

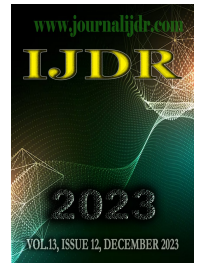


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RESEARCH ARTICLE

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## A STUDY TO ASSESS THE LEVEL OF STRESS AMONG NURSES WITH PSYCHIATRIC PATIENTS AT SMVMC&H, PUDUCHERRY

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### ABSTRACT

The Psychiatric service is a challenging task for nurses physically and psychologically. Psychiatric nurses are faced with factors such as long hours with patients, workplace control, and environmental pressure. Nurses working in closed ward setup are associated with perceived additional stress due to high levels of patient aggression, violence, unpredictability and danger to themselves or others. Coping mechanisms are constantly changing cognitive and behavioural efforts to manage specific internal or external demands that are appraised as exceeding the resources of the person. They are categorized as problem-solving and emotionally-focused coping. The former is associated with techniques to minimize, redefine and solve external demands in order to reduce the effect of the stressor while the latter is associated with modifying the psychological reaction linked with stressors. Effective utilization of coping mechanisms interferes with the level of stress experienced. Work stress is a key issue that nurses have to manage in their work environment. There is a need for education and prevention of work stress in the psychiatric nurse population based on personal experience, observation of staff in the practice setting, and review of current literature. Psychiatric nurses are at risk of developing high levels of stress that affect their interpersonal relationships, job satisfaction, and quality of patient care. Nursing self-efficacy involves expectations of learning the knowledge base and performing the various skills necessary to become a registered nurse. Outcome beliefs relate to the expectation that this education leads to the status of being a member of the nursing profession. Psychiatric nurses with high self-efficacy will be more confident in their work, so they will be more likely to make extraordinary achievements in their work. **Statement of the Problem:** A study to assess the level of stress and coping strategy among nurses with psychiatric patients at selected hospital, Puducherry.

#### Objectives:

- To assess the level of stress among nurses with psychiatric patients.
- To associate the level of stress among nurses with psychiatric patients with their selected demographic variables.

**Methods:** The investigator obtained formal permission from Hospital authority and Institutional Ethical Committee of Sri Manakula Vinayagar Medical College and Hospital. The study was conducted at Sri Manakula Vinayagar Medical College and Hospital, Madagadipet, Puducherry. The period of data collection was four weeks. Totally 30 nurses who are handling the psychiatric patients selected by using Convenient sampling technique. The purpose and benefits of the study were explained to the superintendent of Sri Manakula Vinayagar medical College and Hospital, Madagadipet, Puducherry. After obtaining oral consent primarily the demographic data was obtained from the samples. Investigator assessing the Perceived Stress Scale among the nurses working in Psychiatric ward. Data analysis was done using descriptive and statistical analysis. **Major Findings of the Study:** According to the age (in years) 13(43%) of them were belong to age group of 20- 30 years , 15(50%) of them were belong to 31-40 years and 02(07%) of them are belong to 41-50 years and according to sex 14(47%) of them were male and 16 (53%) of them were female and the table shows that education ,21 (70%) of them were B.sc nursing, 09 (30%) of them were M.sc Nursing them completed their graduation ; according to the religion ; 27 (90%),of them were belong to Hindu 02 (07%) of them are belong to Christian, 01(03%), of them are belong to Muslim and according to the year of course completion 13 (43%) year of 2001-2005, 15 (50%) year of 2006- 2010, 02 (07%) year of 2011-2020,the table shows that family income ; 12 (40%) of them were earning below Rs.5000/annum ,17 (57%) of them were earning Rs.7,000- 10,000/annum and 01 (03%) Of them were earning more than Rs.10,0000/annum of them were nurses, and according to year of experience ; 02 (07%) , 27 (90%) , 01(03%) ,year of working period, and according to area of working to 11(37%) in psychiatric male ward , 08 (26%) working in psychiatric female ward, 11 (37%) working in Psychiatric patient in counselling room , according to marital status ; 20 (67%) of them were married,10 (33%) were unmarried and table shows that family 22(73%)were belongs to join family, 08 (27%) ere belongs to nuclear family. **Conclusion:** The study conducted among the 30 nurses who are handling the psychiatric patients by administering Perceived Stress Scale shows that the intervention helps in assess the level of stress and find to be one of the helpful interventions in the level of stress among nurses with Psychiatric Patient.

