

## Research Article

# ASSESS THE LEVEL OF STRESS AMONG THE STAFF NURSE WORKING IN SAVEETHA MEDICAL COLLEGE HOSPITAL DURING COVID-19 PANDEMIC

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## Abstract

Corona virus is a crucial respiratory disease, which impacted the health in both aspects, physically and mentally. High expectations, lack of time, skills, and social support may lead to occupational stress among nurses, which spontaneously causes anxiety, post traumatic stress disorder, distress, and other psychological problems. Nurses may also accompany with somatic symptoms, such as palpitations, nausea, dyspnea, and dizziness. The study aims to assess the level of stress among the nurses at SMCH and association between the level of stress and selected demographic variables of staff nurse in quantitative non experimental approach by descriptive research design. A samples was 50 staff nurse selected using recruited by non-probability purposive sampling technique. A self-structured questionnaire and Likert 5 point scale was used to assess the demographic data and level of stress among the staff nurses. The results shows that, about 38 (76%) of the staff nurse had severe stress, 5 (10%) of the staff nurse had moderate stress and remaining 7 (14%) of the were of mild stress. The *chi-square* test also shows statistically significant association between education and level of stress among staff nurses at  $p < 0.05$  level. This study concluded that, the corona virus has caused severe stress among the nurses at SMCH. *ASEAN Journal of Psychiatry*, Vol. 24 (1) January, 2023; 1-6.

**Keywords:** Stress Level, SMCH, *Chi-Square*, Corona Virus, COVID 19 Pandemic

## Introduction

Health of inhabitants is wobbling day by day. Healths furnish life, any commute in health that attributes to affliction. The world has experienced several pandemic of contagious disease, in past two decades, such as SAR in 2003, HIM, in 2009, Ebola zika and MERS in 2014-2016. The novel corona virus (COVID-19) pandemic has afforded, an unprecedented challenge to health care system across the world, which intern affects the nurses health, well-being and ability to work. The corona virus has accentuates the health care worker. A study among Jordanian health care workers, states that overall, mean score of fear of COVID-19 was 23.64 (SD+6.85). The nurses common risk factors are lack of effective hospital management system, reliable source and personal protective equipments, they act as major stressors among

health care workers. High level of psychological stress has been recorded among nurses, by their concern service during COVID outbreak [1-3]. Frontline nursing staff and health care workers had suffered with severe anxiety and depression in early stages of epidemic, due to work pressure, insufficient financial support, lack of knowledge and lack of personal protective equipment, phobia due to increase mortality and morbidity of corona virus. Consequently nurses, have low efficacy about the nature of profession, thus further induces the stress, due to loss of patients and credit even with maximum effort and comprehensive care during pandemic crisis [4].

## Objectives

- To assess the level of stress among the nurses at SMCH.

- To find association between the level of stress and selected demographic variables of staff nurse.

### Materials and Methods

A quantitative approach with non-experimental research design was used to conduct the study in Saveetha medical college and hospital. 50 samples were selected by using a non-probability purposive sampling technique. The criteria for sample selection staff nurses working in COVID 19 pandemic patients stress level assessing staff nurses who are working COVID 19 pandemic in Saveetha medical college and hospital willing to participate in the study. Exclusion criteria staff nurses who are not willing to participate in the study. Staff nurses those who not exposed to COVID wards. The data collection period was done with prior permission from the nursing head of department. The purpose of the study was explained to the samples and written informed consent was obtained from them. The

data will collect from the questionnaires. 5 point stress assessing scale.

### Results

#### Sample characteristics

Among the selected staff nurses for 50 samples, most of the staff nurses that is 27 (54%) were in age group 20-25, 17 (34%) are belonging to the age group of 25-30, about 4 (8%) were of 30-35 group and 2 (4%) were above 35. Maximum 80% of the population were females and 20% were males. While assessing the religious factor, about 29 (58%) were Hindu, 19 (38%) were Christian and remaining 2 (4%) were Muslims. Education status is clear through the data that 24 of the staff nurse (48%) were perceived ANR and GNM nursing, 14 (28%) were of PBBS nursing and remaining, 12 (24%) were BSc nursing. While assessing the years of experience, 22 staff nurses (44%) were of 1-3 years, 23 staff nurse (46%) were 4-6 years and about 4 (8%) was of 7-10 years of experience (Figure 1).

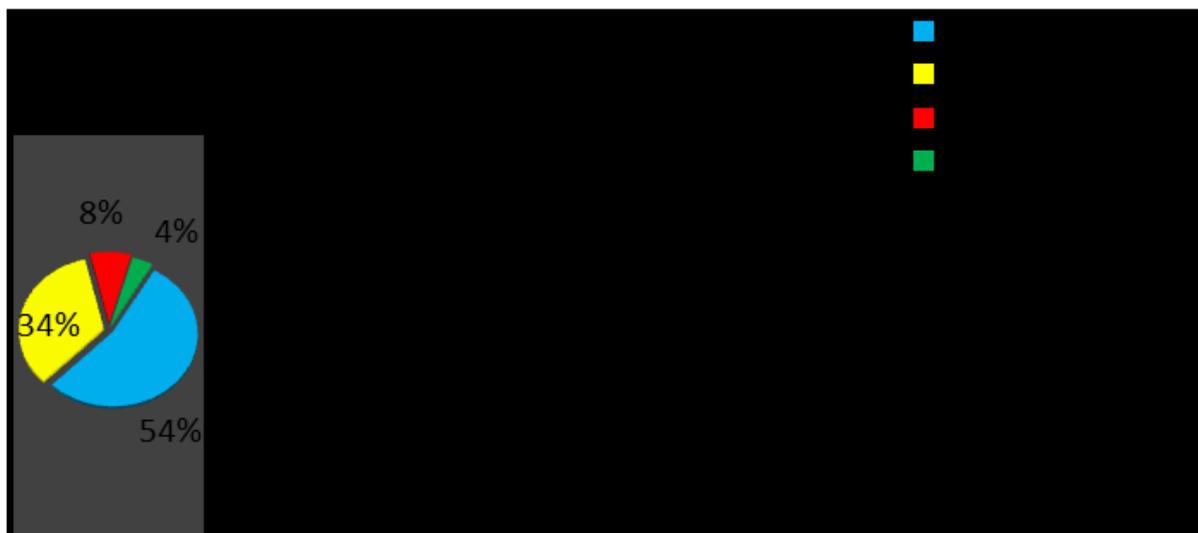


Figure 1. Percentage distribution of age of staff nurse.

