

Stress of Nurses

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ABSTRACT: Surveys conducted among healthcare workers revealed that nursing staff often face various stressors associated with occupational activities, which reduce their work efficiency. The aim of the study was to establish the level of stress in nurses working at hospitals in Slovenia and to identify stress-related factors.

KEYWORDS: Stressors, validity, workload, cross-sectional study

I. INTRODUCTION:

Occupational stress mostly results from unexpected situations or issues requiring personal engagement and undertaking tasks that do not comply with one's knowledge, expertise, or expectations, resulting in person's inability to manage the situation. Surveys conducted among healthcare workers revealed that nursing staff often face various stressors associated with occupational

activities, which reduce work efficiency. According to the ANA (American Nurses Association) stress in healthcare arises from work assignments, job roles, material and social environment such as lifting patients, needle stick injuries or other sharps injuries, physical and psychological assault committed by patients or their relatives, exposure to infectious diseases and toxic chemicals. Exploring stress in nurses is of key importance in order to eliminate the sources of stress. By defining risks to health and safety in healthcare, the European Commission also focuses on stress in healthcare workers. Studies investigating stress in nurses are well accessible to professionals on a global level; however, this kind of survey has not yet been conducted in Slovenia. Stress is an important aspect for nurses, associated with the constant challenge to ensure proper care for patients and their families.

TABLE 1:

REVIEW OF LITERATURE:

YEAR	TITLE YEAR PUBLISHED	AUTHOR	FINDING
2012	Occupational stress of nurses in emergency care: an integrative review of the literature	Francimar Nipo Bezerra, Telma, Marques da Silva, Vania Pinheiro Ramos.	To analyze the scientific literature related to the way in which occupational stress is present in the life of a nurse who works in an emergency care setting. Methods: We performed an integrative review of the literature using the Bdenf, Lilacs, Medline, and Pubmed databases, and the Scielo repository. The most frequently reported occupational stressors by nurses working in urgent and emergency care environments are: scarcity of human resources, material resources and inadequate physical facilities; number of hours worked; night shifts; work-home interface; Interpersonal relationships; working in a competitive Climate; and the gap between theory and practice.
2014	Nurses workload and	Rita de Cassia de	The current labor conditions involve

	its relation with physiological stress reactions.	Marchi Barcellos, Dalri Luiz Almeida, Silva Aida Maria Oliveira Cruz Mendes Maria Lucia do Carmo Cruz Robazzi.	production and service models with accelerated and intensified work characteristics. The models determine increased productivity, through the combination of the work rhythm, responsibility burden and reduction of rest intervals in the work journey. As verified, most of the nurses studied work more than 36 hours/week but, physiologically, did not present high stress responses.
2016	The impact of occupational stress on nurses caring behaviors and their health related quality of life.	Pavlos Sarafis ^{1,2} , Eirini Rousaki ² , Andreas Tsounis ^{2,3} , Maria Malliarou ² , Liana Lahana, Panagiotis Bamidis ^{2,4} , Dimitris Niakas ² and Evridiki Papastavrou.	Nursing is perceived as a strenuous job. Although past research has documented that stress influences nurses' health in association with quality of life, the relation between stress and caring behaviors remains relatively unexamined, especially in the Greek working environment, where it is the first time that this specific issue is being studied. The aim was to investigate and explore the correlation amidst occupational stress, caring behaviors and their quality of life in association to health. Findings suggest that nurses' exposure to stress-related factors can be considered as a predictor of their caring behaviors implementation, while this also affects their health-related quality of life negatively.
2017	How Do the Nurses Cope with Job Stress? A Study with Grounded Theory Approach.	Rasool Eslami Akbar ¹ , Nasrin Elahi ² , Eesa Mohammadi ³ , Masoud Fallahi Khoshknab ⁴ .	Due to the adverse effects of job stress on health of nurses and the importance of coping process of nurses in management of job stress, the present study was carried out with the aim of exploring the experiences of the nurses in order to reveal the original coping process of the nurses in the case of encountering occupational stress. The process of identifying nurses' coping with job stress which is linked with the deep and authentic experiences of nurses in relation to job stress, the hidden and visible factors, strategies and methods of nurses' coping, and also the factors and conditions affecting the coping process of nurses, provide backgrounds and necessary knowledge in order to adopt strategies that reduce or control occupational stress and stressors, strengthen strategies and risk factors that threaten physical and psychological health of nurses.
2018	Heart rate variability can clarify students level of stress during nursing simulation.	Natsuki Nakayama ¹ , Naoko Arakawa ² , Harumi Ejiri ² , Reiko Matsuda ² , Tsuneko Makino ² .	Simulation is regarded as an effective educational method for the delivery of clinical scenarios. However, exposure to unfamiliar environments during simulation can cause excessive stress among students, possibly

