





Research Article

A Study to Assess the Level of Stress Among Staff Nurses Working in S.V.B.P. Hospital at Meerut


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Abstract	Manuscript Information
<p>Stress may be one of the most overlooked issues that nurses and nursing students face. Yet, it is one of the most impactful as it can affect many aspects of work and personal life. Bedside nursing places high levels of emotional and physical demand on healthcare professionals.</p> <p>Objectives: To assess the level of stress among staff nurses.</p> <p>Methodology: The present study used a quantitative research approach with a descriptive design. A non-probability convenience sampling technique was used, and 70 subjects were selected. A socio-demographic sheet and the perceived stress scale were used to analyze the magnitude of stress among nurses working in S.V.B.P. hospital at Meerut. Both descriptive and inferential statistics were used to scrutinize the data.</p> <p>Results: The result showed that 63 (90%) of the sample had moderate stress, 4 (5.7%) of the sample had low stress and 3 (4.3%) of the sample had high stress.</p> <p>Conclusion: The present study assessed the level of stress among staff nurses in S.V.B.P. hospital at Meerut. Thus, the investigation was done to assess each sample's overall stress level and appropriate measures were taken to ensure that the nurses receive adequate information and education regarding stress adaptive behavior by the booklet.</p>	<p>How to Cite this Article</p> <p>Rupal, Rasheed S, Arya SS, Vaish S, Singh VVS. A study to assess the level of stress among staff nurses working in S.V.B.P. Hospital at Meerut. Int J Contemp Res Multidiscip. 2025;4(2):15-19.</p> <p>Access this Article Online</p>  <p>www.multiarticlesjournal.com</p>

KEYWORDS: Stress, nurses, Perceived stress scale, Workplace stress, Emotional demand

1. INTRODUCTION

Stress, from a biological perspective, is defined as a reaction to change or a process of responding to any kind of perceived threat.

Problem Statement: A study to assess the level of stress among staff nurses working in S.V.B.P. Hospital at Meerut.

2. OBJECTIVES OF THE STUDY

1. To assess the level of stress among staff nurses.
2. To determine the association between the level of stress among staff nurses and their socio-demographic variables.
3. To provide a self-instruction booklet, Measures to reduce stress.

3. RESEARCH METHODOLOGY

Research Approach: In this study, a quantitative research approach is used.

Research Design: In this study, the descriptive research design is used.

Setting of the Study: This study was conducted at S.V.B.P. hospital, Meerut.

Population: The population consisted of nurses working in S.V.B.P Hospital at Meeru

Accessible Population: Accessible Population includes the nurses who is working in S.V.B.P Hospital at Meerut.

Sample: In this study, the sample is the selected nurses working in S.V.B.P Hospital at Meerut.

Sample Size: In this study, the sample size consists of 70.

Sampling Technique: In this study, non-probability convenience sampling technique was used.

Criteria for sample Selection

Inclusion Criteria

- Both Male and Female staff nurses.
- The subjects who are present on the day of data collection.
- Those Nurses who are working on a contractual basis.

Exclusion Criteria

- Those who were not willing to participate in the study.
- Who are absent on the day of data collection.
- Those Nurses who are working regularly.

Description of Tools

The tool consists of 2 sections.

Section A: Socio Demographic variables

Section B: Perceived stress scale (Cohen *et al.*)

Data Analysis

The data was organized and presented in tabulation and graphical manners according to the following sections. -

Section A: Finding related to the Socio-Demographic Profile of Staff Nurses.

Section B: Finding related to assess the level of stress among Staff Nurses.

Section C: Finding related to find out the association between level of stress and selected demographic variables among Staff Nurses in S.V.B.P. Hospital, Meerut.

