



"A STUDY TO ASSESS THE LEVEL OF OCCUPATIONAL STRESS AND ITS ASSOCIATION WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES AMONG STAFF NURSES WORKING IN PEDIATRIC UNITS OF SELECTED HOSPITALS OF DISTRICT PATIALA, PUNJAB WITH A VIEW TO DEVELOP AN INFORMATIONAL BOOKLET."

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INTRODUCTION

Stress is the result of a constant back-and-forth between a person and their surroundings. For nurses, stress from work and feeling unhappy in their jobs are growing problems. This stress affects both the nurse and the healthcare organization. For nurses, it can harm their health and well-being. For the organization, it can lead to more sick leaves and staff quitting, which can lower the quality of care given to patients.

STATEMENT OF PROBLEM

"A study to assess the level of occupational stress and its association with selected socio-demographic variables among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab with a view to develop an informational booklet."

AIM OF THE STUDY

The aim of the study is to assess the level of occupational stress and its association with selected socio-demographic variables among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab with a view to develop an informational booklet."

METHODOLOGY

The research approach adopted for the study was quantitative. 100 staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab by purposive sampling technique. Dependent variable was occupational stress and independent variable was informational booklet. Standardized tool was used to assess the occupational stress.

RESULTS

Majority(59%) of staff nurses had high stress, 38% had average stress and 3% had low stress.

CONCLUSION

There is significant association between the level of scores and demographic variables i.e. Age, Duration of Working at Hospital (in years), Level of Care Provided by the Hospital, and Ward.

KEY WORDS :Assess, occupational stress, Informational booklet

INTRODUCTION

Work-related stress is one of the most common health problems worldwide, costing about \$5.4 billion each year due to its impact on productivity. Among nurses, stress levels vary widely from country to country—from as low as 9.2% to as high as 75%. For example, studies in the UK and Nigeria found that about 68% of nurses experience stress, while a study in Ghana reported 75%.

This kind of stress is a serious issue for nurses. It can lower the quality of care they provide and increase the risk of mistakes, which can harm patients. Long-term stress can also lead to physical health problems like heart disease and back pain, and mental health issues like depression and anxiety. It can make nurses feel unhappy at work, burned out, or cause them to miss work or quit their jobs. Since nurses make up the largest group of healthcare workers, stress in the workplace is a major reason behind the global shortage of nurses.

To reduce stress among nurses, hospitals and healthcare centers need to offer better support. This includes mental health check-ups, stress management training, flexible work hours, chances for career growth, and access to counseling. It's also important to create a positive work culture where nurses feel appreciated and heard. Involving them in decisions and making sure there are enough staff on duty can help nurses feel more in control and satisfied with their jobs—benefiting both nurses and their patients.

OBJECTIVES

1. To assess the socio-demographic variables
2. To assess the level of occupational stress among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab
3. To find out association of level of occupational stress with their selected socio-demographic variables among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab
4. To develop and distribute an informational booklet.

METHODOLOGY

Research methodology is the specific procedures or techniques used to identify, select, process and analyze information about a topic.

RESEARCH APPROACH

A quantitative research approach was employed in this study to assess the level of occupational stress among staff nurses working in Patiala units of selected hospitals of district Patiala, Punjab.

SAMPLE SIZE AND SAMPLING TECHNIQUE

The sample was 100 staff nurses working in Pediatric units of selected hospitals of district Patiala, Punjab, who were available at the time of data collection and also fulfill the inclusion criteria. Purposive sampling technique was adopted for the selection of the sample for the study. Those who fulfill the inclusion criteria were included in the sample.

DESCRIPTION OF TOOL

Questionnaire comprised of two sections:-

1. **Section A:** Socio-demographic variables
2. **Section B:** Standardized tool for Occupational stress

ETHICAL CONSIDERATION

Prior to study;

1. Permission was obtained from the research ethical committee of Adarsh College of Nursing, Patiala, Punjab.
2. Permission was obtained from concerned authorities & selected hospitals of district Patiala Punjab, to conduct the study
3. Informed consent was obtained from staff nurses who are willing to participate in the study.
4. Anonymity and confidentiality of study participants was maintained.

