 29, suggesting that the workforce is still relatively young. Only 13.33% and 6.67% of the respondents, respectively, are in the 40-49 and 50 and above age groups, whereas almost 30% of the respondents are in the 30-39 age range. This implies that stress related to the job may be more common among younger nurses, and interventions may need to be adjusted accordingly.

Gender:

Only a small percentage of staff nurses—13%) are male, according to the data, with the majority being female (87%). This implies that female nurses will account for the majority of the experiences and stress levels documented in study. This should be taken into account while analyzing the data and making recommendations for stress-reduction strategies because the opinions of female nurses will predominate in the findings.

Designation:

All thirty of and the responses are staff nurses, according to the research. Because of this consistency in job tasks, staff nurses will immediately benefit from the study's findings on occupational stress. Comprehending that every member of this unique group faces the same professional obligations and obstacles can aid in the development of tailored stress management and reduction techniques.

Marital Status:

The data shows that 53% of the staff nurses are unmarried, while 47% are married. This nearly even split suggests that the study includes a balanced representation of both married and unmarried nurses, which is important for understanding how marital status might influence occupational stress among staff nurses.

Monthly income:

The data on income among staff nurses shows that their earnings vary widely. The biggest group, about 40%, earns between 5000 and 10000. This suggests that a lot of nurses earn on the lower side. Another 27% earn between 11000 and 15000, and 13% earn between 16000 and 20000. About 20% earn 21000 or more.

Workload Management:

According to the research, the majority of nurses (53%) believe they can manage their workload frequently, whereas 13% believe they can do it extremely frequently. On the other hand, 13% of nurses never feel that their burden is manageable, and 20% of nurses find it manageable very seldom. This suggests that although most nurses handle their workload effectively most of the time, a sizeable percentage struggle with manageability, which may affect their job satisfaction and stress levels.

Challenges in completion of assigned task:

53% of nurses find it challenging to complete their tasks during regular business hours, and 17% find it very challenging. Conversely, 23% experience these issues occasionally, and 67% never do. This indicates that most nurses find it difficult to finish their work within the allotted time, highlighting a serious issue with workload management that could result in increased stress and even burnout.

Overtime Employment:

According to the research, many respondents routinely put in extra hours at work in order to fulfill the demands of their jobs. In particular, 24 people (80%) said they work overtime frequently, while 5 people (17%) said they work overtime extremely frequently. Out of all the respondents, only one (3%) said they work overtime infrequently, and none said they never do. The majority of respondents appear to regularly work overtime, according to the statistics, suggesting a potential area for work-life balance and task management.

Stress from the Workload:

According to research on staff nurses' stress levels pertaining to their present workload, a sizable percentage of respondents report high levels of stress. In particular, eight staff nurses (27%) said they felt stressed out a lot, and eighteen staff nurses (60%) said they felt stressed out a lot. On the other hand, only 4 staff nurses (13%) said they felt stress from their workload infrequently, and none of the respondents said they never felt anxious. This implies that the majority of staff nurses regularly experience a high level of stress as a result of their workload, highlighting the urgent need for interventions in the nursing profession targeted at managing workload and reducing stress (Table 1).

Table 1 : Stress from the workload		
Responses	No. of respondents	Percentage
Very Often	8	27
Often	18	60
Rarely	4	13
Never	0	0
Total	30	100

Findings:

- The distribution of respondents based on age shows that most of them (50%) are in the 20–29 age range, suggesting that the workforce is comparatively young.
- Since female staff nurses make up 87% of the workforce, study findings regarding their experiences and stress levels will primarily come from this age group.
- A majority of nurses (56.67%) care for 1-5 patients per shift, it means that most nurses have a manageable patient load.
- A majority of nurses (53%) feel that they can often manage their workload; this indicates that while most nurses generally manage their workload well.
- A majority of nurses (53.33%) often struggle to complete their tasks within regular working hours, this indicates that most nurses frequently find it difficult to finish their work on time.
- About 80 per cent reported working overtime often. This data suggests that working overtime

is a common practice among the majority of respondents.

Suggestions:

- None of the staff nurses surveyed reported engaging in hobbies for stress relief. This indicates a complete lack of participation in leisure activities aimed at reducing stress levels among the respondents.
- None of the staff nurses surveyed reported seeking professional guidance or counselling to enhance coping strategies. This absence of proactive engagement in professional support suggests a potential gap in accessing mental health resources among the respondents.

Conclusion:

According to behavioral research, nurses who experience workplace stress are more likely to use unhealthy coping strategies. As nurses try to manage their stress, there is a worrying trend of substance misuse, including drug and alcohol abuse. Stress also raises the risk of absenteeism, poor job performance, and greater turnover rates, all of which have an impact on the region's healthcare system's general efficacy and efficiency. Stressed-out nurses provide lower-quality treatment, which directly affects patient outcomes and satisfaction. This underscores the urgent need for interventions to address this problem.

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