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A STUDY ON STRESS AMONG WOMEN NURSES IN SELECT HOSPITALS IN VELLORE CITY**A. KALAI SELVI****RESEARCH SCHOLAR, MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI;****ASST. PROFESSOR****DKM COLLEGE FOR WOMEN****RV NAGAR****Dr. N. RAJALINGAM****PROFESSOR****DEPARTMENT OF MANAGEMENT STUDIES****MANONMANIAM SUNDARANAR UNIVERSITY****TIRUNELVELI****ABSTRACT**

In order to address the problem, the present study has been conducted with the narrated objectives of studying the attitude about occupational stress its influences, opinion about the outcome of occupational stress on personal, family, health and organizational dimensions. The study also addressed the objective of strategies employed by women nurses to manage occupational stress. In order to test the hypotheses according the study objectives, the primary data source has been constructed with the help of structured pre tested questionnaire. The required data has been collected through comprehensive personal interview among the women nurses from various hospitals. The respondent for the present study has been identified by suitable sampling technique according the purpose of the study. The data through constructive collected questionnaire have been made in the avenues of personal profile of women nurses, occupational background, opinion about occupational stress, influences, its consequences and outcomes. The collected data has been analyzed for its statistical inferences through relevant analytical tools like percentage analysis. The findings have also derived for the consequences of occupational stress, strategies employed by women nurses to manage occupational stress. Based on the findings of the study, the relevant suggestions have been prescribed for women nurses to manage occupational stress, perceiving methodology of work stress, importance to realize their contribution in the field of hospital industry. The suggestions have also given for organizational level and Governing bodies to support women nurses to reduce and manage occupational stress.


KEYWORDS

Vellore city, occupational stress, staff nurse, chronic stress, hyper stress.

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INTRODUCTION

 Stress is normal. Stress is generally related to work, family, decisions, future and so on. Stress is both physical and mental. It is caused by major life events such as illness, a change in responsibilities or expectations at work, job promotions, loss, or changes. The stress and stressors are induced due to feeling out of control, feeling direction-less, guilt over procrastination or failing to keep commitments and more commitments than one can manage. Changes initiate or institute, uncertainty and high expectations of self. Eustress is a type of short-term stress that provides immediate strength. It arises at points of increased physical activity, enthusiasm, and creativity. It is a positive stress that arises when motivation and inspirations are needed. Distress is a negative stress brought about by constant readjustments or alterations in a routine. It creates feelings of discomfort and unfamiliarity. There are two types of distress. Acute stress is an intense stress that arrives and disappears quickly. Chronic stress is a prolonged stress that exists for weeks, months, or even years. Someone who is constantly relocating or changing jobs may experience distress. Hyper stress occurs when an individual is pushed beyond what he or she can handle. It results from being overloaded or overworked. When someone is hyper stressed, even little things can trigger a strong emotional response. These are the categories of stress normally experienced by individuals especially nurses at work places.

NEED FOR THE STUDY

Stress is the source of inducement for the effectiveness and underperformance among the employees at work places. Being human, employees cannot avoid stress at work places. The occupational stress encountered by employees in manufacturing sectors has less direct impact on their customers whereas in service sectors the stress has a direct impact on their customers. Especially in service sector hospitals, the level of stress faced by the employees and the work disturbances due to its outcomes have direct impact on the patient management and the effectiveness of treatment offered to them along with maintaining work life balance. The method of managing the occupational stress by the women nurses differ at different circumstances based on their age, marital status, background, educational pattern, nature of family, experience in the field, support of family, superiors, co-workers, peer group, working condition, environment, culture of work, types of hospitals in which one is employed, nature and responsibilities in the job. In addition to that causes faced due to occupational stress and the way of accepting and managing them also differ among the women nurses. In order to understand these aspects, the present study is needed.

OBJECTIVES OF THE STUDY

1. To identify the factors that causes stress among women nurses in the Select hospitals in Vellore District.
2. To understand the consequences of stress and that affects both the personal and professional life of women nurses.
3. To identify the health related issues encountered by women nurses due to occupational stress.