RESULT

ORGANIZATION OF FINDINGS

The data obtained was entered into the master sheet for tabulation and statistical processing. Both descriptive and inferential statistical method was used to analyzed the collected data.

The analyzed data and findings was organized and finalized according to the plan and presented in the form of tables and figures, which was organized and presented under the following sections:

Section A:- Description of socio-demographic variables

Section B:- Assess the level of occupational stress among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab

Section C:- Find out association of level of occupational stress among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab

SECTION A

Objective 1:- To assess the socio-demographic profile of the sample

This section describes the characteristics of the staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab were Age, Gender, marital status, type of family, Professional Qualification, Duration of Working at Hospital (in years), Level of Care Provided by the Hospital, Setting of Institute, Ward, Type of Hospital.

Table 1: frequency and percentage distribution of Socio Demographic variables of the staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab

Sr. No.	Socio Demographic Information		Frequency	Percentage
1	Age (in years)	21-25 Years	28	28%
		26-30 Years	22	22%
		31-35 Years	24	24%
		36-40 Years	18	18%
		>40 Years	08	08%
2	Gender	Male	44	44%
		Female	56	56%
3	Marital Status	Married	39	39%
		Unmarried	32	32%
		Divorced	10	10%
		Widow	11	11%
		Separated	08	08%
4	Type of Family	Nuclear	48	48%
		Joint	52	52%
5	Professional Qualification	GNM	43	43%
		Post Basic BSc Nursing	32	32%
		BSc Nursing	08	08%
		MSc Nursing	12	12%
		PhD	05	05%
		Other	00	00%
6	Duration of Working at Hospital (in years)	0-1 Years	41	41%
		2-3 Years	33	33%
		4-5 Years	13	13%
		>5 Years	13	13%
7	Level of Care Provided by the Hospital	Primary	37	37%
		Secondary	33	33%
		Tertiary	09	09%
		Quaternary	21	21%
8	Setting of Institute	Rural	51	51%
		Urban	49	49%
9	Ward	General Ward	33	33%
		NICU/PICU	34	34%
		Nursery	13	13%
		Emergency	20	20%
10	Type of Hospital	Govt.	48	48%
		Private	52	52%

In this study majority (28%) of staff nurses belongs to Age group 21-25 years, 24% belongs to 31-35 years age, 22% belongs to age group 26-30, 18% belongs to age group 36-40 and 08% staff nurses had age more than 40 years. In this study showed that 66% of staff nurses were Females and 44% were Males. The study revealed that 39% staff nurses were married, 32% were unmarried, 10% were divorced, 11% were widow and 8% were separated.

The study findings revealed that majority (52%) of staff nurses belongs to joint family and 48% were belongs to nuclear family. The study findings showed that 43% staff nurses done GNM, 32% staff nurses done post basic Bsc nursing, 8% completed Bsc nursing, 12% Msc nursing and 5% completed their PhD. Study showed that staff nurses had duration of working at hospital 0-1 years were 41%, 2-3 years were 33%, 4-5 years were 13% and more than 5 years were 13%.

Level of care provided by hospital primary were 37%, secondary 33%, tertiary 9% and quaternary were 21%. Hospital located 51% in rural area and 49% in urban area. Staff nurses working in general ward 33% were in general ward, 34% were in NICU/PICU, 13% in nursery and 20% in emergency. The study revealed that 48% hospital were Government and 52% were private.