Section A

Table 4.1: Description of socio-demographic variables of study participants. n=70

Social Demographic Variables	Frequency (f)	Percentage (%)	
Age	20-25	23	32.857
	26-30	23	32.857
	31-35	23	32.857
	Above 35	1	1.428
Gender	Male	24	34.285
	Female	46	65.714
Locality	Rural	31	44.285
	Urban	39	55.714
Marital Status	Single	26	37.142
	Married	39	55.714
	Divorced	2	2.857
	Widowed	3	4.285
Type of Family	Nuclear	29	41.428
	Joint	41	44.285
If Married, No. of Children Having	No Child	33	47.142
	1 Child	20	28.571
	2child	15	21.428
	More Than Two Child	2	2.857
Monthly Income	Less Than 18000	25	35.714
	18001-25000	29	41.428
	25001-30000	15	21.428
Qualification	Above 30000	2	2.857
	Gnm	49	70
	B.Sc Nursing/ Post Basic B.Sc	19	27.142
Sleeping Hours	M.Sc Nursing	2	2.857
	Less Than 6 Hours	40	57.142
Average Working Hours	More Than 6 Hours	30	42.857
	6	42	60
	8	22	31.428
Year of Working Experience	12	6	8.571
	Less Than 1 Year	11	15.714
	1 - 3 year	33	47.142
	4 - 5 year	16	22.857
	More than 5 year	10	14.285

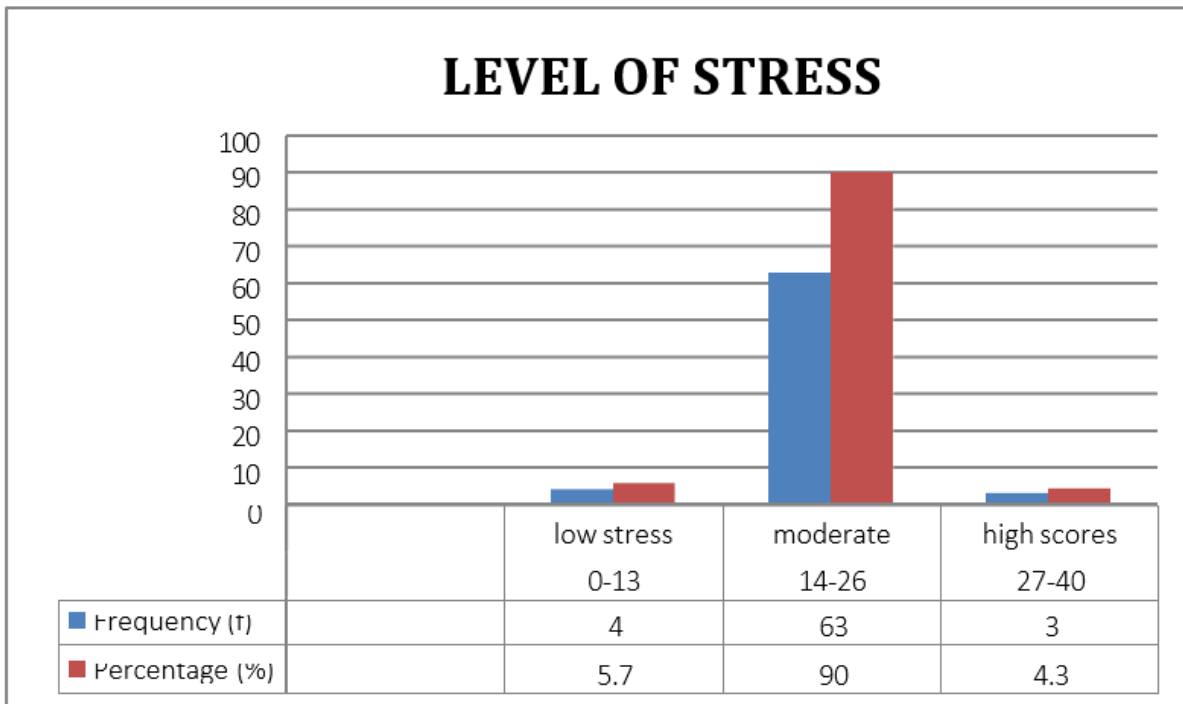
These findings revealed that majority age of the participants 23(32.8%), between the age group 20-25years, 23(32.8%) are age of 26-30years, 23(32.8%) are the age of 31-35years and minority age of the participants 1(1.4%) are the age above 35 years. According to the data, most of the participants 46(65.8%) are females and 24(34.2%) are males. According to the data most of the participants 39(55.8%) are belong to urban areas and 31(44.8%) are belong to rural areas. These findings revealed that majority of the participants, 39(55.8%) are married, 26(37.2%) are single, 3(4.2%) are widowed, 2(2.8%) are divorced. According to the data, most of the participants, 31(44.28%) belong to joint family and 29(41.62%) belong to nuclear family. Most of the participants 33(47.13%) have no child, 20(28.57%) have 1 child, 15(21.43%) have 2 child and 2(2.8%) have more than 2 children.

