

OCCUPATIONAL STRESS AMONG NURSING OFFICER**A LITERATURE REVIEW****Mr. Rohit Avasthi¹ Dr. Ashok Yadav²**¹Ph.D. Scholar, Mahatma Gandhi Nursing College, Sitapura, Jaipur²Faculty, Government College of Nursing, Jaipur

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Received 2022 July 02, Accepted 2022 July 05, Published - 2022 July 09

ABSTRACT

Occupational stress is identified as very high level in nursing profession which might affect the health of the nursing officers.¹ It's important to manage the occupational stress in promoting employee well-being. Nursing officers cover the key area within the hospital in patient care & it's necessary to spot stress level of nursing officer. Various issues occur within the hospital during the time of providing care to the patient which may be managed by nursing officers and through that task they get stress. Knowledge of stress helps the nursing officers to cope with things.²

PREVALENCE OF STRESS

The prevalence of stress among Debre Birhan governmental and nongovernmental regular health science colleges North Showa Zone, Amhara Region, Ethiopia 2016, participants are 3.6% and 4.3 %, respectively. The prevalence of stress among male and feminine is 0.6% and 6.3 %, respectively. As per data, stress is more common in female than in males.³

In India, research study shows that 87.6% of the nurses to be experiencing stress, in which 2.1% had severe stress. Another study found 92% of nurses with stress, of which 52% has severe stress. These findings indicate a high prevalence of work-related stress among nurses in India and demand a need for further exploration of job stress and related factors.⁴

CAUSES OF JOB STRESS:

There are various causes of job stress some of them are listed below as evident from Previous studies.

- 01. Personal-related factor:** Administered basic care of the patient with therapeutic intervention are the responsibility of nursing officers. Specific patient-care situations are found to be related to stress for nurses. coping with death and dying, uncertainty regarding patient treatment, workload & inadequate preparation to cater to patient's emotional issues are identified because the common causes of stress. Within the patient-nurse relationship, patients' poor attitude towards treatment and care and/or unreasonable demands from patient's and their families also contribute to workplace stress in nurses.
- 02. Patient-related factor:** Administered basic care of the patient with therapeutic intervention are the responsibility of nursing officers. Dealing with death and dying, uncertainty regarding patient treatment, workload and inadequate preparation to deal with patient's emotional issues have been identified as the common causes of stress. Within the patient-nurse relationship, patients' poor attitude towards treatment and care and/or unreasonable demands from patient's and their families also contribute to workplace stress in nurses.
- 03. Organizational factor:** Studies indicate that, additionally to nursing itself, organizational and management characteristics influence the strain nurses experience at work. With respect to previous research, an outsized part of potential sources of stress for nurses appear to be organizational in nature including stress-generating nursing work situations, which may be of physical, psychological or social nature. Besides responses to patients' physical and psychological status, increased job demands, thanks to the utilization of sophisticated technologies, competition among hospitals, nursing shortage, work overload, and lack of task autonomy and feedback, likewise as reduced advancement opportunities, appear to be major determinants of emotional exhaustion. Occupational stress among nurses is related to a range of non-public and institutional factors.

- 04. Environmental factor:** A supportive and conducive work environment is crucial for work to be completed smoothly. Stress generating from nursing work situations like posting in busy areas (intensive care units, emergency) with tiring job and insufficient time for rest and meals, increased workload, pressure to complete care on time, staff shortage and lack of co-worker support and conflict with supervisor's cause stress. Oskins identified situational stressors as imbalanced staffing pattern and distribution, understaffing, heavy paperwork, inadequate resources that hindered nurse's performance and contribute to worry and burnout.

MANAGEMENT OF STRESS

To combat stress, here are a few tips on Stress Management “Strategies”

- 01. Identify and Track Personal Stressors:** Identify and Track Personal Stressors: What situations, conditions or people cause personal stress levels to rise? Nurses can identify personal stressor by keeping a straightforward journal, making note of days once they feel especially overwhelmed and jotting down the circumstances contributing to it feeling. Nurses can easily identify stressor and avoid the stress. for instance, nurses may note that they feel especially stressed on days after they eat a later lunch. some workplace snacks or protein bars may help curb stress caused by hunger.⁵
- 02. Maintain a Healthy Diet and Regular Exercise:** Maintain a Healthy Diet and Regular Exercise: Finally, nurses can debar stress by maintaining sound nutrition and regular exercise. Stress often leads to poor nutrition. sustenance is convenient, and stress hormones can increase cravings for these fatty, salty or sugary foods. the subsequent are some ways to market healthy nutrition under stress.
- Eating a healthy and filling meal before starting a shift
 - Bringing healthy snacks to work, rather than relying on fast food or junk food vending machines
 - Choosing green tea over coffee
 - Drinking plenty of water throughout the day, as opposed to soda or juice
- 03. Communicate Concisely and Clearly:** Clarity in communication is another significant tool in managing workplace stress. Nurses regularly share information with physicians, technicians, patients & relations. Such communication is often stressful, especially when balanced with the requirement to deal with difficult diagnoses and hard treatments in an exceedingly caring, compassionate way. an honest thanks to minimize the communication burden is to stay workplace emails, texts and face-to-face reports simple & to the purpose.⁵
- 04. Establish Boundaries:** It's important for nurses to ascertain firm personal and professional boundaries. this is often harder for nurses who are “on call” on a particular day. On off days, however, it's important to go away work on work. this could mean turning off workplace email alerts, texts and notifications.⁵
- 05. Mindfulness Meditation:** This is the first Stress Management strategy. Mindfulness techniques uses across the world, 'meditation' offers relaxation to mind and body. Based on deep breathing, meditation gives peace of mind and improved focus.⁵
- 06. Imagery:** This method uses soothing and pleasant images such as that of nature, and by visualizing a calming image and controlling breaths, it offers deep relaxation. It is a convenient method and easy to implement.⁵

CONCLUSION:

Common stressor in India & abroad Identified were: “at the time of dealing with patients”, “during emergency condition”, “at the time of caring with patients with unknown or infectious disease”, “listening condition, speaking, reading and during writing medical terminology”, and “caring of dying patients and their families”.⁶ Occupational stress is prevalent and it is necessary to job satisfaction to getting proper treatment outcomes of patients. Hospital administrator and nurse supervisor must recognise stressors at workplace. Management should make a policy related to patient and staff related issues which may exacerbate the stress.

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