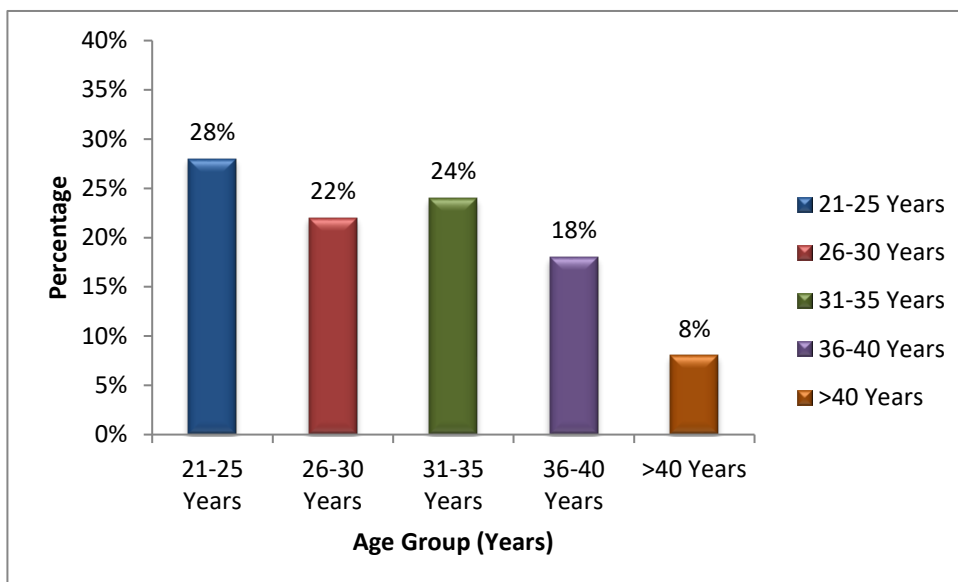


Figure No.1: Bar graph showing percentage distribution of Age of staff nurses

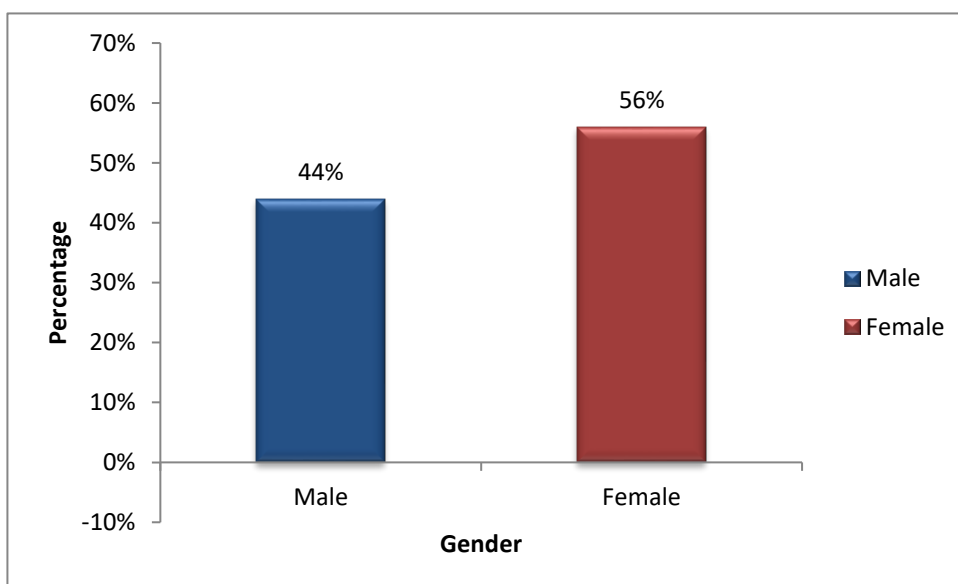


Figure No 2.: Bar graph showing percentage distribution of Gender of staff nurses

