

'Assessment of level of stress and coping strategies among spouses of patients admitted in intensive care unit at selected hospitals.'

*Ms. Jyotsna Maruti Waghmare,
**Mr. Samuel Fernandis, **Mrs. Prajakta Adhav.
Department of Medical Surgical Nursing,
Sinhgad College of Nursing, Narhe, Pune: -41.
naikareprajakta@gmail.com

INTRODUCTION:



Stress is a fact of everyday life. When people reach out for help, they are often dealing with circumstances, situations, and stressors in their lives that leave them feeling emotionally and physically overwhelmed. Many people feel that they have very little resources or skills to deal with the high levels of stress they are experiencing

People feel stressed when they feel like demand or pressures on them are more than what they can cope with. Everyone feels stressed at times. You may feel under pressure, worried, tense, upset, sad, and angry – or maybe a mixture of uncomfortable feelings. These feelings can be entirely normal, but sometimes stress can get too much and can even trigger a mental illness. Sometimes people try to 'block out' stress by using drugs or alcohol. This makes things worse in the long run.

NEED FOR THE STUDY

Majority of people experience some level of stress (82%), and a significant minority (1:5) experience high levels of stress." (The Samaritans 2003) Stress is not a unique problem to the 21st Century; human kind has suffered stress since the dawn of human evolution. Modern society however, has undergone more complex, radical

change in the span of a few short years than in the whole of human evolution, and this is partly why stress is more of a problem today.

A study that was conducted by Nidal Eshah, Associate Professor, Cardiovascular Researcher and Ahmad H Rayan, on The psychological burden of a relative's ICU admission. They got result of study, 33.6%, 48.2%, and 39% of participants had moderate-to-extremely severe levels of depression, anxiety, and stress respectively. Psychological burdens were associated with family members' gender and educational level, and the patient's condition. Among family members, spouses reported the highest level of psychological burden.

PROBLEM STATEMENT:

'Assessment of level of stress and coping strategies among spouses of patients admitted in intensive care unit at selected hospitals.'



Objectives

1. To assess the level of stress among the spouses of patients admitted in Intensive care units.
2. To assess the coping strategies adopted by spouses of patients admitted in Intensive care unit.
3. To find out the association between study finding and selected demographic variables.

RESEARCH METHODOLOGY:

Research design: Non-experimental descriptive design.

Setting: Kashibai Navale hospital, Narhe Pune.

Population: Spouses of patients admitted in Intensive care unit in selected hospital.

Sample: Spouses of patients admitted in Intensive care unit

Sample size: 100

Sampling technique: Non probability purposive sampling

Criteria for selection of sample:

Inclusion criteria: Spouses who are:

1. Willing to participate.
2. Able to understand languages of Marathi, Hindi, English.
3. Available at the time of data collection.
4. ICU spouses

Exclusion criteria: Spouses who is below 25

TOOL FOR DATA COLLECTION:

Method of data collection:

Data collected with the help of semi structured questionnaire and modified likert scale for assessment of level of stress and for coping strategies

MAJOR FINDING:

The majority of spouses of ICU patients experienced had moderate stress (score 57-88) and 2% of them had severe stress (score 89-120). Average coping (score 66-103), 6% of them had poor coping (score 28-65).

SECTION I: Finding related to demographic characteristics of participant

- Finding related to Age:
 - 25% of the spouses of patients had age 25-35 years, 41% of them had age 36-45 years, 27% of them had age 46-55 years and 7% of them had age above 55 years.
- Finding related to Gender :
 - 53% of them were males and 47% of them were females.

- Finding related to Education :
 - 7% of them had no formal education, 40% of them had primary education, 35% of them had secondary education and 18% of them had graduation.
 - Finding related to Occupation:
 - 24% of them were private employees, 11% of them were government employees, 21% of them had business, 3% of them were retired, 2% of them were unemployed and 39% of them were housewives.
 - Finding related to Income:
 - 18% of them had monthly income up to Rs.10000, 11% of them had monthly income Rs.10001-15000, 23% of them had monthly income Rs.15000-20000 and 48% of them had monthly income above Rs. 25000.
 - No of children:
 - 12% of them had one child, 42% of them had two children and 46% of them had more than two children.
 - Finding related to Type of family:
 - 40% of them had nuclear family and 60% of them and joint family.
- SECTION II: frequency and percentage distribution among the spouses of patients according to modified likert scale to assess level of stress:*
- Data reveals that 8% of the spouses of patients had mild stress (score 25-56), 90% of them had moderate stress (score 57-88) and 2% of them had severe stress (score 89-120).
- SECTION III: frequency and percentage distribution among the spouses of patients according to modified likert scale to assess coping strategies adopted by spouses of patients.*
- Majority of the spouses of patients admitted in ICU had average coping (score 66-103), 6% of them had poor coping (score 28-65) and 4% of them had good coping (score 104-140).

SECTION IV:

1. *Fisher's exact test for association of stress with demographic variables :*

- Since p-value corresponding to occupation is small p-value 0.015 (less than 0.05), occupation of spouse of patients admitted in ICU was found to have significant association with their stress.
- There is no significant association of stress corresponding to age, gender, education, monthly income, type of family, no of children at greater p-value (0.05).

2. *Fisher's exact test for association of coping with demographic variable*

None of the demographic variables was found to have significant association with their coping. Since all the p-values are large (greater than 0.05),

RECOMMENDATION

Keeping in view the finding of the study the following recommendations are made:

- A similar study may be replicated on large samples; thereby findings can be generalized.
- A study assess other relaxation techniques with management can be done.
- The study can be undertaken in different settings and different target population.
- A study can be done on association between various demographic variables, which are significant, on larger sample size.
- A study can be conducted to assess the knowledge and attitudes related to stress and their coping strategies among spouses.
- A study may be conducted to evaluate the effectiveness of stress management in spouses of critical ill patients.
- This study can be done on various factors such as anxiety, depression, and distress.

SUMMARY

This chapter deals with summary of findings, discussion, conclusion, nursing implication of the study and recommendation for the further study.

CONCLUSION:

Given the harmful consequences of stress and the importance of the mental and physical health of family members in their roles as substitute.

Decision-makers and later as caregivers, it is clear that the general psychological health of family members is a significant issue. Some of these symptoms may be improved with better communication between the ICU team and family members, and the provision of more information regarding the patient. As well, ICUs should strive to provide better support for family members regarding self-care and relaxation techniques.

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