The most of the participants 29(41.43%), income between 18001-25000, 25(35.72%) income less than 18000, 15(21.49%) income between25001-30000 and 2(2.8%) income above 30000. Most of the participants, 49(70%), qualifying GNM, 19(27.14%) qualifying B.Sc or post B.Sc nursing, and 2(2.86%) having qualification in M.Sc nursing. The most of the participants 40(57.14%), having sleeping hours <6hours, 30(42.86%) having sleeping hours >6 hours. According to the data most of the participants, 42(60%) having 6 working hours, 22(32.49%) having 8 working hours and 6(8.51%) having 12 working hours. According to the data, most of the participants. 33(47.14%) having working experience between 1-3years, 16(22.9%) having working experience between 4-5 years, 11(15.8%) having working experience less than 1- 3year, and 10(14.29%) having working experience above 35years.

Section – B

Table 4.2: Description of level of stress of participants.

Stress scoring	Stress level	Frequency (f)	Percentage (%)
0-13	Low Stress	4	5.7
14-26	Moderate	63	90
27-40	High Scores	3	4.3



According to the data, more than half 63 (90%) staff nurses have moderate stress, 4(5.7%) staff nurses have low stress,3(4.3%) staff nurses have high Stress.

Section – C

Table 4.3: Association between level of stress with selected demographic variables. n=70

Social Demographic Variables		level of stress			X ² value	df	P- value
		Severe	Moderate	Low stress			
Age	20-25	2	20	1	0.84767	6	0.99073 (NS)
	26-30	0	21	2			
	31-35	1	21	1			
	above 35	0	1	0			
Gender	male	0	21	3	0.04393	2	0.97827 (NS)
	female	3	42	1			
Locality	rural	2	27	2	0.67114	2	0.71493 (NS)
	urban	1	36	2			
Marital status	single	1	23	3	0.04365	6	1
	married	1	37	1			
	divorced	0	2	0			
	widowed	1	1	0			
Type of family	nuclear	0	28	1	0.24623	2	0.88416 (NS)
	joint	3	35	3			
If married, no. of children having	no child	1	29	3	0.87053	6	0.64709 (NS)
	1 child	1	19	0			
	2child	1	13	1			
	More than two child	0	2	0			
Monthly income	Less than 18000	3	19	3	0.14702	6	0.99994 (NS)
	18001-25000	0	28	1			
	25001-30000	0	15	0			
	above 30000	0	1	0			
Qualification	GNM	3	43	3	0.82343	4	0.93528 (NS)
	B.Sc Nursing/Post basic B.sc	0	18	1			
	M.Sc nursing	0	2	0			
Sleeping hours	Less than 6 hours	2	36	2	0.90735	2	0.63529 (NS)
	More than 6 hours	1	27	2			
Average working hours	6	3	36	2	0.03472	4	0.99985 (NS)
	8	0	22	0			
	12	0	5	2			
Year of working experience	Less than 1 year	0	10	1	0.21199	6	0.99982 (NS)
	1 - 2year	2	31	0			
	3 - 5 year	0	15	1			
	More than 5 year	1	7	2			

(NS= non-significant, P-value<0.05)

Implication

Nursing practice

This includes providing health education on the types of stress, causes of the stress and signs and symptoms of the stress, and the stress-adapted behavior. Stress is considered important, because it can affect mental health.

Nursing Education

The nursing educator can motivate and educate the nurses about the importance of stress adaptive behaviour.

Nursing administration

Nursing administration can plan and organize a stress-related program among the nurses in the hospital.

Nursing research

The study will motivate new researchers to conduct the same study with different variables on a large scale.

4. Recommendations

The research study can be conducted among a large sampling group to help validate and generalize the findings.


5. CONCLUSION

Nursing is described as a stressful profession and nurses are exposed to a great number of stressors in their working environment. According to the occupational health and safety survey of the American Nurses Association (ANA), the main concern for the nursing staff about health and safety in the work environment is the acute or chronic effect of the stress. The work conditions in the nursing imply the exposure to pain and death, interpersonal conflicts, lack of autonomy and authority for decision making, and the lack of definition of the professional role, which produce a chronic state.

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