			leading to unnatural speech/behavior and poor skill learning (Yerkes-Dodson's law). Thus, assessing students stress in a simulation can provide educators with a better understanding of their mental state. In this study, we analyzed nursing students HRV during simulation and found that HF decreased from the break phase to the patient care phase, and then further to the reporting phase.
2018	Survey of stress and coping strategies to predict the general health of nursing Staff.	Nazila Javadi-Pashaki ^{1,2} , Azar Darvishpour ^{1,3}	Nurses are often faced with the variety of work-related stress which could affect their physical and mental health. Coping strategies play an important role in reducing stress and consequently increasing the health and well-being. The results of this study showed that coping strategies can predict the general health. Regarding the inevitability of some stressors in nursing profession and the need to prevent mental and behavioral effects of stress, this research suggests health promotion of nurses by reducing workplace stress and training of the positive coping strategies.
2018	Work-related stress factors in nurses at Slovenian hospitals-A cross sectional study.	Mojca DOBNIK ^{1,4} , Matjaz MALETIC ² , Brigita SKELA-SAVIC ³	Surveys conducted among healthcare workers revealed that nursing staff often face various stressors associated with occupational activities, which reduce their work efficiency. Stress in hospital nurses is related to work organization. The research shows that the nursing in Slovenian hospital has a high level of stress.
2019	Stress of Indian nurses in private and public hospitals a contrast.	1. J Antonette Asumptha 2. A Guru Murugan	The healthcare industry is an extensive and intensive form of services which are related to the well being of human beings and can be alarming without it. As the physicians and nurses in the private healthcare are forced they have more intension in working output is huge and they want to shine more in their career, while public sector have become "come what may" attitude.

DATA COLLECTION:

We used a closed ended questionnaire to collect data. Data collection was done in person in hospital in Madurai, Tamil Nadu. The nurses were ever cooperative.

We administered around 215 and got 208 questionnaires back, nurses played a vital role.

DATA ANALYSIS AND CONCLUSION:

We used excel sheet to analysis data and we use simple random sampling to pick data. Convergent and Discriminant was proved.

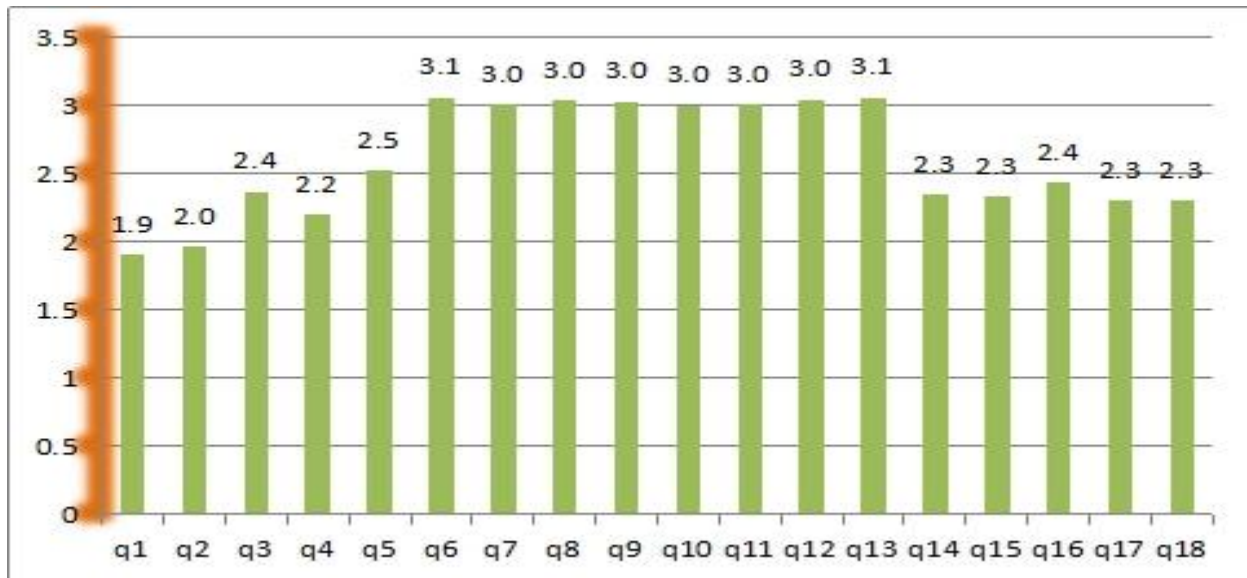


FIGURE 1: Data Interpretation

DATA INTERPRETATION:

Many factors scored similar as:

Highest question: Question 6:
 Home environment makes work difficult: 3.1

Question 13:
 Death of patient: 3.1

Lowest question: Question 1:
 Lack of opportunities to talk openly with staffs about problems on the clinical placements: 1.9
 Question 2:
 Watching patient suffer: 2.0

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Appendix:

S. no	Items	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	Lack of opportunity to talk openly with staff about problems on a clinical placement					
2	Watching patient suffer					
3	Fear of making in caring for patient					
4	Feeling inadequately prepared to help with the emotional needs of a patient family					
5	Difficulty in finding literature in the library not relevant to a subject					
6	Home environment makes work difficult					
7	Inadequate support from tutors					
8	Unsure the structure of the course					
9	Having to work after a day's work					
10	Not enough time to complete all your nursing tasks					
11	Difficulty in working with a particular nurse or nurses on a clinical placement					
12	Criticis by a supervisor on a clinical placement					
13	The death of patient					
14	I am unable to perform tasks as well as I used to ,my judgment is clouded or not as good as it was					
15	I find myself thinking about problems even when I supposed to be relaxing					
16	I find fault and criticize others rather than praising even if it is deserved					
17	I do the jobs myself to ensure they are done properly					
18	I frequently have guilty feelings if I relax and do nothing					