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## INTRODUCTION

Psychiatric service is a challenging task for nurses physically and psychologically. Psychiatric nurses are faced with factors such as long hours with patients, workplace control, and environmental pressure. Nurses working in closed ward setup are associated with perceived additional stress due to high levels of patient aggression, violence, unpredictability and danger to themselves or others. Coping mechanisms are constantly changing cognitive and behavioural efforts to manage specific internal or external demands that are appraised as exceeding the resources of the person. They are categorized as problem-solving and emotionally-focused coping. The former is associated with techniques to minimize, redefine and solve external demands in order to reduce the effect of the stressor while the latter is associated with modifying the psychological reaction linked with stressors. Effective utilization of coping mechanisms interferes with the level of stress experienced. Work stress is a key issue that nurses have to manage in their work environment. There is a need for education and prevention of work stress in the psychiatric nurse population based on personal experience, observation of staff in the practice setting, and review of current literature. Psychiatric nurses are at risk of developing high levels of stress that affect their interpersonal relationships, job satisfaction, and quality of patient care. Stress causes mental health disorders for psychiatric nurses, some common stressors include poor working relationships between nurses and doctors and other health care professionals, demanding communication and relationships with patients and relatives, emergency cases, high workload, understaffing and lack of support or positive feedback from senior nursing staff.

### Review of literature

*Donna gloe, et al., (2021) was conducted a study on stress in nursing students*, While stress is gaining attention as an important subject of research in nursing literature, coping strategies, as an important construct, has never been comprehensively reviewed. The aims of this review were to identify the level of stress, its sources, and to explore coping methods used by student nurses during nursing education. This is a systematic review of studies conducted from 2000 to 2015 on stress and coping strategies in nursing students. Keywords including "stress", "coping strategy", "nursing students" and "clinical practice" in 13 studies met the criteria. Stress levels in nursing students range from moderate to high. Main stressors identified included stress through the caring of patients, assignments and workloads, and negative interactions with staff and faculty. Common coping strategies utilized by nursing students included problem-solving strategies such as developing objectives to resolve problems, adopting various strategies to solve problems, and finding the meaning of stressful events. Nurse educators may consider the use of formulation and implementation of empirically tested interventions to reduce stress while enhancing coping skills.

**Statement of the Problem:** "A study to assess the level of stress among nurses with psychiatric patients at SMVMC&H, Puducherry".

### Objectives:

- To assess the level of stress among nurses with psychiatric patients.
- To associate the level of stress among nurses with psychiatric patients with their selected demographic variables.

### Assumption

- The psychiatric nurse may have the more stress while handling the psychiatric patients.
- The nurse facing many problems while handling the psychiatric patients.

## MATERIALS AND METHODS

This chapter describes the research methodology followed to assess the level of stress among nurses with psychiatric patients at SMVMCH, Puducherry. It deals with research approach, research design, setting of the study, population, sample, sample size, sampling technique, criteria for sample selection, plan for data collection and tools and instruments.

**Section – A:** This section consists of demographic data such as age, sex, education, Religion, Year of course completion, Income, Year of experience, Area of working, Marital status, Type of family residency.

**Section – B:** This section consists of Perceived Stress Scale questionnaire prepared by the investigator was used to assess the level of stress among nurses with psychiatric patients. This questionnaire consists of 10 questions where the each question has score of 1-13 with a minimum total score of 40 and a minimum score of 10. The questions were translated into two different languages (Tamil and English) and designed in a manner. And scoring interpretation as,

### Scoring Interpretation

Sl. No	Scoring	Interpretation
1.	Mild level of stress	1-13
2.	Moderate level of stress	14-26
3.	Severe level of stress	27-40

**Research Approach:** A quantitative research approach was adopted for this present study.

**Research Design:** Descriptive research design chosen for this present study.

**Setting of Study:** This study will be conducted in SMVMCH Puducherry. This hospital is 100 meter away from SMVNC. The hospital is 1050 bedded multi - specialty hospital.

**Sample:** Nurses who are handling the psychiatric patients in SMVMCH at Puducherry.

**Sampling Technique:** Sampling technique refers to the process of selecting a portion of population to represent the entire population.

**Sample Size:** The sample size consists of 30 nurses working in Psychiatric ward.

### Criteria for Sample Selection

#### Inclusion Criteria:

- ❖ Nurses who are working in psychiatric ward.
- ❖ Nurses who are available at the time of data collection.
- ❖ Both Male and Female nurses.

