



## **Knowledge assessment on stress relieving techniques among nurses of selected hospitals of Pune city**

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### **Abstract**

**Introduction:** Every individual face stress which is a natural feeling and it appear when individual fails to cope with particular demands or in an event. If proper steps not taken and continuous stress ponders it becomes chronic in nature. Stress is important and also serve as motivators.

**Objective:** To assess the knowledge on stress relieving techniques among Nurses of selected hospitals of Pune city and to determine the association of knowledge with selected demographic variables.

**Methods:** Quantities research approach was adopted and Non experimental descriptive survey research design was used. Sample size comprised of hundred nurses of selected hospitals of Pune city. Non probability convenience sampling technique was used adopted. Selected hospitals as setting. Reliability of the tool was 0.813 using Cronbach's alpha method. A Self-Administered Structured knowledge questionnaire regarding stress relieving techniques was used. The tool comprised of II sections. Section one encompassed of demographic characteristics of the sample which included following parameters like age, gender, Position, Qualification, years of experience, Religion and Have you attended any workshop/ conference/ seminar on Stress Relieving Techniques. Section II was of self-administered structured knowledge questionnaire on Stress Relieving Techniques which was comprised of twenty-four questions.

**Result:** Nurses of Hospitals of Pune city shows that majority of respondents have average knowledge (68%), with good knowledge (20%) and 12 % respondents had poor knowledge. None of the demographic variable was found to have significant association with Nurses knowledge related to stress relieving techniques.

**Conclusion:** The present study concluded that nurses possess considerable average knowledge regarding stress relieving techniques. Knowledge enhancement is required for the nurses on stress relieving techniques to enhance the mental wellbeing of self and to promote and contribute best in personal and professional development.

**Keywords:** Knowledge, stress relieving techniques, nurses, nursing college

### **Introduction**

Every individual face stress which is a natural feeling and it appear when individual fails to cope with particular demands or in an event. If proper steps not taken and continuous stress ponders it becomes chronic in nature. Stress is important and also serve as motivators. The Flight and fight response of individual protect and deal with the stress however when stress level increased or we say too many stress at a particular point of time hits, it affects the wellbeing of individual which is harmful for health

Study findings on stress and coping strategies among mothers of Child with autism shows that the majority of mothers uses positive interpretation and growth and emotional social support, religious coping acceptance and active coping. Substance use and humor were the used less as coping strategies <sup>[1]</sup>.

Study findings revealed that the 59.3% of nurses experienced moderate. 36.8% severe, 2.4% experienced very severe stress. Highest mean score was in the area of death and dying subscale (2.35±0.61) and workload subscale (2.11±0.53). Nurses working in casualty and general wards were more stressed. Also, younger nurses

were more stressed in dealing with death of a patient. Death of a patient and excessive workload were major contributors of stress. Stress reduction activities and measures to decrease workload will help in decreasing the stress at workplace <sup>[3]</sup>.

The influence of the quality of collaboration amongst nurses and between nurses and doctors on nurses' job satisfaction is uncertain. A strong negative relationship was found between clinical leadership, inter-professional collaboration, and stress and job satisfaction. Although a positive relationship between clinical leadership and nurses' job satisfaction was found, the association between clinical leadership and quality of inter-professional collaboration is unclear <sup>[3]</sup>.

Family members of clients with schizophrenia suffering from moderate stress adopt lower coping strategies. These results suggest close monitoring of caregivers' mental health and the provision of a psycho education, family intervention programmes and psychosocial support for caregivers <sup>[4]</sup>.

### **Need of the study**

Nurse burnout is mental, physical, and emotional exhaustion

caused by stress, job dangers, and frustration at work. It's a constant feeling of helplessness, one that often leads to illnesses and career dissatisfaction. According to the most recent studies on the topic, burnout is most common in nurses who work for more or equal to 12 hours at a time.

According to the results of a survey of nurses by Kronos. Inc., a leading factor that contributes to nurse burnout appears to be fatigue. The survey data shows that nurses feel fatigued largely due to overwhelming workloads.

According to the World Health Organization, burnout is an occupational phenomenon [1]. It is not specific to nursing: Professionals in any industry, from teaching to engineering, can suffer from this type of exhaustion caused by unrealistic expectations, lack of sleep, and other work-related stressors. However, due to their high-stress work environment, nurses and other medical professionals face a greater risk of burnout [5].

Rekabh *et al.* conducted a randomized trial study on Web-Based Stress Management Program for Nurses. The randomized controlled trial was conducted with 104 nurses in five hospitals in Virginia and one hospital in New York. The primary outcome measure was perceived nursing-related stress. Program group participants experienced significantly greater reductions than the control group on the full Nursing Stress Scale, and six of the seven subscales. Using a web-based program holds tremendous promise for providing nurses with the tools they need to address nursing related stress [6].

