A PSYCHOLOGICAL STRESS AMONG NURSES DURING THIS PANDEMIC IN SALEM HOSPITAL

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Abstract— the study explores the effects of COVID 19 pandemic on nurses by delivering services to the infected patients with the risks. From the theoretical perspective, it explains how specific dimensions of human factors could help to raise the nurses and their availability for the patients, therefore their reliability during a dynamic and complex pandemic as covid 19. The experiences of nurse caring for covid 19 patients the research focuses on Relationship between demographic profiling and the 5 themes like Organizational stress Negative emotions in the early stage, Self-coping styles, Growth pressure and positive emotions simultaneously with negative emotions. This study also aims at finding the Coronavirus diseases 2019 (COVID 19) is spreading rapidly, bringing pressure and challenges to nursing staff also to know how it is important to maintain a mental health of nurses. The survey was conducted among 160 salaried employees in a hospital located in Salem (Tamil Nadu).

Keywords— Stress, coping styles, Negative emotions, Positive emotion, Growth pressure.

I. INTRODUCTION

The first case Wuhan, 52 countries in the world have confirmed cases by 28 February according to WHO data, of which about 94% are in China.COVID-19 is a new disease and the medical system and culture of different countries varies, further research is needed on the psychological experience of stress among nurses who fighting against COVID-19. Currently, the study has highlighted the nurses from the Infectious Diseases had to enter the ward to care for the patients after only they undergoes a brief training on COVID-19(1).The Health Care workers are particularly affected by emotional pressure in relation to their jobs. This is the experience of (3) fatigue of extended periods of time and it reduced levels of motivation and interest in the job, which leads to the job productivity (10).

II. ABOUT THE STUDY

Stress is major factor in all workplace, so managers can decreases stress by setting clear expectations and helping employees to priorities their work. The organization should encourage stress relief by providing them a safe and pleasant work place environment to reduce the stress among nurses during this pandemic (6). A motivational factor helps employees to be free from the stress during this period. This study shows the importance and influence of stress among nurses who is working in covid 19 ward of hospital in Salem. Here this study is about the factor causing stress during this pandemic (3).

A well-structured interview scheduled has been constructed for the data collection, the instruments has 5 dimensions are Organizational stress , Negative emotions in early stage, Coping styles, Growth under pressure , and Positive emotions occurs simultaneously with the negative emotions(1).

IDENTIFY RESEARCH AND COLLECTION IDEA

For the purpose of this study, A Hospital in Salem is taken as an area of study. All the Professionals and self-employed people. On keeping confidence level at 95% and 160 people are taken as the sampling method deployed was Purposive sampling. The primary data are collected from the target respondents through circulating the questionnaire by google forms.

III. OBJECTIVE OF THE STUDY

- To study on psychological stress among nurses during this pandemic.
- To study the influencing factor that is major causes of stress during this pandemic.
- To identify and analyze the factors that contributes to a Stress of nurses in Hospital.

IV SCOPE OF THE STUDY

The scope of the study is to tract the factors influencing on Stress among nurses who are taking care of the COVID 19 (7) patients where the nurses lived with the stress along with the challenges and also providing nursing care for positive COVID 19 patients. From this study we can list out findings which include the factors influencing the stress anxiety, work overload (1).

V DEMOGRAPHIC ANALYSIS

TABLE DEPICITING THE AGE WISE SPLIT UP OF THE RESPONDENTS

AGE GROUP	CATEGORY	NO OF RESPONDENTS	PERCENTAGE
1	Less than 25 years	17	10.6 %
2	26 years to 30 years	56	35%
3	30 years to 35 years	74	46.3 %
4	Above 35 years	13	8%
	TOTAL	160	100%

INFERENCE

From the above table the majority of the respondents are lie under age group between 30 years to 35 years of 46.3%.

PERIOD OF THE STUDY

The data is collected for 1 month from (June 27, 2020 to August 02, 2020).During this period I floated the questionnaire through google forms and also able to collect 160 respondents.