**Exclusion Criteria:** Nurses who are absent at time.

## RESULTS

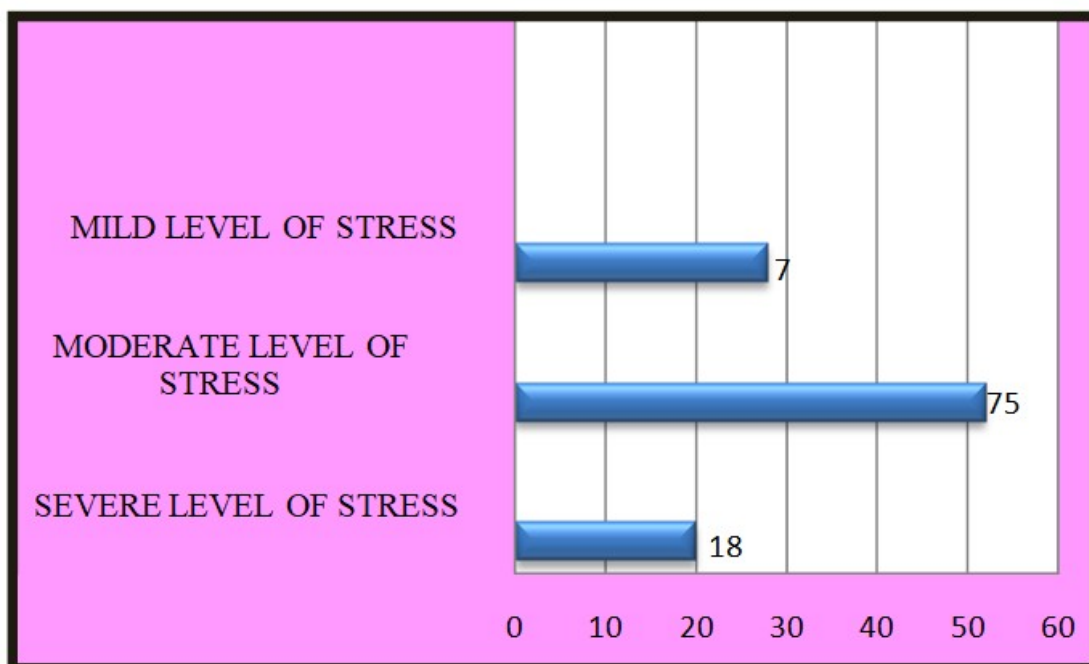
The findings reveals that out of 30 samples Out of 30 samples 8(27%) mild level of stress 20(67%) of them had moderate level of stress and 2(06%) of them had severe level of stress. The findings reveals that Mean and standard deviation on level of stress among nurses with psychiatric patients. The mean score was 9 with the standard deviation of 7.220. The findings shows that association on level of stress among nurses with psychiatric patients with their selected demographic variables.

## Frequency and percentage wise distribution on level of stress among nurses with psychiatric patients. (N = 30)

Demographic Variables	Frequency (N)	Percentage (%)
<b>Age(in years):</b>		
<input type="checkbox"/> 20 - 30 years	13	43
<input type="checkbox"/> 31- 40 years	15	50
<input type="checkbox"/> 41- 50 years	02	07
<b>Sex:</b>		
<input type="checkbox"/> Male.	14	47
<input type="checkbox"/> Female.	16	53
<b>Education :</b>		
<input type="checkbox"/> B.sc (Nursing)	21	70
<input type="checkbox"/> M.sc (Nursing)	09	30
<b>Religion :</b>		
<input type="checkbox"/> Hindu	27	90
<input type="checkbox"/> Christian	02	07
<input type="checkbox"/> Muslim	01	03
<b>Year of course completion :</b>		
<input type="checkbox"/> 2001- 2005	13	43
<input type="checkbox"/> 2006- 2010	15	50
<input type="checkbox"/> 2011- 2020	02	07
<b>Income :</b>		
<input type="checkbox"/> Below Rs.5000	12	40
<input type="checkbox"/> Rs.7000- 10,000	17	57
<input type="checkbox"/> More than Rs.10,000	01	03
<b>Year of experience:</b>		
<input type="checkbox"/> <1 year	02	07
<input type="checkbox"/> 1- 5 year	27	90
<input type="checkbox"/> 6-10 year	01	03
<b>Area of working :</b>		
<input type="checkbox"/> Psychiatric male ward	11	37
<input type="checkbox"/> Psychiatric female ward	08	26
<input type="checkbox"/> Psychiatric patient in counselling room	11	37
<b>Marital status :</b>		
<input type="checkbox"/> Married	20	67
<input type="checkbox"/> Un married	10	33
<b>Type of family:</b>		
<input type="checkbox"/> Nuclear family.	22	73
<input type="checkbox"/> Joint family.	08	27

## Frequency and percentage wise distribution on level of stress among nurses with psychiatric patients (N = 30).

Sl.No	Level of Stres	Frequency (N)	Perecentage (%)
1	Mild level of stress	4	7
2	Moderate level of stress	45	75
3	Severe level of stress	11	18



