

## Research Article

# A Study to Assess the Level of Knowledge on Stress and Coping Strategies among Staff Nurses

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## ABSTRACT

**Introduction:** The role of Nurse is dynamic, multifaceted, and complex thus, exposing to high level of work-related stress which seriously impacts general well-being, and organizational outcomes. Coping mechanism plays a significant part to overcome or reduce the stress experienced by individuals. People use different types of coping strategies to overcome their stress. **Aim:** The aim of the study was systematically to review the current evidence for the effectiveness of stress management interventions for this working in the psychiatric ward. And to assess the level of knowledge on stress and coping strategies among staff nurses and to evaluate the effectiveness of coping strategies on stress and associate the pre-test knowledge and post-test knowledge among staff nurses with selected demographic variables. **Methodologys:** The research approach adopted for the study was quantitative research approach and non-probability purposive sampling technique was used to obtain an adequate size of sampling. The obtained data were analyzed using descriptive statistics in terms of frequency, percentage distribution, mean, median, standard deviation test, and Chi-square values. **Results:** Data were collected from staff nurses, using convenience sampling technique. The data on sample characteristics were analyzed using descriptive statistics. There is a significant association between pre-test and post-test knowledge with selected demographic variables. **Conclusion:** Stress among staff nurses is well documented. Coping strategies and organizational social support, which may decrease stress. It is difficult to study one of these factors without the others, a coping strategy is used during a stressful situation.

**Keywords:** Coping strategies, Staff nurses, Stress

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## Introduction

Nursing has been identified as a stressful profession. The word stress oxford dictionary as “a state of affair involving demand on physical or mental energy” which can disturb the normal physiological and psychological functioning

of an individual.<sup>[13]</sup> In medical parlance stress is defined as a perturbation of the body's homeostasis. The demand on mind-body occurs when it tries to cope with incessant changes in life. Stress perception is highly subjective, and so the complexity of nursing practice may results in variation between nurses in their identification of sources of stress, especially when the workplace and roles of nurses are changing. The coping can be constantly changing cognitive and behavioral efforts to manage specific external and internal demands that they are appraised as taxing or exceeding the resources of the person. Coping activity may be problem – focused in that they are directed externally and involve attempts to manage or change the problem causing the stress.<sup>[1]</sup> Callaghan it explores that investigated factors related to stress and coping among staff nurses. There is a group comparison of nurses' stress and coping

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168 (33.6%) nurses are used for this study. The result of the study was nurses at the lower grades reported higher stress levels than nurses at the higher grade. a single nurse had marginally higher stress scores than married nurses.<sup>[1,2]</sup> Folkman and Lazarus stress is estimated to affect well over 19 million Americans and growing. 33% of Americans suffer job burnout and is thought to be due to stress at work place. About 70% of staff nurses are unhappy in their current employment due to work related stress. And the result of the study explores, the American Institute of stress shown stress levels are deeply affected by work in 62% of Americans.<sup>[2,3]</sup> Grey-Toft they developed “Nurses stress scale” this scale described 34 situations that could cause stress for nurses. They have given questionnaire to nurses who are working in hospital. They found that work-related interaction, job satisfaction, and home-related stress.<sup>[3,4]</sup> Kare and Severinsson the aim of this study mental health profession reflections on their work on psychiatric ward. There are three core themes that were identified. The first theme is coping with uncertainty, second core theme, caring for their patient, and the third core theme, coping strategies. The result of the study collaboration between health professionals and the health services.<sup>[4]</sup>

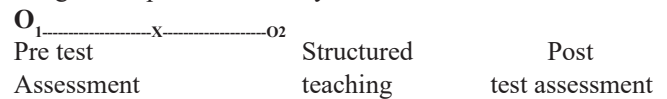
## Objectives

- To assess the level of knowledge on stress and coping strategies among staff nurses
- To evaluate the effectiveness of coping strategies on stress
- To associate pre-test and post-test knowledge with selected demographic variables.