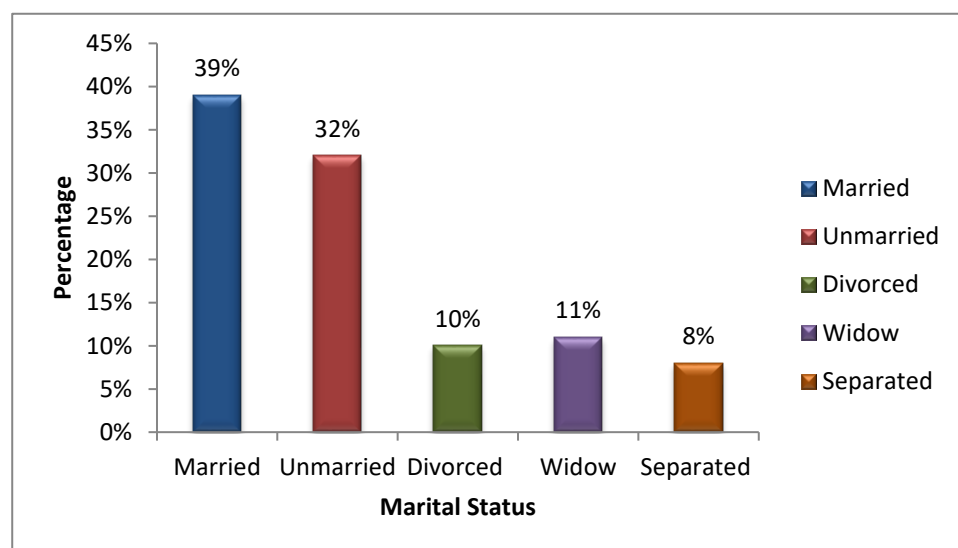


Figure No.3: Bar graph showing percentage distribution of Marital status of staff nurses

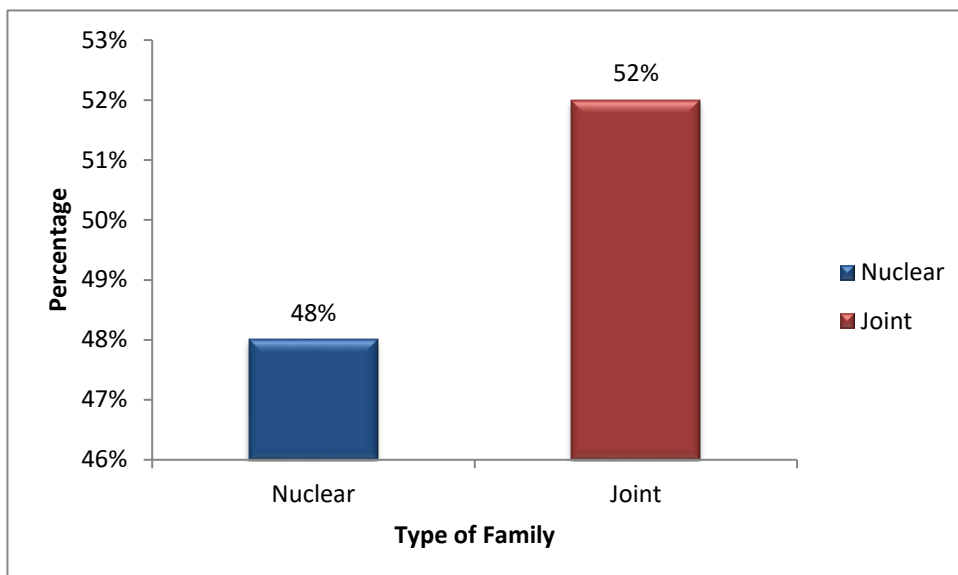


Figure No.4: Bar graph showing percentage distribution of type of family of staff nurses