Sherry *et al.* conducted a critical care review on stress management intervention on nurses. A systematic search and review of the literature was used to summarize existing research related to stress management interventions for nurses and recommend directions for future research and practice. The results shows that ninety articles met the inclusion criteria for this study and were categorized and analyzed for scientific rigor. Various stress management interventions for nurses have been investigated, most of which are aimed at treatment of the individual versus the environment. Contemporary studies only moderately meet the identified standards of research design. Issues identified include lack of randomized controlled trials, little use of common measurement instruments across studies, and paucity of investigations regarding organizational strategies to reduce nurses' stress. The study concluded that Future research is indicated to include well-designed randomized controlled trials, standardized measurement tools, and more emphasis on interventions aimed at the environment [7].

## Statement of the Problem

“Knowledge Assessment on Stress Relieving Techniques among Nurses of Selected Hospitals of Pune City”

## Aim of the study

The main aim of the study is to assess knowledge on stress relieving techniques among Nurses & find association between selected demographic variables.

## Assumptions

Nurses of selected hospitals may have knowledge regarding stress relieving techniques.

## Material and Method

Quantities research approach was adopted and Non experimental descriptive survey research design was used. Sample size comprised of 100 nurses of selected hospitals of Pune city. Non probability convenience sampling technique was used adopted. Selected hospitals as setting. Reliability of the tool was 0.813 using Cronbach's alpha method. A Self-Administered Structured knowledge questionnaire regarding stress relieving techniques was used. The tool comprised of II sections. Section one encompassed of demographic characteristics of the sample which included following parameters like age, gender, Position, Qualification, years of experience, Religion and Have you attended any workshop/ conference/ seminar on Stress Relieving Techniques. Section II was of self-administered structured knowledge questionnaire on Stress Relieving Techniques which was comprised of twenty four questions i.e. multiple choice questions. Each correct item was allotted one mark and wrong response allotted with zero marks. Consent was obtained and then tool was administered to respondents.

## Findings

The data was analyzed using both descriptive and inferential statistics.

## Description of demographic variables

Maximum 48% of sample was in the age in the age group of 35.1-50 years whereas minimum (8%) in the age group of 50.1 and above age group. Majority of respondents were female (82%) and 18% was males. Majority of respondents were graduate (48%) and 45% were highly qualified as postgraduate and above. Majority (59%) were doing private job whereas 11% were house wife.

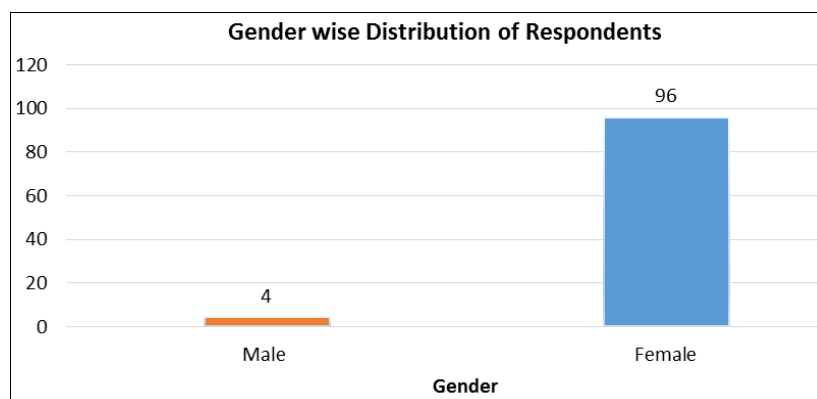
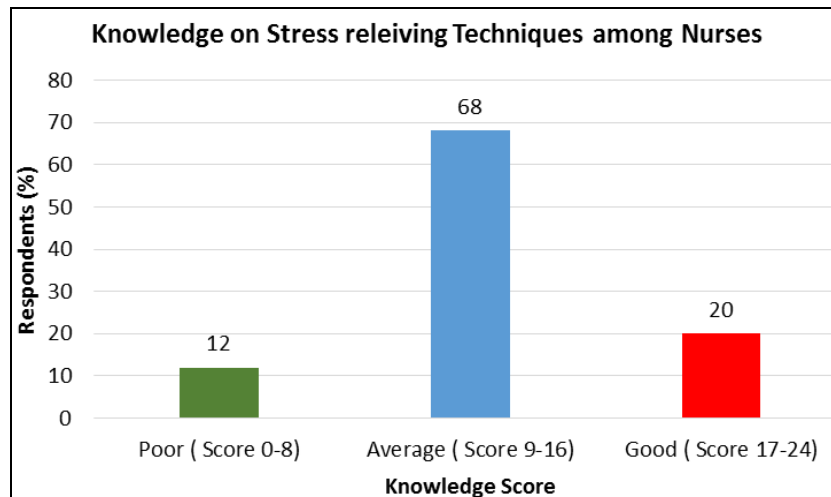


