



# WORK RELATED STRESS AND HEALTH STATUS OF NURSING PROFESSIONALS

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**Abstract:** Job related dissatisfaction and stress are becoming increasingly significant among nursing professionals. Stress takes a heavy toll on individuals in terms of health and wellbeing. The aim of the study was to explore and attain an in depth understanding of work related stress and health status of nursing professionals. The data was collected using a self-developed questionnaire from thirty nursing professionals- fifteen from government hospital and fifteen from private hospitals. The result obtained showed that Nursing professionals face various problems, physically and psychologically. Especially where they play multiple role at work and family. Most of them were unable to manage their home responsibilities. Many were under continuous stress and a minority felt that the quality of their life was poor. Majority also had health problems, skin diseases and allergies. Almost half of the nursing professionals expressed pressure to quit their job. It is necessary to address the issues of job stress self-care techniques and the stressful condition of those in highly demanding jobs.

**Index Terms - Work related stress, Health issues, Job satisfaction.**

## 1. INTRODUCTION

Nursing had a significant effect on people lives. As rapid change continues to transform the profession of nursing and health care system. Today nurses bring knowledge, leadership, spirit, and vital expertise to expanding role that afford increased participation responsibility and reward. Nurses are the most trusted health care professionals they are with patient throughout the continuation of life. Nurse role has long been regarded as stress filled based on physical labour human suffering, work hours, staffing and inter personal relationship there are central to the nurses do.

Nurses confront potential exposure to infectious diseases, toxic substances back injuries and radiations, and they also are subject to hazards such as stress, shift work and violence in the work place. Occupational stress is recognized problem in health care workers nursing has been identified as an occupational that high level of stress. It is found that stress brought hazardous impacts not only on nurse's health but also their abilities. Stress has a lost for individual in term of health were being and also job satisfaction and also in term of absenteeism and turnovers, which in turn may impact the quality of patient care. (Jennings BM, 2008)

The nursing staffs have to work at night shift. Working night is an accepted condition of the job at different points in a nurse's career, and while many understand the demand of this situation there are real effects on wellbeing due to over night or early morning work schedules. Night workers often know the frazzled feeling they may be prone to feeling of tiredness to fatigue induced mistake and physically feeling sick. (Ferri, P. et. al, 2016)

The irregularity of scheduling of work creates unhealthy sleeping shifts in nurses that lead to circadian misalignments. Nurses often work 12 hours shifts on a rotation of day and night, which means they are constantly changing their sleeping pattern, this behavior can lead to repeated issue with the essential biological functions that affect the circadian rhythm. It can take the body a week to adapt to a new sleeping schedule and the quality

of the sleep also declines. These lead to chemical imbalance, fatigue, inability to focus, impatience, mood swings and decreased motor functions. (James, S. M. et. al, 2017)

## AIM AND OBJECTIES

- To study the work related stress and health status of nursing professionals
- To understand the job related demands of the nursing professionals
- To ascertain the major problem faced by nursing professionals
- To understand the reason for stress faced by the nursing professionals

