‘Assessment of the occupational stress level and stressors among class 4 employees of selected hospitals.’

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OBJECTIVES
1. To assess occupational stress level among class 4th employees.
2. To assess the occupational stressors among class 4th employees.
3. To find out association between selected demographic variables and occupational stress level among class 4th employees of selected hospitals.

METHODOLOGY

Research approach
In view of the nature of the problem selected and to accomplish the objectives of the study mix approach is considered as appropriate for assessment of occupational stress level and stressors among class 4 employees of selected hospitals.

Research design
Quantitative non-experimental descriptive design was used for the study.

Setting of the study
This study was conducted in selected hospitals in the district to ensure the availability of required samples.

Sample
The sample for the present study was comprised of 150 class 4 employees in selected hospitals, who fulfil the sampling criteria.

Sampling technique
Non probability purposive sampling technique was used in the study to collect subjects.

DEVELOPMENT AND DESCRIPTION OF TOOL

The tools for the study are
Section I: Demographic data
Section II: Semi structured questionnaires based on 5 point likert scale to assess level of occupational stress
Section III: Semi structured open ended question to assess occupational stressors.

Pilot study
The pilot study was conducted on 10 subjects. Tool was given to class 4 employees of selected hospitals. The data was analyzed using descriptive and inferential statistics.

Validity
Tool of the study was validated from 11 experts from different colleges. That is 10 M.Sc. community health nursing, 1 psychologist. After the primary validation of the tool from the experts mentioned above and then validation was finalized by senior expert from faculty of community health nursing department.

RELIABILITY

Correlation Coefficient was calculated by using Karl Pearson’s Correlation Coefficient formula and it was found to be r = 0.88, hence the tool found to be reliable.
DATA COLLECTION PROCEDURE
Ethical consideration
1. Prior to data collection
2. Formal permission was obtained from authorities of selected hospitals
3. Informed consent from the class 4 employees was taken
Period of data collection
The data collection period was from 21st December, 2015 to 16th January, 2016.

PLAN FOR STATISTICAL ANALYSIS
The data will be entered into the master sheet. Keeping the objectives of the main study in view, the descriptive and inferential statistics are done.
Descriptive statistics
The collected data have organized, tabulated and analyzed by using descriptive statistics that is percentage, mean and standard deviation and inferential statistics that is Chi-square test.
The investigator planned to analyze the data in the following manner.
1. Description of demographic characteristics of the samples by using frequency and percentage.
2. Assessment of occupational stress level among class 4 employees done by using frequency and percentage.
3. Assessment of occupational stressors among class 4 employees done by using narrative and summative analysis.
4. To find out the association between occupational stress level among class 4 employees in selected hospitals with selected demographic variables done by using chi square test.

MAJOR FINDINGS
The major findings of the study are summarized follows
1. Majority of 46% of the subjects belongs to 30-40 years, 31.33% of subjects belong to 20-30 years, 18% of subjects belong to 40-50 years and 4.66% of the subjects belong to 50-60 years.
2. Majority of 72.66% of subjects belong to males, 27.33% of subjects belong to females.
3. Majority of 75.33% of subjects belong to married, 22% of subjects belong to unmarried, and 2.66% of subjects belong to divorce.
4. Majority of 60% of subjects belong to joint family and 40% of subjects belong to nuclear family.
5. Majority of 38.66% of subjects belong to backache, 31.33% of subjects belong to any other, 16% of subjects belong to hypertension and 14% of subjects belong to joint pain.
6. Majority of 61.33% of subjects belong to secondary, 26.66% of subjects belong to higher secondary, 8% of subjects belong to graduate and 4% of subjects belong primary.
7. Majority of 65.33% of subjects belong to 1-5 years, 22.66% of subjects belong to 6-10 years, 11.33% of subjects belong to <1 years and 0.66% of subjects belong to 11-15 years.
8. Majority of subjects belong to 53.33% of subjects belong to 5000-10000, 31.33% of subjects belong to 10000-15000, 12.66% of subjects belong to 2000-5000 and 2.66% of subjects belong to >15000.
9. Majority of 60% of subjects belong to self employed, 26.66% of subjects belong to private, 12% of subjects belong to unemployed and 1.33% of subjects belong to government.
10. Majority of 72% of subjects belong to temporary, 18% of subjects belong to permanent, and 10% of subjects belong to bonded.
11. Majority of 78.6% of subjects belong to moderate, 18.6% of subjects belong to mild, and 2.6% of
Subjects belong to severe occupational stress level.

12. Demographic variable educational qualification is found to be significantly associated when compared with occupational stress level.

**CONCLUSION**

The above data gives sufficient evidence that class 4 employees of selected hospitals have moderate occupational stress level. There was significance association between the occupational stress level with selected demographic variable educational qualification of class 4 employees.

**REFERENCES**

5. David Rees published online 10 FEB 2006 Occupational stress in health service workers in the UK

**LIFE is 10% WHAT HAPPENS to US and 90% HOW WE REACT to IT.**