PRIMARY DATA

The primary data is collected through the well-structured interview from the people who have been working for COVID ward patients in Salem District.

UNIVERSE

The sample is collected from the Nursing professionals from the Hospital in the area of SALEM.

TOOLS FOR DATA COLLECTIONS

A well-structured interview schedule has been constructed for the data collection the instrument has 5 dimensions - Organizational stress Negative emotions in the early stage, Self-coping styles, Growth pressure and positive emotions simultaneously with negative emotions.

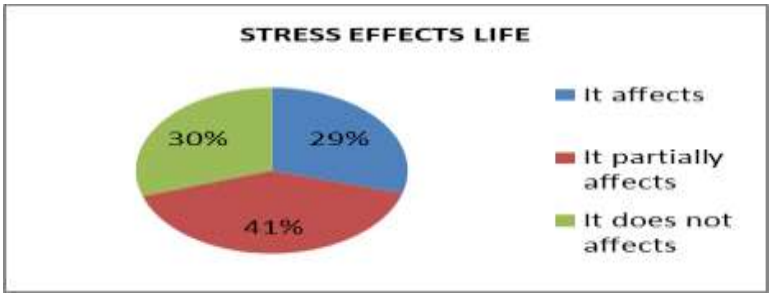
SAMPLING METHOD

From the data collected in the survey of a Hospital in Salem there are Staff nurse, Senior staff nurse, Asst. Nurses, Trainee are taken as a respondents for this study.

FREQUENCY ANALYSIS FOR JOB STEESS EFFECTS THE EMPLOYEES LIFE

DID JOB STRESS EFFECTS LIFE

Did job stress effects life	Percent
It affects	29.4
It partially affects	40.6
It does not affects	30



INFERENCE

Here we can see 40% of the respondent's polls that job stress affects their life

VI MAJOR ANALYSIS OF THE STUDY

1. **CHI SQUARE TEST FOR THE NEGATIVE EMOTIONS IN THE EARLY STAGE AND THE COPING STYLES**

Ho: There is no significant association between Negative emotions in the early stage and coping and self-care styles

Ha: There is a significant association between Negative emotions in the early stage and coping and self-care styles

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	217.142[a]	234	.779
Likelihood Ratio	170.426	234	.999
Linear-by-Linear Association	28.685	1	.000
N of Valid Cases	160		

INFERENCE

The significance P value is 0.779, which is greater than the significance level of 0.05, so we failed to reject the null hypothesis. Hence there is no significance association between Negative emotions in the early stage and coping and self-care styles.

2. BIVARIATE ANALYSIS FOR GENDER AND THE NEGATIVE EMOTIONS

Ho: There is no mean significant difference between the gender and Negative emotions in the early stage.
Ha: There is a significant association between the gender and Negative emotions in the early stage.

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	T	Df	Sig. (2-tailed)
Negative emotions in Early stage	Equal variances assumed	1.620	.205	-.982	158	.328
	Equal variances not assumed			-.901	28.108	.375

INTREPRETATION

The significance level of P value two tails is 0.375 which is greater than the level of significance of 0.05 here; it failed to rejects the null hypothesis. So there is no significant difference in the mean value of Negative emotions in early stage between Male and female.

3. TEST OF HOMOGENITY ACROSS AGE OF RESPONDENTS AND THE STUDY CONSTRAINTS

Ho: There is homogeneity among Age and the Study constraints.
Ha: There is no homogeneity among Age and the study constraints.

STUDY CONSTRAINTS	F	Sig.
Occupation stress	.068	.977
Negative emotions in early stage	.653	.582
Coping and self-care styles	.736	.532
Growth under pressure	.880	.453
Positive emotions occurs simultaneously with negative emotions	.550	.649

INTREPRETATION

The P value for the study constraints, which is greater than 0.05, so we failed to reject null hypothesis. By accepting the implications is that Age group is not having any significant impact over the respondents and their response pertaining to Occupational Stress, Negative emotions in early stage, Coping and self-care styles, Growth under pressure and positive emotions occurs simultaneously with negative emotions.