## 2. MATERIALS AND METHODS

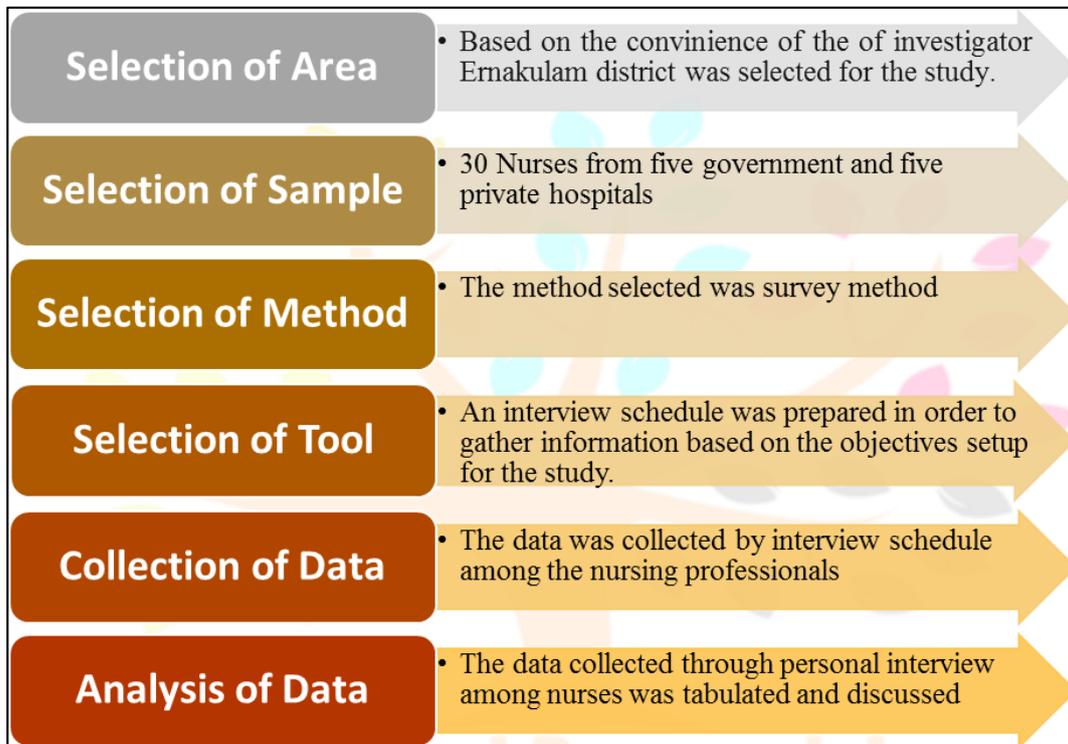


Fig: 1 Methodology

## 3. FINDINGS AND DISCUSSION

### 1. General Information of the respondents

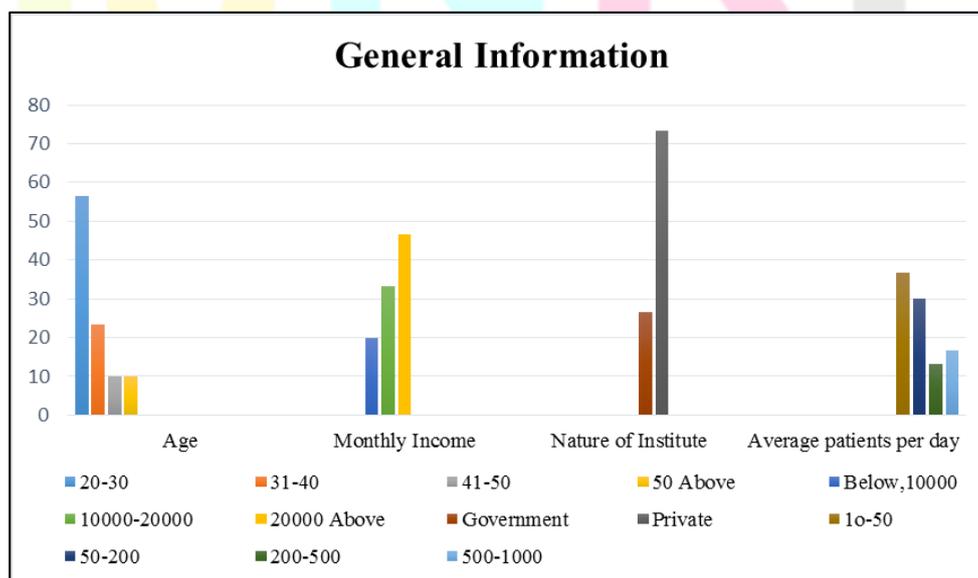


Fig: 2. General Information

The survey was conducted among nurses. Majority were of 20-30 years of age (56.6%) and about 23% between 31-40 years. There were only 10% above 50 years. Only 10% of the group has above Rs.20, 000/- month of salary (46.6%). However 20% has only a salary of Rs.10, 000/- month. Majority (73%) in the group worked in Private Hospitals. 30% of them are worked in large hospitals. One fourth of the respondents (16.6%) worked in large hospitals with more than 500 beds and which has around 500-1000 out patient's day.