## Methodology

The methodology is the systematic procedure by which the researcher starts from the time of initial identifications of the problem to its conclusions. The details of the methodology include the rationale for the choice of the research approach, setting design, population criteria, for sample collection description of the tool, and the plan for data analysis. The research approach adopted to the assets the stress and coping strategies is the quantitative research approach. One group pre-test and post-test research design is adapted for the study. Population of the study includes staff nurses working in mental health hospital, and data were collected from 50 members, convenience sampling technique is used for the data collection. A sample of 50 staff nurses was drawn from the institute of mental health hospitals, using convenience sampling technique, based on the specified criteria the data on sample characteristics were analyzed using descriptive statistics. The demographic characteristics were age, gender, religion, economical status, education, marital status, experience, income, family history of mental illness, residency. Moreover, the tool used for data collection was a structured questionnaire.

Data were collected 1 month duration. The obtained data were analyzed using descriptive statistics in terms of frequency percentage distribution, mean, median, standard deviation test, and chi-square values. one group pre-test post-test research design is adapted for the study.



## Results

A sample of 50 staff nurses was drawn from the institute of mental health hospital, using convenience sampling technique, based on the specified criteria. The data on sample characteristics were analyzed using descriptive statistics. Table 1 shows that the demographic characteristics were age, gender, religion, economical status, education, marital status, experience, income, family history of mental illness, and residency.

Table 2 explains about study found that the maximum number of staff nurses had inadequate knowledge (74%), moderately adequate (20%), and adequate (6%) in pre-test. And in post-test inadequate knowledge (10%) moderately adequate (14%), and adequate (76%). The present study revealed that significant variation between pre-test and post-test knowledge with selected demographic variables. A pamphlet was given to all the subjects and knowledge was created regarding stress and coping strategies.

The demographic variables according to the level of knowledge of staff nurses of mean, median, and standard deviation is categories.

**Table 1:** Frequency and percentage distribution of demographic variables

Variables	Frequency	<i>n</i> =50, Percentage
Religion	19	38.00
Hindu	3	6.00
Muslim	28	56.00
Christian		
Economical		
Upper	1	2.00
Middle	44	88.00
Lower	5	10.00
Education		
Diploma	18	36.00
Graduate	32	64.00
Marital		
Single	5	10.00
Married	37	74.00
Others	7	14.00
Widows	1	2.00
Family history of mental illness		
Yes	2	18.00
No	48	82.00
Residency		
Hostel	9	18.00
Dayscholer	41	82.00

**Table 2:** Association between pre-test and post-test

Groups		Mean	Std. Deviation	Std. Error Mean Lower	95% Confidence Interval of the Difference		t	df	Sig (2-tailed)
					Lower	Upper			
Section 1	Pre-test and post-test	0.2	0.45175	0.06389	0.07161	0.32839	3.13	49	0.003
Section 2	Pre-test and Post-test	0.24	0.43142	0.06101	0.11739	0.36261	3.934	49	0
Section 3	Pre-test and post-test	-0.32	0.65278	0.09232	-0.50552	0.13448	3.466	49	0.001
Section 4	Pre-test and post-test	0.22	0.70826	0.10016	0.01871	0.42129	2.196	49	0.033

The data presented in Table 3 shows that the mean average for age is 32.24%, median is 30.00% and standard deviation is 5.889%. Hence, in my study minimum age of the members 25 and maximum age of the members is 45.

The data presented in Table 4 shows that (14%) of the staff nurses had inadequate knowledge and (60%) of the staff nurses had moderately adequate knowledge, (26%) of the staff nurses had adequate knowledge.