The present study is supported by Randa M said, et al., conducted a study on occupational stress, job satisfaction and intent to leave nurses working in frontline during COVID-19 pandemic in amazing city, Egypt. The purpose of this study was to assess occupational stress, job satisfaction, and intent to leave among nurses dealing with suspected COVID-19 patients [5]. Assessment was done using online questionnaire

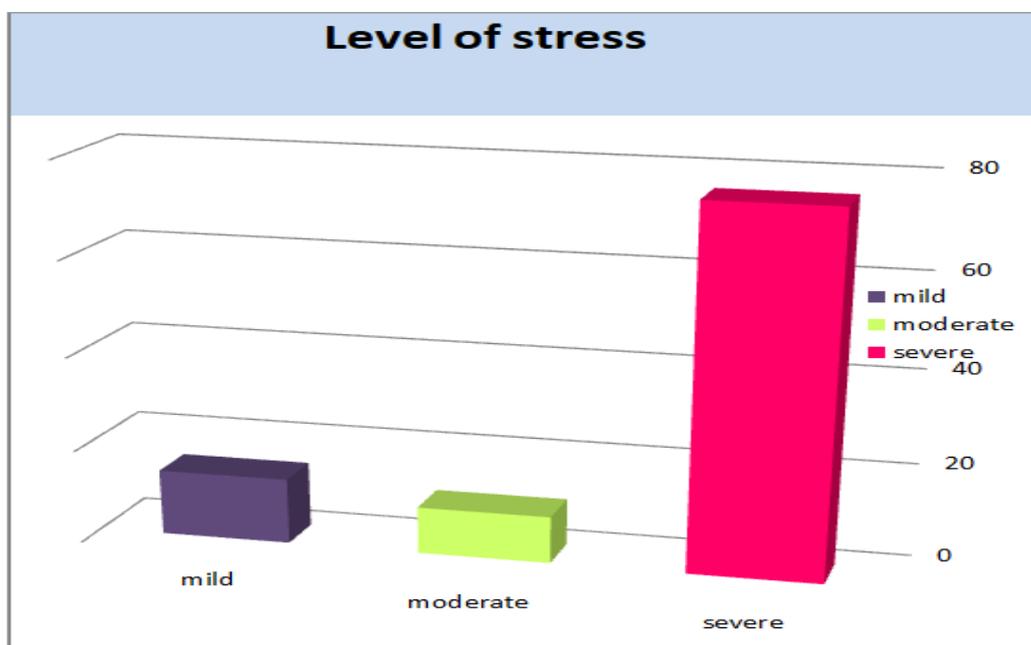
formed of the expanded nursing stress scale, the McCloskey/Mueller satisfaction scale, and questionnaire assessing specific COVID-19 associated stressors and nurses intent to leave. Three quarters of nurses (75.2%) in ZFH had high stress level. Only 4.8% of nurses in ZFH definitely had no intent to leave their present job [6-8].

*To assess the level of stress among the staff nurse working at Saveetha medical college and hospital*

Table 1 shows that, about 38 (76%) of the staff nurse had severe stress, 5 (10%) of the staff nurse had moderate stress and remaining 7 (14%) were of mild stress (Figure 2).

**Table 1. Frequency and percentage distribution of level of stress among nurses.**

Level of stress	Frequency (f)	Percentage %
Mild stress	7	14
Moderate stress	5	10
Severe stress	38	76



**Figure 2. Percentage distribution of level of stress among the staff nurse during covid pandemic.**

The present study is supported by Mohammed god elbgury, et al., conducted a study on effect of COVID-19 stressors on health care workers, performance and attitude at Suez Canal university hospitals. This study was aims to assess effect of COVID-19 stressors on healthcare workers performance and attitude. Descriptive crosses sectional research design was used by convenient samples were collected. A *To find out the association between the levels of stress with the selected demographic variables of the staff nurse*

Total of 57.4% of the studied medical participants had moderate stress, while 49.1% of the paramedical participants had moderate COVID-19 psychological stress levels. But less than one quarter had severe, psychological stress levels. There is a significant correlation between COVID-19 psychological stressor levels and satisfactory level of knowledge among medical participants [9-15].

The demographic variable education had shown statistically significant association with level of stress among staff nurses at p<0.05 level and the other demographic variables had not shown

statistically significant association with level of stress among staff nurses [16-20].

### **Discussion**

Our group has a wealth of research and knowledge, which has resulted in high quality publications (10), (11), (12), (13), (14), (15), (16), (17), (18), (19), (20), (21), (22), (23), (26). The present study encounters, about 76% of the study of the staff nurses had severe stress in SMCH, only 10% of them were of moderate stress and 14% of them were of mild stress [21-23].

### **Conclusion**

This indicates that the study acts as easy method to assess the stress level among staff nurses working in COVID 19 pandemic in Saveetha medical college and hospital.

### **Acknowledgement**

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### **Author's Contribution**

All the authors actively participated in the work of the study. All authors read and approved the final manuscript.

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