### 2. Reasons for Choice of Profession

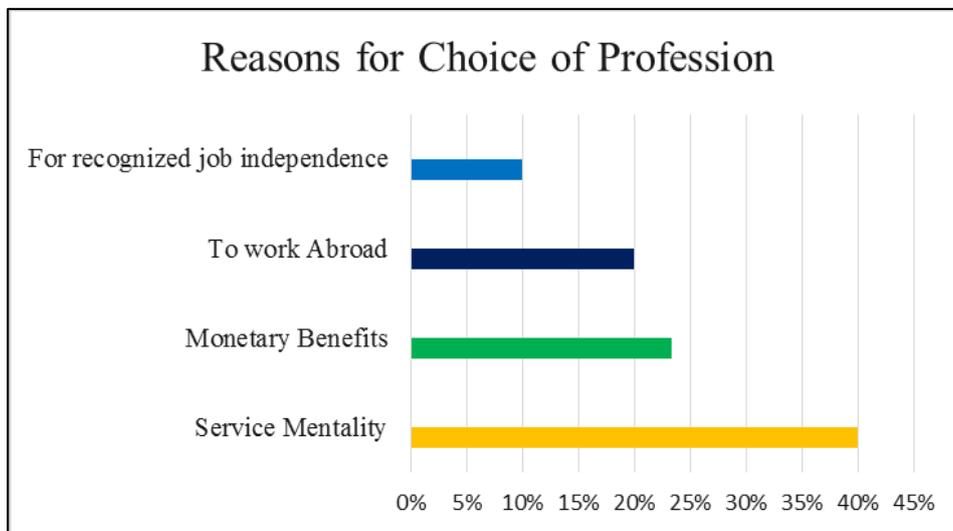


Fig: 3. Reasons for Choice of Profession

Total no of respondents were 30, out of which 40% works with service mentality and 23.3% of them is with monetary benefits about 20% choose their profession on the basis of work in abroad than 10% of them with recognized job.

### 3. Work Load of the Nursing professionals

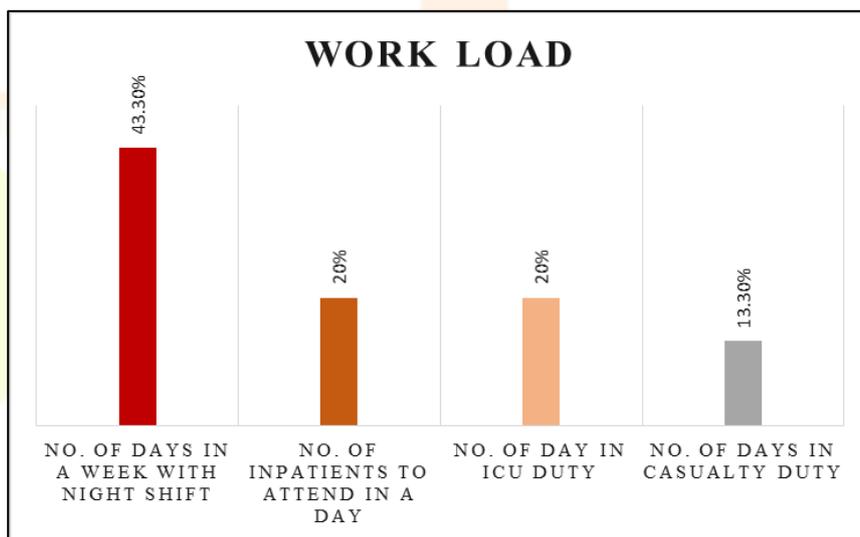


Fig: 4. Work Load of the Nursing professionals

Within the 30 samples 43% have heavy work load due to many days with night shift 20% within the group feel work load because of the number of inpatients they attend in a day and 20% of them have many days in ICU duty, the remaining 13% have work load because of the number of days in casualty duty.