## Discussion

Due to impact of the stress and burden is so strong, it is imperative to develop better understanding of this in staff nurses as its generally speculated that these groups are at high risk. Hence, the researcher was interested in bringing out some facts about stress and its management among staff nurses. This study intended to find out the relationship between pre-test knowledge and post-test knowledge. The finding of the study found that 74% had inadequate knowledge, 26% had moderately inadequate knowledge and 6% had adequate knowledge in pre-test. The study revealed that there was a significant variation between pre-test and post-test knowledge. and the conducted with objective to assess the level of knowledge on stress and coping strategies, to evaluate the effectiveness of coping strategies, and to associate pre-test and post-test knowledge. According to demographic variables, the religion-wise majority of staff nurses (56%) were Christians, and most of the staff nurses were married (74%), The educational status of staff nurses was graduation (64%) and the economical status wise majority were middle class (88%) and somehow reported history of mental illness among the families were (4%), and majority of staff nurses were days scholars (82%).

Urmia<sup>[5]</sup> conducted a study on stress and coping strategies among nurses working in psychiatric centers. Findings proved the effectiveness of structured teaching programs on stress and coping strategies among staff nurses. Singaporean: Sources and effects of stress and coping strategies are used nurses reported major stressors including shortage of staff, high work demand, and conflict at work. The recommendation to minimize that impact of stress include in-service programs to facilitators, a problem-solving approach to resolve work-related stress McAbee<sup>[6]</sup> Reported coping mechanisms and organizational support in this survey similar. The reported personal coping strategies and methods

**Table 3:** Distribution of the demographic variables

Item	Age	Income	Experience
Valid, <i>n</i>	50	50	50
Missing	0	0	0
Mean	32.24	24320.00	7.94
Median	30.00	25000.00	7.50
Std.Deviation	5.889	5140.634	3.377
Minimum	25	18000	3
Maximum	45	35000	15

**Table 4:** Distribution of sample according to the level of knowledge on stress management

Item	Frequency	Percentage
Inadequate	7	14.0
Moderately adequate	30	60.0
Adequate	13	26.0
Total	50	100.0

employers used to reduce job stress were comparable in the nursing and non-nursing groups. Exercise as a method of stress reduction was reported by the largest percentage of subjects from each group. Roberta<sup>[7]</sup> The behavioral environment that promotes open discussion about stress may promote or enhance personal coping strategies, counseling, staff meeting, assistance in problem-solving, employee assistance programs, and stress management classes can be provided. Ayman<sup>[8,9]</sup> study was conducted to know the changes in mental health services have an impact on the role and practice of mental health nurses. The result of this study revealed that mental health nurses shared a high level of agreement on the importance of the most nursing task. Mental health nurses reported a moderate level of stress, with a lack of resources and relationship and conflict with other professionals being the most frequent stressors. This study has developing strategies for reducing stress and improving organizational support among mental health nurses. Rickdeady<sup>[10]</sup> The study was to investigate moral distress in IRISH psychiatric nurses. This study confirmed the presence of moral distress within psychiatric nurses working in acute care settings. The finding of the study was indicated that while multi-disciplinary teams appear to function well on the surface, situations that give rise to moral distress or always acknowledged or dealt with effectively. Carrid<sup>[11]</sup> study was conducted that all health professionals experience stress. This was to explore the lived experiences of individual mental

health nurses in acute mental health wards to ascertain the main stressors and to gain an insight. The result of the study was experienced stress and nature of stress was captured by asking questions about definition, home/work balance, professional recognition and value, lack of resources and being unable to stop thinking about work after finishing their shift. Konstantinos<sup>[12]</sup> conducted a study on mental health nurses has been reported as a stressful specialty, with low job satisfaction. The aim of the study is to identify the review research studies that investigate variables which influence stress and job satisfaction of mental health nurses, clinical leadership, and quality interpersonal collaboration between nurses and doctors, the nurses job satisfaction was found to be influenced primarily by psychological stress.

### Conclusion

The study assessed the knowledge regarding stress and coping strategies among staff nurses and find out that majority of the subjects had inadequate knowledge in pre-test adequate knowledge in post-test. A pamphlet was given to all the subjects and knowledge was created regarding stress and coping strategies.

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