4. CORRELATION ANALYSIS FOR THE STUDY CONSTRAINTS

STUDY CONSTRAINTS	occupation stress	Negative emotions in early stage	Coping and self-care styles	Growth under pressure	Positive emotions occurs simultaneously with negative emotions
Occupation stress	1				
Negative emotions in early stage	.075	1			
Coping and self-care styles	.040	.000	1		
Growth under pressure	.567	.000	.011	1	
Positive emotions occurs simultaneously with negative emotions	.203	.084	.029	.045	1

INTERPREATION

From the table showing correlation for our study constraints in the factor of occupation stress and growth under pressure has the moderately positive correlation at the value of 0.567. So the occupation stress and growth under pressure are highly related in stress of nurses.

5. REGRESSION ANALYSIS FOR OCCUPATIONAL STRESS AND THE THYPE OF HEALTH ISSUES

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.552[a]	.305	.282	2.58603

The R values the simple correlation and is 0.552 which indicates the correlation between the independent variable what kind of Health issues symptoms that you face during the time of work (Irritation, Headache, Lack of sleep, mood swing, Tiredness) moderately positive correlation.

The R^2 value indicates how much the total variation in the dependent variable can be explain by the independent variable- What kind of Health issues symptoms that you face during the time of work(Irritation, Headache, Lack of sleep, mood swing, Tiredness).In this case 30.5% can be explained, which is low.

DEPENDENT VARIABLE : OCCUPATIONAL STRESS

INDEPENDENT VARIABLE: Irritation, Headache, Lack of sleep, mood swing, Tiredness

Ho: The value of R is 0.552 which indicates the correlation between the types of health issues symptoms is not good predictors of the occupational stress. Hence the model is not fit.

Ha: The value of R^2 is 0.305 which indicates the correlation between the type of health issues symptoms is a good predictors of the occupational stress., Hence the model is fit.

Model		T	Sig.
1	(Constant)	11.066	.000
	Headache	5.754	.000
	Tiredness	1.584	.115
	Lack of sleep	2.919	.004
	Irritation	3.933	.000

INFERENCE

P < 0.000, which is less than 0.05, Therefore the model is fit we can reject null hypothesis and indicates that overall the regression model statistically significant predicts the outcome variable.

So, kind of Health issues symptoms that you face during the time of work (Irritation, Headache, Lack of sleep, mood swing, Tiredness) are good predictors of occupational stress.

The regression equation is

Occupation stress = 13.895+ Headache (1.443) +Tiredness (0.486) + Lack of sleep (0.854)+ Mood swings(0.639)+ Irritation(1.111)

So From the equation we can find that lack of sleep 0.854 is infecting the occupational stress.

FINDINGS

From the analysis it was found that Nurses are highly affected by coping strategy and care style has a mean value of 2.653. From the bivariate analysis we found there was no significant difference between the male and female who undergoes Negative emotions in early stage. Overall, the study reveals that Stress is high during this pandemic.

SUGGESTIONS

1. In this study, nurses should also concern about family members were consistent with the study especially those with elderly and children in the family.
2. It is ideal to lead pressure evaluation and screening of attendants following getting the pandemic avoidance undertakings and give them adaptable, and nonstop mental mediations to advance passionate delivery and improve medical caretakers mental state.
3. The nurses caring for COVID-19 patients felt physical fatigue and discomfort caused by the outbreak, workload, large number of patients, and lack of protective materials, which was consistent.

VII CONCLUSIONS

Stress is a major role that everyone undergoing in their daily life which is much important for health care professionals are getting affected by stress events in the clinical practices. This study provided an in-depth understanding of the experience of nurses during the covid-19.

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