

Occupational Stress And Management Strategies, Among Registered Nurses In Hospital Pakar Sultanah Fatimah



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NMRR NO: 18--3593-45344

Introduction

The causes of occupational stress among nurses are a common issue that leads to nurse healthcare problems and decreases their productivity at work [1,2].

Objectives

General Objective

To determine the level of occupational stress among nurses in HPSF

Specific Objective

- To identify the most common causes of the occupational stress among registered nurses in HPSF
- To determine the highest of the stress management strategies identified among registered nurses in HPSF

Materials and methods

This descriptive study was conducted on 260 registered nurse in the HPSF by using stratifies random method. A self-administered questionnaire was developed based on the Weiman Occupational Stress Scale. Collected data were analyzed using SPSS.

Discussion

This study was demonstrated a great deal about the sources of stress at work [1,3]

The three primary highest of stressors identified which are nursing without a relative, lack of break period during the shift and nursing severe illness patients. In comparison, the two lowest of stressors were unfriendly relationships with superiors, colleagues and subordinates and needle stick injuries.

The three highest major occupational stress management strategies used were proper time management, enhance adaptability skills, and identify the source of stress and avoid unnecessary stress [4] This mean the response to stressors is also affected by individual differences between employees such as demographic factors and coping [1]

Conclusion

Workplace is one of the most significant sources of occupational stress among nurses, it may affect in the form of physical, emotional and psychological health. Hence, nurse administration and hospital management should help create a stress-free work environment for nurses and others.

References

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Results

Demographic

Table 1: Descriptive statistic for continues variable

Variable	Mean
Age	30.85
Working Years in ward	4.3
Work experienced	7.7
Montly income	3399.7

To identify the most common causes of the occupational stress among registered nurses in HPSF



Figure 1: Descriptive analysis for the average of the mean most common causes the occupational stress among registered nurses in HPSF (n=260)

To determine the highest of the stress management strategies identified among registered nurses in HPSF

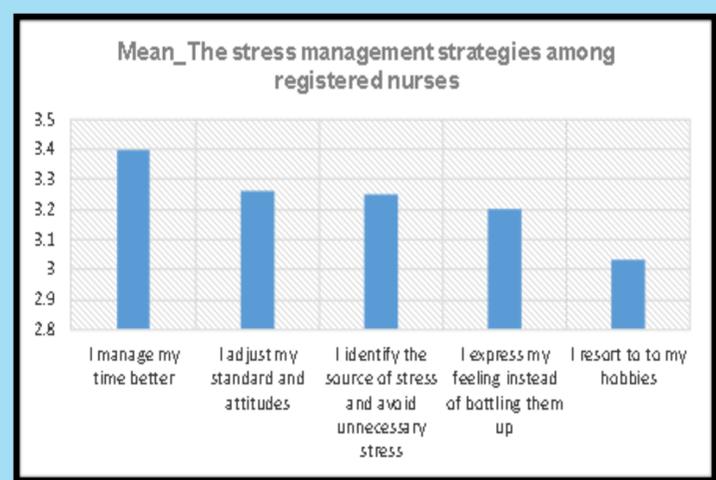


Figure 2: Descriptive analysis for the average of the mean stress management strategies identified among registered nurses.