#### 4. Problems Associated with Night Shift

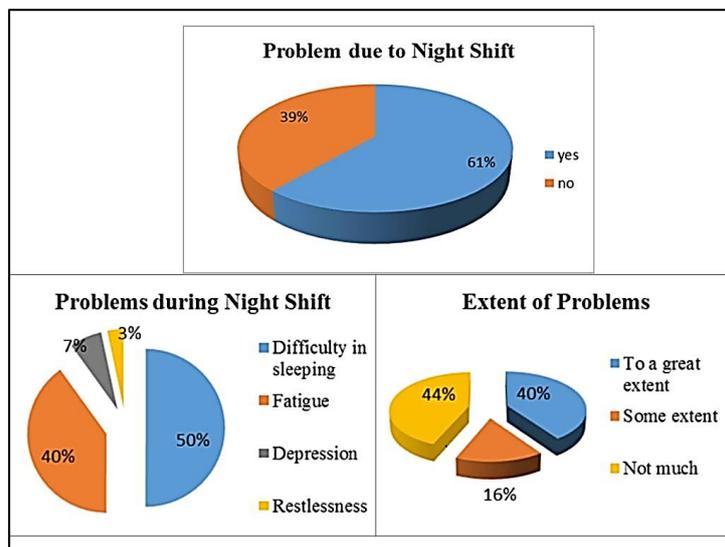


Fig: 5. Problems Associated with Night Shift

In the survey conducted it was seen that 63.3% have problems associated with during night shifts. The problems occurring as a result of night shifts are the irregular sleep pattern half of the (50%) respondents had difficulty in their sleeping pattern and 40% complained of fatigue. A minority class suffers (6.6%) from depression and 3.3% felt restless always. The job shifts also affected the family of nursing professionals. Nearly half of the respondents said that (43%) thus job shifts did not affect thus families much however an almost equal number (40%) said the reverse.

#### 5. Major Problems faced by the Nursing Professionals

Table: 1  
Major Problems

Sl. No	Particulars	Percentage
1.	Family Adjustment	26.6%
2.	Physical Exhaustion	23.3%
3.	Mental Exhaustion	20%
4.	Adjustment to children's need	16.6%
5.	Low pay scale	10%
6.	Less no. of staff / work exam load	3.3%
7.	Low self-fulfillment	3.3%

More than one fourth of the despondence (26%) faced problems family adjustments, 23.3% point out physical exhaustion as a common problem by 20% complained of mental exhaustion. A lower percentage had problem with adjustment to children's needs. A majority (10%) were stressed due to their low pay scale. Low self-fulfillment was also mentioned as a problem by 3.3% of respondents.

## 6. Health Problems faced by the Nursing Professionals

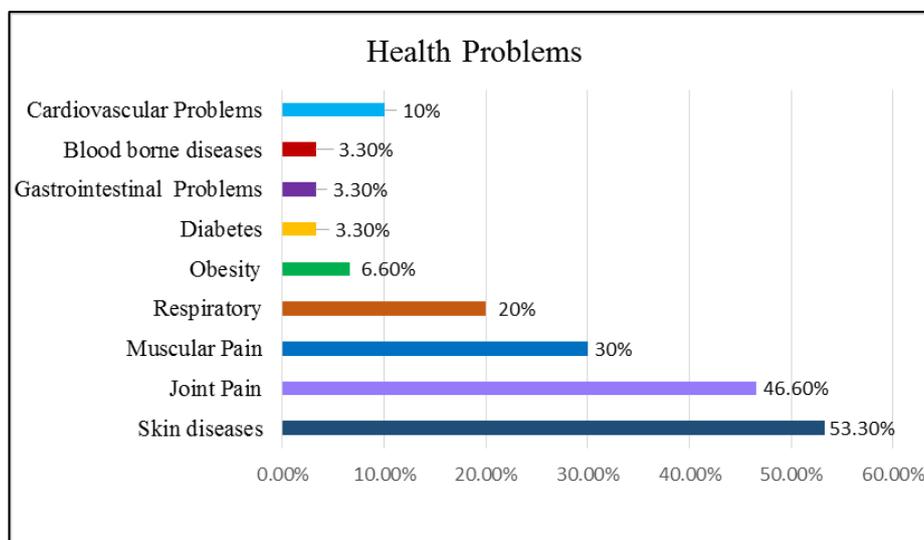


Fig: 6. Health Problems

Majority (53.3%) faced health problems like skin diseases, 46.6% complained of joint pain and 30% of muscular pain. Nearly a quarter of them (20%) suffered from respiratory problems. Minority (10%) have cardiovascular problems. Few (6.6%) are obese and minority (3.3%) suffers from diabetics, gastro intestinal problems by blood borne diseases.

