Introduction

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn’t always bad. In small doses, it can help to perform under pressure and motivate to do best. But when constantly running in emergency mode, mind and body pay the price.

Stress is a physical or emotional state of response always present in a person as a result of living. It is intensified in a non specific response to an internal or external environmental change or threat.

Need for the study

Nurses play an important role in the health team along with other health professionals. She strives for the prevention of disease, promotion of health and prolonging the life of individuals and the community. Nurse works at patient level, doctor’s level and administration level. In this setting, she faces lot of physical and psychological stress. Job stress is also called burnout which is characterized by emotional, physical and spiritual exhaustion. Job stress is a chronic disease caused by conditions in the work place that negatively affect an individual’s performance and/or overall well-being of his body and mind, one or more of a host of physical and mental illnesses manifests job stress. Some are usually required to validate the reason and degree of work related stress. Occupational stress is the result of interaction between characteristics of individual workers, resources and stress factors, which are any physical, mental or social factors related to the work environment. Individuals with work stress usually experience an unpleasant awareness of their internal or external environment when they are at work, anticipating going to work, or just thinking about work.

Statement: “A Study to Assess Occupational Stress among Staff Nurses at the selected hospitals in Pune city”

Objectives of the Study

1. To assess occupational stress among nurses working selected hospitals.
2. To find the association between occupational stress with selected demographic variables.

Research Approach: Quantitative Approach

Research Design: Descriptive survey design
Setting of the Study
The study subjects were selected from the selected Hospitals in Pune city

Target Population
The target population for the present study was staff nurses working at selected Hospitals of Pune city.

Sample
Staff nurses who are working in selected Hospitals of Pune city who fell under the inclusion criteria.

Sample Size
The sample for present study included 50 staff nurses

Sampling Technique
Purposive Sampling Technique

Methods: A survey approach with a descriptive study design was used to collect the data from 50 staff nurses, selected using the method of purposive sampling technique. The tool consisted of 2 parts.
Part I – demographic characteristics with 18 items. Part
Part II – consists of occupational stress related to six dimensions comprising of 60 items.

Findings related to demographic data
- Age distribution indicate that 38% of respondents were between the age group of 36-42 years.
- Majority (92%) of the respondents were females.
- Distribution of samples studied 68% respondents were Hindus.
- Further analysis on professional qualification 76% of respondents had studied upto Diploma/GNM.
- Majority (64%) have 2-3 members in the family.
- It is observed that higher number of respondents 76% were from nuclear family.
- Majority (46%) had a family income of below Rs. 10000/- per month.
- Regarding professional experience, 42% of respondents had 6-15 years of experience.
- Majority (52%) of respondents had not undergone any special training.
- Further analysis on stress management programme 88% of respondents had not attended stress management programme.
- Regarding marital status 76% of the respondents were married.
- Majority (36%) of respondents possess two children and 48% of the respondents children age was 6-9 years.
- It is observed that 44% of respondents were residing in rental house and mode of travel is mainly two wheeler (38%) and 42% respondents consume travel time of 30 minutes.
• The history of illness shows that 10% of respondents had hypertension and 8% with diabetes mellitus.

Findings related to occupational stress among respondents

• The overall mean percentage stress score was 39%.
• The mean stress score was found higher 64% in the aspect of safety and security.
• In work load and work organization aspect, the mean percent stress score was 45.2% as compared to interpersonal aspect (35.2%).
• The subjects scored mean percent of 26.6 in the area of preparation, skills and knowledge and 30% in working with patients and family aspect.
• The result indicate that highest of 68% respondents possess low stress level.
• Further, 32% of the respondents possess moderate stress level.

Findings related to association between occupational stress with selected variables

• The highest (77.8%) number of respondents are between the age group of 27-35 years possess moderate stress level. The result established significant association (X2 = 27.48*, P<0.05) between age group and stress level at 5% level of significance.
• The highest 50% of male respondents possess moderate stress level.
• However, the result established that non-significant association (X2 = 0.65NS, P>0.05) between stress level and sex of the respondents.
• It is observed that 38.2% of Hindu respondents possess moderate stress level. The result implies that non-significant association (X2 = 2.26NS, P>0.05) between stress level and religion.
• It is seen from the findings that higher (100%) respondents with qualification of degree possess low stress level. The result implies significant association (X2 = 7.43*, P<0.05) between stress level and qualification of respondents at 5% level of significance.
• The highest respondents (57.7%) who had not undergone the special training possess with moderate stress level. However, the result established significant association (X2 = 16.43*, P<0.05) between stress level and training of respondents at 5% level of significance.
• The result shows that cent percent of the respondents who attended stress management programme possess low stress level. The result reveals that non-significant association (X2 = 3.21NS, P>0.05) between stress level and stress management programme.
The result indicate that higher i.e., 50% of unmarried or single respondents possess moderate stress level. It shows non-significant association (X² = 2.35NS, P>0.05) between stress level and marital status.

The respondents (50%) who do not have children possess moderate stress level. The result established significant association (X² = 6.21*, P<0.05) between stress level and number of children of respondents at 5% level of significance.

The highest i.e., 43.8% of respondents with 2-3 family size possess moderate stress level. The result established significant association (X² = 5.64*, P<0.05) between stress level and family size of respondents at 5% level of significance.

It is found that higher respondents (36.8%) with nuclear family possess moderate stress level. The result implies non-significant association (X² = 11.71NS, P>0.05) between stress level and type of family.

It is found that cent percent of respondents with income above 12,000/- per month possess with low stress level. The result established significant association (X² = 23.79*, P<0.05) between stress level and family income at 5% level of significance.

It is found that 100 percent of respondents with experience above 15 years possess with low stress level. The result established significant association (X² = 14.99*, P<0.05) between stress level and experience of respondents at 5% level of significance.

The higher respondents (38.5%) who reside in own house possess moderate stress level. The result established non-significant association (X² = 0.45NS, P>0.05) between stress level and place of stay.

The highest percent of respondents (35.3%) who travel by public transport possess moderate stress level. However, the result shows non-significant association (X² = 0.16NS, P>0.05) between stress level and mode of travel of respondents.

It reveals that 50% of respondents who consumes travel time between 31-60 minutes possess moderate stress level. The result shows nonsignificant association (X² = 2.93NS, P>0.05) between stress level and time of travel of respondents.

The result shows that cent percent of the respondents who have history of illness possess low stress level. The result established significant association (X² = 5.17*, P<0.05) between stress level and history of illness of respondents at 5% level of significance.
In stress level assessment, the highest (68%) respondents had low stress level and 32% respondents had moderate stress level. Findings related to stress area aspects. The overall mean stress score was 39%. The highest mean stress (64%) score was found in the aspect of safety and security and the lowest of 26.6% was noticed in the aspect of preparation, skills and knowledge. There was significant association between stress level with age, professional qualification, training undergone, and number of children, family members, family income, experience and history of illness.

**Interpretation and Conclusion:**
Overall finding showed that, respondents stress level is low (68%) and moderate (32%). The study found several factors that contribute to work-related stress. These findings influenced the need for formulating an information guide sheet to manage occupational stress among staff nurses working at selected Hospitals.

**References**