

COMPARISON OF SOURCES AND LEVELS OF JOB STRESS OF CRITICAL CARE NURSES IN GOVERNMENT AND PRIVATE MEDICAL COLLEGE HOSPITALS OF KERALA.

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ABSTRACT

Occupational stress in nursing and its causes and effects have been the areas of research interest for many years. Critical Care Units are highly technological areas where nurses are required to make rapid life sustaining and life saving decisions. Therefore, Comparative descriptive study was conducted among 100 CCU nurses working in Medical College Hospitals, Kerala to assess the sources and levels of stress. The results revealed that the nurses working in Government hospital generally reported more stress than private hospitals. The commonest stress dimensions were caring for patients, general job requirements and workload for both the sector nurses though the order differed.

INTRODUCTION AND BACKGROUND OF THE STUDY

Stress is part of everyday life for health professionals such as nurses, physicians, and hospital administrators since their main responsibility focuses on providing help to patients who are usually encountering life crises. Critical care units are recognised as stressful areas both for patients and nursing staff. In India, nurses working in Government hospitals receive higher salaries, more stable workloads, pension and other

monetary benefits than nurses working in private hospitals.

PROBLEM STATEMENT

Comparison of sources and levels of job stress of critical care nurses in Government and Private Medical College Hospitals of Kerala.

OBJECTIVES

The study was carried out with the following objectives:

1. To identify sources and levels of stress for nurses in the work environment of Critical Care Units of Government medical college hospital and Private medical college hospital
2. To compare the sources and levels of stress for nurses in the work environment of Critical Care Units of Government medical college hospital and private medical college hospital.
3. To find out the association between the demographic variables and the levels of job stress on Critical Care unit nurses working in Government and Private Medical College hospitals.

METHODOLOGY

Research design used for the study was comparative descriptive design. The study

was conducted in Sri Uthradom Tirunal Medical College Hospital and Medical College Hospital, Thiruvananthapuram with a sample of 100 Registered Nurses working in Critical Care Units (50 each) using a non probability convenience sampling technique. The Research tool Work Stressors Inventory by Jeane A Schaefer and Rudolf H Moos was administered to both Government and private hospital CCU nurses to measure the stress.

RESULTS

In Private hospital, majority of the nurses (88%) were females, 92% belonged to the age

group of below 30 years. Majority of them were (98%) private trained, Only 8% had above 5 years experience in the CCU, 46% had less than one year and another 48% had between 1 and 5 years of CCU experience.

In Government hospital, majority of the nurses (92%) were females, 56% belonged to the age group of above 30 years. Majority of them were (78%) private trained, In CCU 18% had less than one year and 18% had above 5 years experience, but 64% had between 1 and 5 years and CCU experience.

Table 1

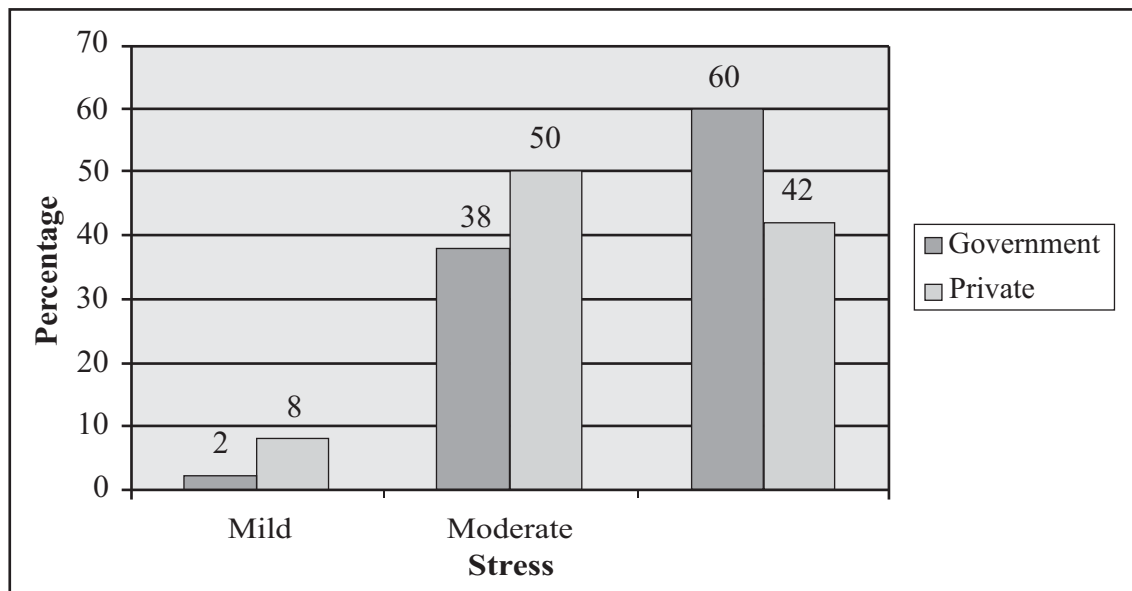
Mean and Ranking of Sources of Stress for Nurses in the Work Environment Of Critical Care Units

<i>Stressors</i>	<i>Government</i>		<i>Private</i>	
	<i>Mean</i>	<i>Rank</i>	<i>Mean</i>	<i>Rank</i>
General Job requirements	26.22	3	26.04	2
Caring for patients	27.82	1	27.02	1
Relationships with co workers	20.34	5	22.96	4
Relationships with supervisors	19.62	6	21.34	5
Workload and scheduling	26.72	2	24.54	3
Physical design	20.84	4	17.44	6

The commonest sources of stressors identified were caring for patients, general Job requirements and workload. The study by McVicar A. (2003) supported this finding. Golubic R., Milosevic M., Knezevic B and

Mustaj Begovic J. 2009 contradicted this finding as they found relationship with coworkers and physicians as a major source of stress.

Level of stress for nurses in the work environment of Critical Care Units



The nurses working in Government hospital generally reported more stress than private hospitals while comparing the mean stress scores at $p < .05$ level. This finding was consistent with the findings of Tyson DP, Pongruengphant R 2004.

There was significant association between stress and the demographic variables such as experience in CCU $p < .05$ level only in the government hospital CCU nurses where as private hospital CCU nurses there was a significant association for sex at $p < .05$ which was supported by Sreelatha Joseph M, 2002

CONCLUSION - Government hospital CCU nurses were more stressed than private hospital nurses. The commonest stress dimensions were caring for patients, general job requirements and workload.

NURSING IMPLICATIONS - The nurse administrator has to develop a stress management and relaxation fitness centre for nurses. And also, nurses should be taught the stressors specific stress management interventions such as job stress awareness, assertiveness communication, time management and progressive muscle relaxation.

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