## 7. Long term health risk of the respondents

Table: 2  
Long term health risk of the respondents

Sl. No	Particulars	Percentage
1.	Allergies to cleaning solution	60%
2.	MRD	40%
3.	Methicilin resistant staphylococcus aureus	36.6%
4.	Infections due to over use of antiseptics	13.3%
5.	Long term exposure to chemical medication	3.3%
6.	Liable to be affected by communicable	3.3%

From the above table, it was seen that 60% nurses were above allergies to cleaning, 40% were exposed to MRD. About 36.6% have methicilin – resistant staphylococcus aureus 13.3% in the group have infection due to overuse of antiseptics and 3.3% faces long term exposure to chemicals / medication and 3.3% said they were always liable to be affected by communicable diseases.

## 8. Reason for Stress of the Nurses

Table: 3  
Reason for Stress

Sl. No	Particulars	Percentage
1.	Low control over work done	33.3%
2.	Heavy work load	30%
3.	High demand by patients / bystanders	26.6%
4.	Difficult work environment	19.9%
5.	No clarity in instruction	13.3%
6.	No one – recognize skills	10%
7.	Aggressive Co-workers/ Environment	10%
8.	High demand by authorities	3.3%

The study shows that 33.3% of the respondents were stressed due to the low control over work done, 30% of them were stressed due to the heavy work load. Yet another cause for stress was the high demand by patients or bystanders. 19.9% have difficulty work environment, 13.3% of them have no clarity in instruction. 10% of each has aggressive co-workers / environment. A minor portion 3.3% has high demand by authorities.

## 9. Manage home responsibilities

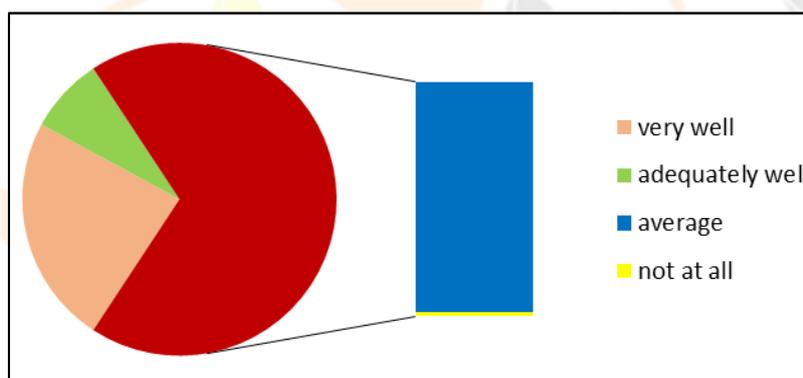


Fig: 7. Manage home responsibilities

The figure reveals that only one – fifth of the respondents (20%) were able to manage home responsibilities very well. While 16.6% felt they could not manage it at all. Majority (56.6%) said they would rate themselves as average in managing home responsibilities.