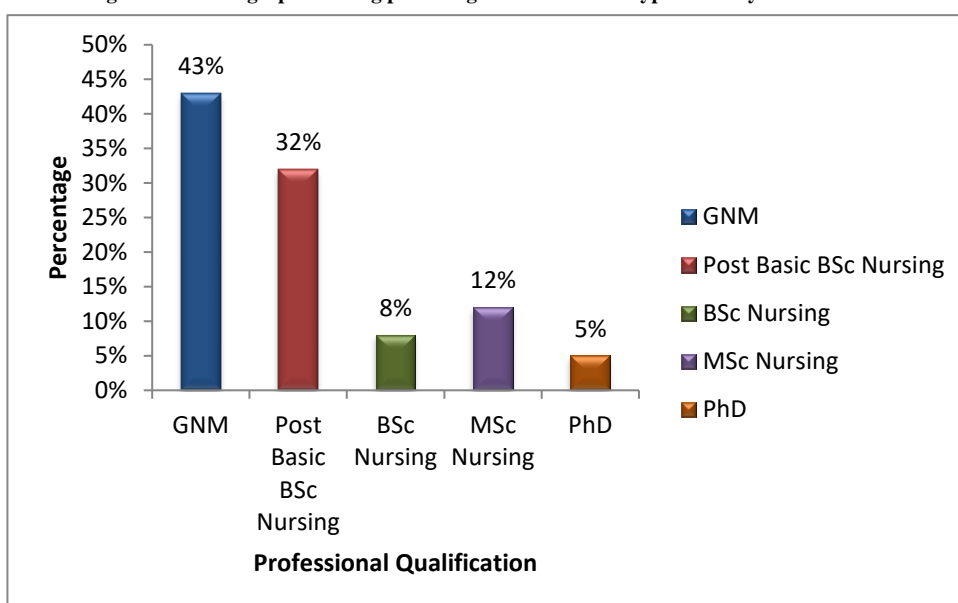


Figure No.5: Bar graph showing percentage distribution of Professional qualification of staff nurses

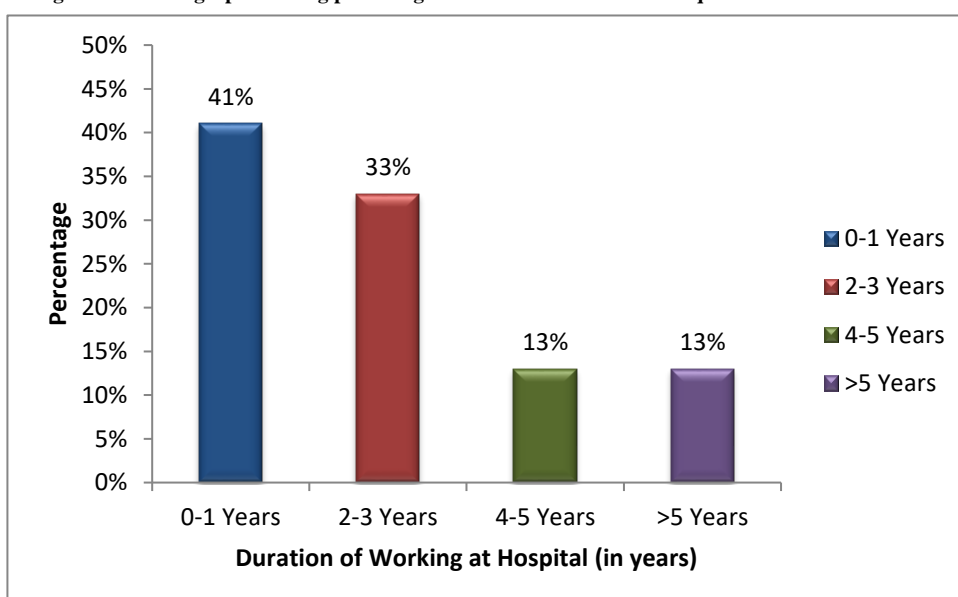


Figure No.6: Bar graph showing percentage distribution of Duration of Working at Hospital (in years) of staff nurses

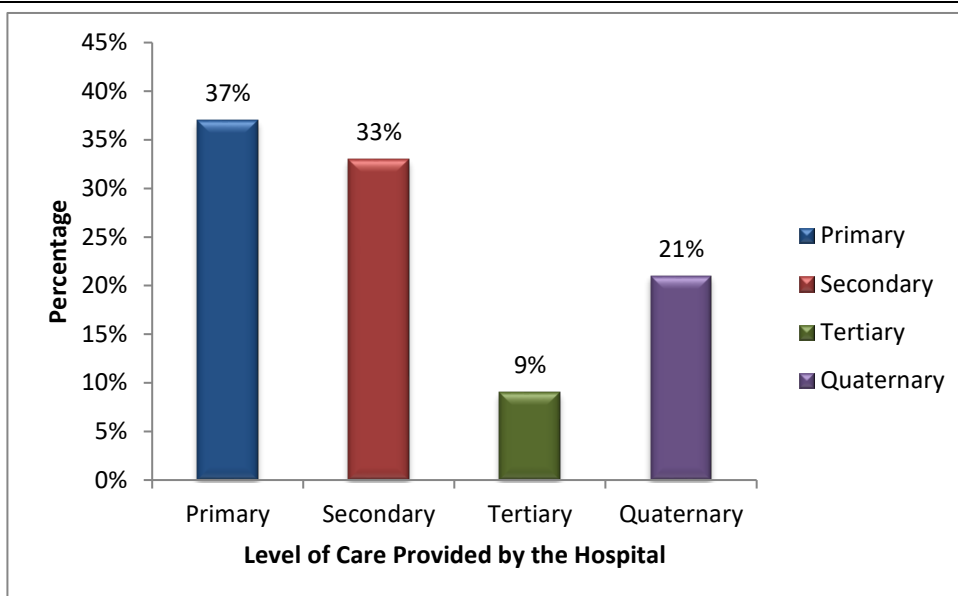


Figure No.7: Bar graph showing percentage distribution of level of care provided by hospital of staff nurses

