



A Study on Stress Management Among Nurses in Ovum Hospital During Covid Period 19 in Bangalore

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Abstract. *The basic idea of this study is to understand the factors affecting stress among nurses and the coping strategies used by them to overcome stress. This study aims to understand the problems of stress among several nurses working in Ovum Hospital Bangalore. The work pressure faced by nurses should be addressed properly as effective stress management can enhance their work performance and make them better in fighting against covid. This project aims at knowing " Stress Management Among Nurses In Ovum Hospital Bangalore During Covid 19 Period ". The objectives of the research work is to study the various factors affecting stress among nurses during COVID 19 in Ovum Hospital. The research design used for the research is descriptive research design in nature to know the characteristic features of the respondents. This survey is done in the Hospital by taking a sample size of 60 respondent nurses. The data was collected by administering a structured questionnaire and by adopting direct personal contact method which is known as the convenience sampling method. Collections of data were analyzed and tabulated in a sequential manner and the percentage analysis, cumulative frequency, chi square and correlation was used to analyze the data. The findings of the research work are Most of the respondents are female and 70% of the respondents felt stressed in work during covid period. The suggestion of the work is Initiatives should be taken by the management and administration to implement stress management policies for healthcare workers and promote a positive work culture. The conclusion This study deals with an issue that requires immediate attention, but usually rarely addressed.*

Keywords: *Stress management, nurses, emotions, burnout stress, physical health.*

1. INTRODUCTION

The novel coronavirus disease (covid 19) which was identified in late December 2019 in the city of Wuhan in China has created a Havoc in the healthcare system across the globe. The COVID-19 had a clustered onset and resulted in severe and even fatal respiratory diseases including acute respiratory distress syndrome leading to an urgent response from respiratory medicine departments and intensive care units. The disease then started to spread beyond Wuhan to all regions of China and later worldwide. Corona Virus Disease 2019 was declared as a global pandemic by World Health organization (WHO) on March 11 2020. objectives of the study: to study the various factors affecting stress among nurses during covid 19 in ovum hospital and to study the stress management methods followed by nurses during the pandemic. scope of the study: The basic idea of this study is to understand the factors affecting stress among nurses and the coping strategies used by them to overcome stress. This study aims to understand the problems of stress among several nurses working in Ovum Hospital Bangalore. The work pressure faced by nurses should be addressed properly as effective stress management can enhance their work performance and make them better in fighting against covid.

2. LITERATURE REVIEW

Anil (2021): In their study, "Psychological Response of Healthcare Workers and Stigma Experienced during Early Covid-19 Pandemic Period in Ovum Hospital Bangalore" indicates that the outbreak of covid 19 had created a tough time for the workers who cared elderly parents or young children. Along with the concerns for their own personal safety, they are anxious about passing the infection to their families. The quarantine requirements, stigma from neighbourhood created stress. It was noted that "uncertainty about how the pandemic will progress and who will get infection next" was the main tension factor. It also indicated that half of them were stressed about the progress of the pandemic and half of them were confident to control the pandemic. Atul (2020): In the study, "Obstacles faced by nurses working in Covid-19 unit: A developing country view point" explains the physical, emotional and psychological draining of nurses in the fight against the pandemic. It throws light on the requirement of better working conditions including enhancement of safety measures and advanced hospital resources. Although healthcare workers tried

to fight back the disease in a short spell of time but nurses are facing issues regarding management, work environment, family cross infection, self-infection risk, assault, emotional and physical drain and psychological stress. These issues need to be addressed to keep nurses morale up.

3. RESEARCH METHODOLOGY

Research refers to search for knowledge. Research methodology is the specific procedures or techniques used to identify, select, process, and analyses information about a topic. The covid 19 pandemic have created unprecedented situations in the healthcare sector. The main warriors against covid-19 pandemic were the nurses, since its outbreak. Stress in the nursing profession was common even in pre corona period. But by the emergence of covid- 19 the stress level became even more worse than before. Nurses are more stressed during this period due to the psychological, economic and social factors. High stress among nurses can cause severe problems like mistakes in their profession, depression or something that can affect them mentally or physically. Stress among nurses should be managed effectively, because efficient stress management will enhance their work performance and improve the health sector.

4. DATA ANALYSIS

Percentage Method: Percentage methods are used in marketing comprehension between two more series of data. Percentage is used to compare the relatives' terms, the distribution of two or more series of data and are presently by way of bar diagram and pie diagram in order to have a better understanding. **Chi-Square Analysis:** Chi-square is a non-parametric test of statistical significance for bivariate tabular analysis. A non-parametric test, like chi square, is a rough estimate of confidence. Chi-square is used most frequently to test the statistical significance of results reported in bivariate tables and interpreting bivariate tables is integral to interpreting the results of a chi-square test. **Correlation Analysis:** Correlation analysis deals with the association between two or more variables. It does not tell anything about cause-and-effect relationship. Correlation is described or classified in several different ways. Karl Pearson's method is popularly known as Pearson's coefficient of correlation. It is denoted by the symbol 'r'. **Findings:** Most of the respondents are female. Majority of the respondents belong to the age group ranging below 30. And only a few numbers of respondents belong to the age group ranging from 40 to 50. Majority of the respondents are married (56.7%). Majority of respondents have number of years of work experience in nursing profession below 5 years. 70% of the respondents felt stressed in work during covid period. **Suggestions:** Initiatives should be taken by the management and administration to implement stress management policies for healthcare workers and promote a positive work culture. Nurses should be encouraged to practice Yoga, meditation and spiritual methods to reduce their stress.

5. CONCLUSION

This study focused on the stress management of nurses working in different parts of Ovum Hospital during Covid period. Work experience, workload, sleep duration, job satisfaction, career development, salary, incentives, family support and societal support are the factors that influenced stress and its management. The respondents with higher work experience felt less stress and vice versa. Direct exposure to the disease, fear of infecting loved ones, inadequate sleep, heavy workload, non-cooperative patients and difficulties in working while using protective equipment are some of the factors that created stress among the participants. On the other hand, nurses were not stressed due to lack of family support, lack of social support, inadequate facilities in hospital, salary cut, job insecurity and career development.

6. REFERENCES

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