### 10. Spend time with family / children

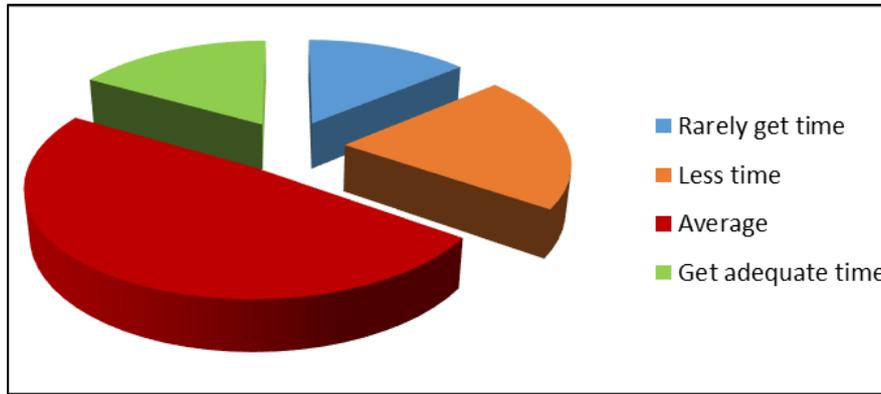


Fig: 8. Spend time with family / children

It could be clearly seen that 13.3% nursing professionals rarely get time to spend time with family or children. Only (16%) felt that they get adequate time with the family.

### 11. Pressure by Family

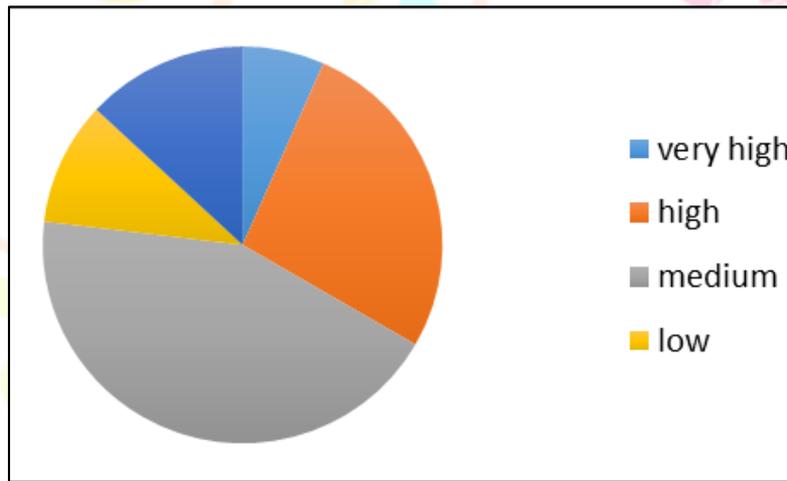


Fig: 9. Pressure by Family

Nearly half (43.3%) of respondents felt medium pressure by the family and 26.6% have high pressure by the family and about 10% have low pressure by family about 13.3% have very low pressure by family.

### 12. Quality of Life

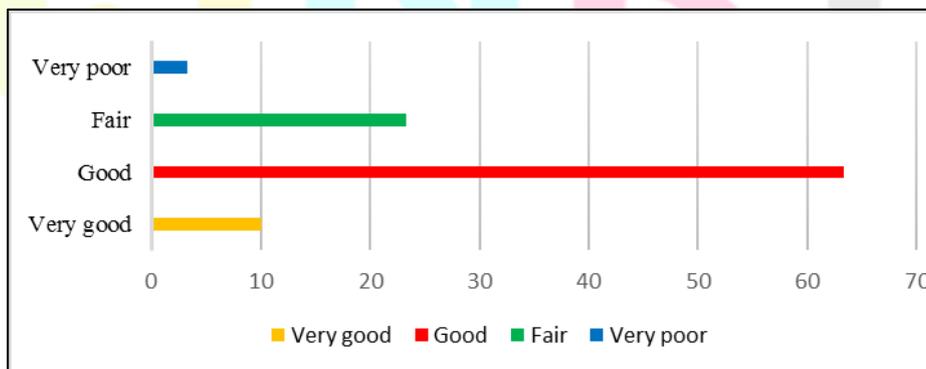


Fig: 10. Quality of Life

In the study shows that 63% of nurses have good quality of life and 23% have fair quality of life. A minority 10% said their quality of life was poor.

## CONCLUSION

From the study it is understood that, nursing professionals have to face various problems, physically and psychologically. They have to face multiple problems in work and family. Most of them are unable to manage their home responsibilities. Many were under continuous stress and a minority felt that the quality of their life was poor.

It is necessary to address the issues of job stress. Self-care techniques and the stressing activities should be thought to those in highly demanding jobs, to create a healthy community.

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