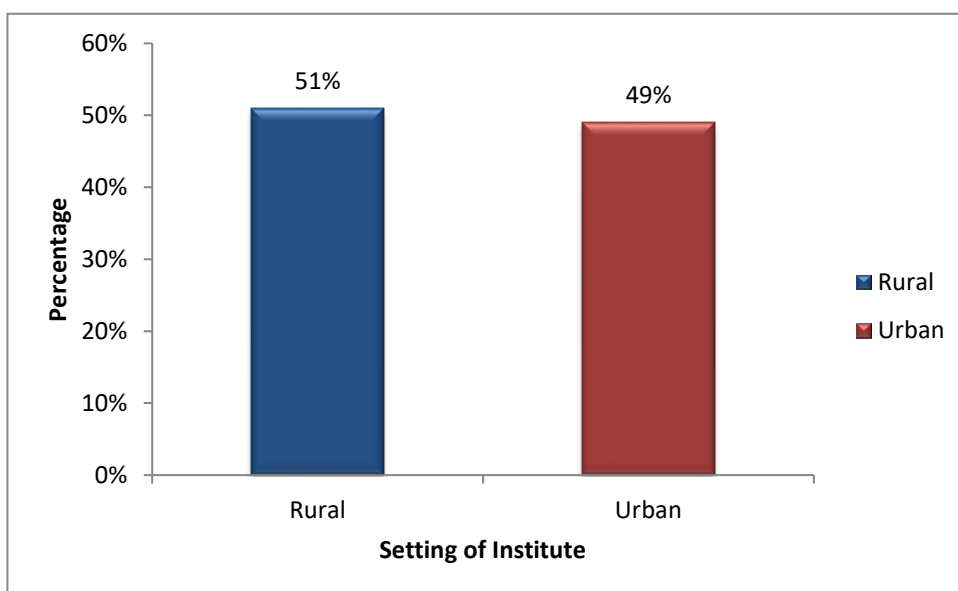


Figure No.8: Bar graph showing percentage distribution of setting of hospital of staff nurses

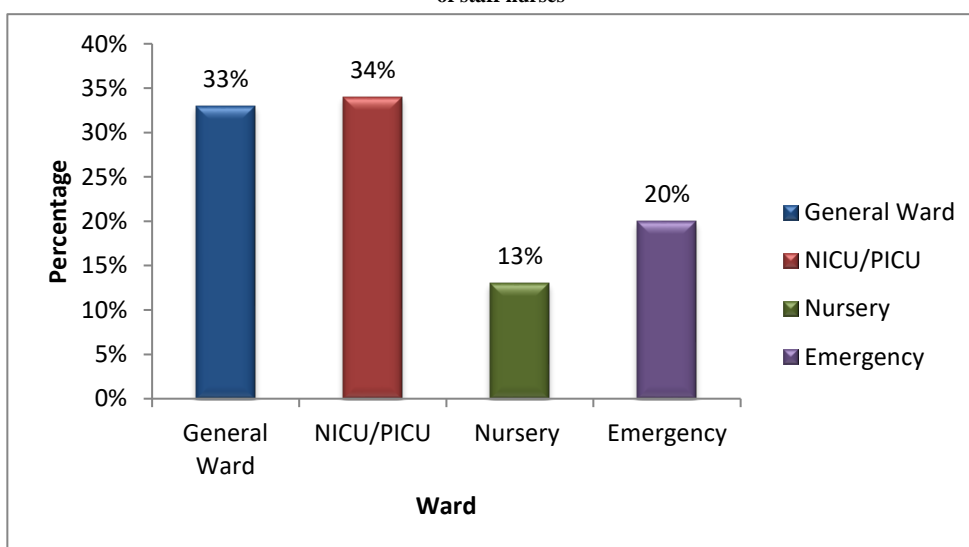


Figure No.9: Bar graph showing percentage distribution of staff nurses Working in wards at Hospital