Fig 1: Gender wise distribution of Respondents

**Section II: Knowledge assessment regarding stress relieving techniques Immunity among Nurses of Hospital.****Fig 2:** Knowledge regarding stress relieving techniques Immunity

Nurses of Hospitals of Pune city shows that majority of respondents have average knowledge (68%), with good knowledge (20%) and 12 % respondents had poor knowledge.

**Section III****Table 2:** Association of Knowledge of Nurses on Stress relieving techniques with selected demographic variable n= 100

Demographic variable		p-value
Age(years)	22-30	0.307
	30.1-40	
	40.1-50	
	50.1 and above	
Gender	Female	0.301
	Male	
Position	Staff Nurse	0.401
	Ward In charge	
Religion	Hindu	0.603
	Muslim	
	Christian	
	Others	
Qualification	G.N.M	0.210
	B.Sc. Nursing	
	M.Sc. Nursing and above	
Experiences	Less than 02 years	0.426
	2.1 – 5	
	5.1 – 10	
	Above 10. 1 years	
Have you attended any workshop/ conference/ seminar on Stress Relieving Techniques	G.N.M	0.223
	M.Sc. Nursing and above	

Above data shows that the p-values are large (greater than 0.05) and hence there is no evidence against null hypothesis. It is concluded that none of the demographic variable was found to have significant association with Nurses knowledge related to stress relieving techniques.

**Discussion**

Findings of the present study showed that majority of nurses possess average knowledge among (68%), and few with

good knowledge (20%) and 12 % respondents had poor knowledge on stress relieving techniques.

Study findings of focused that Nurses are not ever thought of as needing help but only as the care givers, and applying some techniques for nursing stress burnout prevention are more important than we ever thought. With the global increase in the aged population, the intensity of health care problems, the incidence of chronic illnesses and advanced technology, nurses are faced with a variety of work-related stressors. In seeking to identify which stress management activities work the best, it is advisable to try a number of different strategies especially the healthy ones and then determine which ones seem to be the most effective [8].

Study findings revealed that the organizational modification can reduce some sources of stress, several unique stress-producing factors inherent in the work of nursing personnel are immutable to such approaches. Mindfulness training, an evidence-based approach to increase situational awareness and positive responses to stressful situations, is an inexpensive strategy to reduce stress and improve the quality of nurses' work lives [9].

Study can be discussed with Hanna Oohmen case study on Stress-promoting and stress-relieving factors among nurses in rural India. An ethnographic approach was employed, consisting of observation, interviews and available documentation related to the CONCH project. The study participants were women, and included 7 nurses and 2 nursing supervisors. Data were gathered over a period of 3 months in 2003. Causes of stress among healthcare workers included communication problems, environmental factors and a large workload. Prominent among the stress-relieving factors were support from friends, family and colleagues, supervisor–nurse interaction and a Christian outlook. Stress-related fear experienced by workers hindered innovation and weakened their opportunity to further develop healthcare. Challenging work environments, varying work descriptions and unclear boundaries between working hours and free time all contributed to a decline in motivation and to fatigue. The identification of stress-related factors could play an important role in the facilitation of appropriate interventions. The results of this study suggest that wider

studies employing, for example, quantitative methods may provide useful information <sup>[10]</sup>.

### Conclusion

The present study concluded that nurses possess considerable average knowledge regarding stress-relieving techniques. High-stress levels can affect a nurse's health and well-being, even deplete their energy and impede their critical thinking. While nurse stress is part of the job, certain steps can be taken to combat it. Knowledge enhancement is required for the nurses on stress-relieving techniques to enhance the mental wellbeing of self and to promote and contribute best in personal and professional development. Nurse leaders and managers should support their teams' work-life balance by refraining from after-hours texts or emails. In relieving techniques aromatherapy on badges, taking a healthy balanced diet, meditating a few hours a day can also reduce stress in nurses. Hydration also plays a key role in reducing stress. Well-rested can see improvement in their cognition & concentration.

**Conflict of Interest:** The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

**Finding:** Self-funding.

**Ethical consideration:** Study was approved at Institute research Committee. Obtained the permission from Authority to conduct the study and also obtained Informed consent from each respondent prior to the study.

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