Association on level of stress among nurses with psychiatric patients with their selected demographic variables

**Table 4. Shows that association on level of stress among nurses with psychiatric patients with their selected demographic variables. There was no significant association between Education, religion, year of course completion, area of working, marital status, type of family**

Demographic variables	Mild level stress		Moderate level stress		Severe level stress		X2	P value
	N	%	N	%	N	%		
<b>Age(in years):</b>								
❖ 20 - 30 years	2	25%	10	50%	1	50%	132.076	0.00001
❖ 31- 40 years	5	62%	9	45%	1	50%	Df=2	S
❖ 41- 50 years	1	13%	1	05%	0	0		
<b>Sex:</b>								
❖ Male.	1	13%	12	60%	1	50%	5.189	0.02273
❖ Female.	7	87%	8	40%	1	50%	Df=1	S
<b>Education :</b>								
❖ B.sc Nursing.	4	50%	14	70%	2	100%	2.100	0.147299
❖ M.sc nursing.	4	50%	6	30%	0	0%	Df=1	Ns
<b>Religion :</b>								
❖ Hindu	7	87%	18	90%	2	100%		
❖ Christian	1	13%	1	5%	0	0%	1.033	0.596605
❖ Muslim	0	0%	1	5%	0	0%	Df=2	Ns
<b>Year of course completion :</b>								
❖ 2001- 2005	3	37%	8	40%	2	100%	3.845	0.146241
❖ 2006- 2010	5	63%	10	50%	0	0%	Df=2	Ns
❖ 2011- 2020	0	0%	2	10%	0	0%		
<b>Income :</b>								
❖ Below 5000	0	0%	11	55%	1	50%		
❖ 7000- 10,000	8	100%	8	40%	1	50%	8.435	0.014735
❖ More than 10,000	0	0%	1	5%	0	0%	Df=2	S
<b>Year of experience:</b>								
❖ <1 year	0	0%	1	5%	1	50%	7.212	0.02716
❖ 1- 7 year	8	100%	18	90%	1	50%	Df=2	S
❖ 8- 12 year	0	0%	1	5%	0	0%		
<b>Area of working :</b>								
❖ Psychiatric male ward	5	63%	6	30%	0	0%	4.620	0.099261
❖ Psychiatric female ward	2	25%	5	25%	1	50%	Df=2	Ns
❖ Psychiatric patient in counselling room.	1	12%	9	45%	1	50%		
<b>Marital status :</b>								
❖ Married	7	87%	12	60%	1	50%	2.014	0.155854
❖ Un married	1	13%	8	40%	1	50%	Df=1	Ns
<b>Type of family:</b>								
❖ Nuclear family.	7	87%	13	65%	2	100%	2.258	0.132926
❖ Joint family.	1	13%	7	35%	0	0%	Df=1	Ns

There was no significant association between Education, religion, year of course completion, area of working, marital status, type of family. Frequency and percentage wise distribution of demographic variables to assess the level of stress among nurses with psychiatric patients.

## CONCLUSION AND RECOMMENDATIONS

The present study was to assess the level of stress among nurses with psychiatric patient at Sri Manakula Vinayagar Medical college and Hospital. A descriptive research design was selected for this study with qualitative research approach was adopted for this study. The study samples were selected by using convenient sampling technique at Sri Manakula Vinayagar Medical College and Hospital. The data was collected for the period of 1 week after obtained formal permission from the ethical committed of Sri Manakula Vinayagar Nursing College. The study conducted among the 30 nurses who are handling the psychiatric patients by administering. Perceived Stress Scale shows that the intervention helps in assess the level of stress and find to be one of the helpful interventions in the level of stress among nurses with Psychiatric Patients.

**Implication of the study:** The study has implication for stress level for nurses, counselor and nursing research.

**Nursing Practice:** The nurses working in the hospital and the clinical setting can understand the needs for psychiatric patients providing quality of care and diagnostic procedure. The nursing students need to organize many workshops, in-service education programme to nurses, students regarding stress.

**Nursing research:** Numbers of studies are being conducted to assess the level of stress among nurses with psychiatric patients.

Different studies have to be conducted further to evaluate the staff nurses work in department of psychiatric.

**Nursing Education:** Nurse educators when planning and instructing nursing students, shall provide education about how to handle the psychiatric patients, and coping skills.

### Recommendation

On the basis of the findings of the study, the following recommendations have been made,

- A similar study can be conducted by large number of sample in future.
- The study can be implemented at the various states of India.
- The study can manipulate on the intervention basis which reduce the stress level of nurses.

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