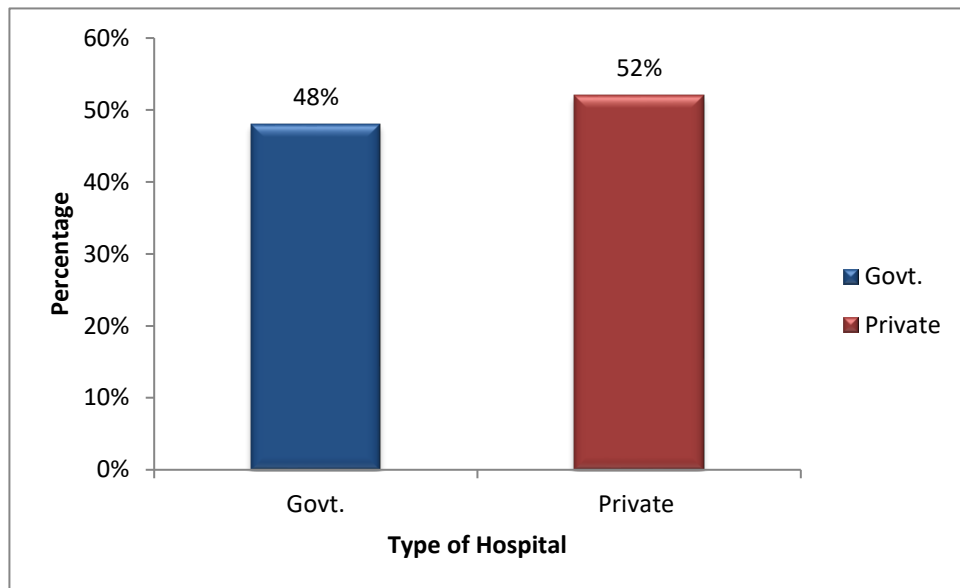


Figure No.10: Bar graph showing percentage distribution of Type of Hospital of staff nurses

SECTION -B

Objective 2. To assess the level of occupational stress among staff nurses working in pediatric units of selected hospitals of district Patiala, Punjab

Table 2: Brief Nursing Stress Scale

Brief Nursing Stress Scale	Frequency	Percentage
Low Stress	03	3%
Average Stress	38	38%
High Stress	59	59%

Table shows majority(59%) of staff nurses had high stress , 38% had average stress and 3% had low stress.