HYPOTHESES

- H1: The factors influencing the occupational stress and its impact do not differ significantly based on the marital status, types of organization and designation.
H2: The level of occupational stress among the respondents does not significantly differ based on the nature of their family.

RESEARCH METHODOLOGY

The validity of any research is based on the systematic method of data collection and analysis. Both primary and secondary data were used for the present study. The primary data was collected from 100 sample respondents from various hospitals of the Vellore City. For collecting the firsthand information from the women nurses, one hundred of them were chosen by simple random sampling method.

TOOL FOR DATA COLLECTION

Questionnaire was the main tool used to collect the pertinent data from the selected sample respondents. For this purpose, a well-structured questionnaire was framed with the help of faculty guide, the research expert and the Chief Nurses of various Hospitals in Vellore.

DATA COLLECTION

Field survey method was employed to collect the primary data from the selected sample respondents. For this purpose, direct face-to-face interview method was employed to collect the data from the respondents.

TABLE 1: MARITAL STATUS OF THE RESPONDENTS

S. No	Marital status	No. of Respondents	Percentage
1	Single	30	30
2	Married	65	65
3	Others	5	5
Total		100	100

Source: Primary Data

Inference: Table 1 details the marital status of the nurses in the selected study area. 65 percent of the nurses have got married, 30 percent are not married and 5 percent are in the other status like widow, divorce and so on.

TABLE 2: DESIGNATION OF THE RESPONDENTS

S. No	Designation	No. of Respondents	Percentage
1	Auxiliary Nurse Maid	28	28
2	Staff Nurse	57	57
3	Head Nurse	12	12
4	Matron (or) Nursing Superintendent	3	3
Total		100	100

Source: Primary Data

Inference: Table 2 describes the designation background of women nurses in the selected hospitals. 57 percent of them are working as staff nurses, 28 percent are serving as Auxiliary Nurse Maid and 12 percent are in the status of head nurses. 3 percent are as matron or nursing superintendent.

TABLE 3: TYPE OF ORGANIZATION EMPLOYED

S. No	Type of organization employed	No. of Respondents	Percentage
1	Private	60	60
2	Government	20	20
3	Public Health Care Centres	15	15
4	Funded	5	5
Total		100	100

Source: Primary Data

Inference: Regarding the respondents' employment related to type of hospitals, from the Table 3 it is observed that 60 percent are working in private hospitals, 20 percent in government, 15 percent in public health care centres and 5 percent in funded hospitals in the selected study area.

TABLE 4: NATURE OF THE FAMILY OF RESPONDENTS

S. No	Nature of family	No. of Respondents	Percentage
1	Nuclear	35	35
2	Joint	65	65
Total		100	100

Source: Primary Data

Inference: Table 4 portrays the nature of family of the women nurses in the selected study area. 65 percent of them are in joint family category and 35 percent are in nuclear family category.

CONCLUSION

In order to address the problem, the present study has been conducted with the narrated objectives of studying the attitude about occupational stress its influences, opinion about the outcome of occupational stress on personal, family, health and organizational dimensions. The study also addressed the objective of strategies employed by women nurses to manage occupational stress. In order to test the hypotheses according the study objectives, the primary data source has been constructed with the help of structured pre tested questionnaire. The required data has been collected through comprehensive personal interview among the women nurses from various hospitals. The respondent for the present study has been identified by suitable sampling technique according the purpose of the study. The data through constructive collected questionnaire have been made in the avenues of personal profile of women nurses, occupational background, opinion about occupational stress, influences, its consequences and outcomes. The collected data has been analyzed for its statistical inferences through relevant analytical tools like percentage analysis. The findings have also derived for the consequences of occupational stress, strategies employed by women nurses to manage occupational stress. Based on the findings of the study, the relevant suggestions have been prescribed for women nurses to manage occupational stress, perceiving methodology of work stress, importance to realize their contribution in the field of hospital industry. The suggestions have also given for organizational level and Governing bodies to support women nurses to reduce and manage occupational stress.

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