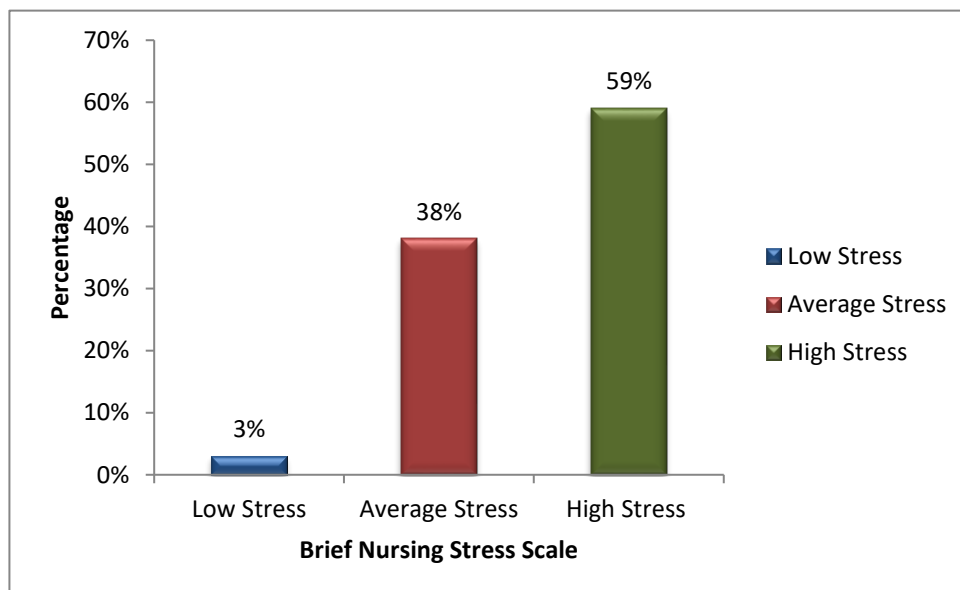


Figure No.11: Bar graph showing percentage distribution of level of occupational stress among staff nurses

SECTION-C

Objective 3. To find out association of level of occupational stress with their selected socio-demographic variables

Table 3: Association of Brief Nursing Stress Scale with their selected socio demographic variables

Socio Demographic Information		Brief Nursing Stress Scale			χ^2	df	Table value	p value
		Low Stress	Average Stress	High Stress				
Age (in years)	21-25 Years	0	17	11	17.067	8	15.507	0.029(S)
	26-30 Years	2	9	11				
	31-35 Years	1	8	15				

	36-40 Years	0	3	15				
	>40 Years	0	1	7				
Gender	Male	2	16	26	0.681	2	5.991	0.711 (NS)
	Female	1	22	33				
Marital Status	Married	3	15	21	5.773	8	15.507	0.673(NS)
	Unmarried	0	12	20				
	Divorced	0	3	7				
	Widow	0	4	7				
	Separated	0	4	4				
Type of Family	Nuclear	3	16	29	3.810	2	5.991	0.149(NS)
	Joint	0	22	30				
Professional Qualification	GNM	3	16	24	5.275	8	15.507	0.728(NS)
	Post Basic BSc Nursing	0	12	20				
	BSc Nursing	0	3	5				
	MSc Nursing	0	4	8				
	PhD	0	3	2				
	Other	0	0	0				
Duration of Working at Hospital (in years)	0-1 Years	3	20	18	13.183	6	12.592	0.040(S)
	2-3 Years	0	13	20				
	4-5 Years	0	4	9				
	>5 Years	0	1	12				
Level of Care Provided by the Hospital	Primary	3	18	16	13.740	6	12.592	0.033(S)
	Secondary	0	14	19				
	Tertiary	0	3	6				
	Quaternary	0	3	18				
Setting of Institute	Rural	2	18	31	0.551	2	5.991	0.759(NS)
	Urban	1	20	28				
Ward	General ward	3	16	14	14.458	6	12.592	0.025(S)
	NICU/PICU	0	15	19				
	Nursery	0	4	9				
	Emergency	0	3	17				
Type of Hospital	Govt.	2	16	30	1.139	2	5.991	0.566(NS)
	Private	1	22	29				

Table shows that the association between the level of occupational stress among staff nurses.

There is significance association between the level of scores and demographic variables i.e. Age, Duration of Working at Hospital (in years), Level of Care Provided by the Hospital, and Ward. The calculated chi-square values were more than the table value at the 0.05 level of significance

CONCLUSION

Majority(59%) of staff nurses had high stress , 38% had average stress and 3% had low stress. There is significance association between the level of scores and demographic variables i.e. Age, Duration of Working at Hospital (in years), Level of Care Provided by the Hospital, and Ward.

RECOMMENDATIONS

On the basis of the findings of the study following recommendations have been made:-

- A similar study can be replicated on large sample to generate the findings
- An experimental study can be conducted to with control group in order to see the effectiveness of various strategies
- A study can be carried out to evaluate the effectiveness of structured teaching program/information education commission package on prevention strategies related to occupational stress among staff nurses.
- A study can be conducted among different hospitals of district
- A comparative study can be conducted between males and females
- A comparative study can be conducted between rural and urban area

LIMITATIONS

- The study cannot assess the attitude and cause of occupational stress among staff nurses
- Small number of sample subjects leads in limiting the generation of findings
- The collection of data from those staff nurses who present at the time of data collection.
- The collection of data from those staff nurses who willing to participate in the study.
- The collection of data from those staff nurses who working at pediatric units of district Patiala, Punjab.

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