

Level of Stress and Burnout Syndrome among Staff Nurses Working in Selected Hospitals of Guwahati, Assam with a View to Develop an Information Leaflet

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Abstract:

Introduction: Nurses are essential to healthcare and are frequently the unsung heroes of emergency response and health care facilities. Staff nurses' mental health, job satisfaction and general patient care quality can be affected by stress and burnout.

Objectives:

The objectives were to assess level of stress and burnout syndrome, determine the correlation between level of stress and burnout syndrome, and find out associations between stress and selected demographic variables and between burnout syndrome and selected demographic variables.

Methods: A quantitative research approach and descriptive correlational survey research design was opted for the study. The investigator used purposive sampling technique to select 96 staff nurses from 3 conveniently selected hospitals of Guwahati, Assam. Structured self-administered questionnaire on stress and modified self-administered questionnaire on burnout syndrome were used to collect data. Descriptive and inferential statistics (correlation and chi-square) were used.

Results:

- Majority i.e. 53 (55.2%) of the staff nurses were in the age group 21-30 years, 57 (59.4%) of the staff nurses belong to Hinduism, 76 (79.2%) of the staff nurses' educational qualification was General Nursing and Midwifery, and 55 (57.2%) of the staff nurses marital status was single. Majority i.e. 85 (88.5%) of the staff nurses belong to nuclear family, 36 (37.5%) of the staff nurses monthly income of the family was Rs.31,978-53,360, 88 (91.7%) of the staff nurses had 6-8 working hours in a day, 47 (49%) of the staff nurses had 3-5 years of work experience, 50 (52.1%) of the staff nurses had morning duty, 79 (82.3%) of the staff nurses' type of job appointment was regular and majority i.e. 69 (71.88%) of the staff nurses' type of hospital was private.
- Majority i.e. 57 (59.4%) of the staff nurses had moderate stress followed by 20 (20.8%) of the staff nurses had severe stress and 19 (19.8%) of the staff nurses had mild stress.

- Majority i.e. 61 (63.5%) of the staff nurses had moderate burnout syndrome, followed by 18 (18.8%) of the staff nurses had mild burnout syndrome and 17 (17.7%) of the staff nurses had severe burnout syndrome.
- A strong positive correlation was found between level of stress and burnout syndrome ($r = 0.656$). Significant association was found between stress among staff nurses with sociodemographic variables in terms of age ($\chi^2=13.16$ and p value=0.041), marital status ($\chi^2=13.33$ and p value=0.010), working hours ($\chi^2=9.703$ and p value=0.008), working experience ($\chi^2=12.73$ and p value=0.047), type of duty ($\chi^2=18.14$ and p value=0.006), type of job ($\chi^2=7.134$ and p value=0.028) and type of hospital ($\chi^2=10.74$ and p value=0.005) at 0.05 level of significance. Significant association was found between burnout syndrome with sociodemographic variables in terms of religion ($\chi^2=10.62$ and p value=0.031) and type of hospital ($\chi^2=10.57$ and p value=0.005).

Conclusion: Majority of the staff nurses had moderate level of stress and burnout syndrome.

Keywords: Stress, Burnout Syndrome, Staff nurses.

1. Introduction

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or healthy and in all settings. It includes the promotion of health, the prevention of illness, and the care of ill, disabled and dying people. Nurses play a critical role in health care and are often the unsung heroes in health care facilities and emergency response. ^[1] Burnout syndrome is due to the fatigue felt from work, both physically and mentally. Work fatigue experienced by the health care team, especially the nurses, can threaten patient safety. ^[2]

2. Need Of The Study

For nurses, burnout is the result of a high-stakes and demanding job that frequently requires intense effort and often involves witnessing or dealing with human suffering. Over the time, the stress can lead to exhaustion, detachment and a reduced sense of accomplishment. Nurses spend a lot of their time ensuring the wellbeing of their clients, so one can presume that they might face a massive amount of stress in their work which could lead to burnout. Many of the previous studies have shown that burnout has a statistically significant impact on nurses' physical and mental health. When nurses experience burnout the quality care rendered to their patients is surely affected. Moreover, it reduces the quality of care and increases the risk of errors in clinical practice, sometimes provoking losses to the profession, through dismissal or voluntary abandonment. With these considerations in mind, the present study was undertaken by the investigator.

3. Research Methodology

RESEARCH APPROACH : Quantitative approach

RESEARCH DESIGN: Descriptive Correlational survey design

SETTING OF THE STUDY: Dhirenpara FRU, Health City Hospital and GNRC Hospital, Dispur, Guwahati, Assam.

Population: All staff nurses

Target Population: Staff nurses working in hospitals of Guwahati, Assam with at least 3-5 years of continuous work experience.

Accessible Population: Staff nurses who have been working in 3 conveniently selected hospitals of Guwahati, Assam namely Dhirenpara FRU, Health City Hospital and GNRC Hospital, Dispur, Guwahati, Assam with at least 3-5 years of continuous work experience.

Sample Size: 96

Sampling Technique: Non probability purposive sampling

Tools for Data Collection: Demographic Proforma, Structured self-administered questionnaire on stress and modified self-administered questionnaire on burnout syndrome

Data Analysis: Descriptive Statistics & Inferential Statistics

results: SPSS 18 VERSION

Table 1: Frequency and percentage distribution of subjects according to level of stress among staff nurses

n=96					
Level of stress among staff nurses	Frequency (f)	Percentage (%)	Median	Mean	SD
Mild (<13)	19	19.8	18	20.30	7.54
Moderate (13-28)	57	59.4			
Severe (>28)	20	20.8			
Total	96	100			

Table 1 depicts that majority 57 (59.4%) of the subjects had moderate stress followed by 20 (20.8%) of the subjects had severe stress and 19 (19.8%) of the subjects had mild stress.

n=96

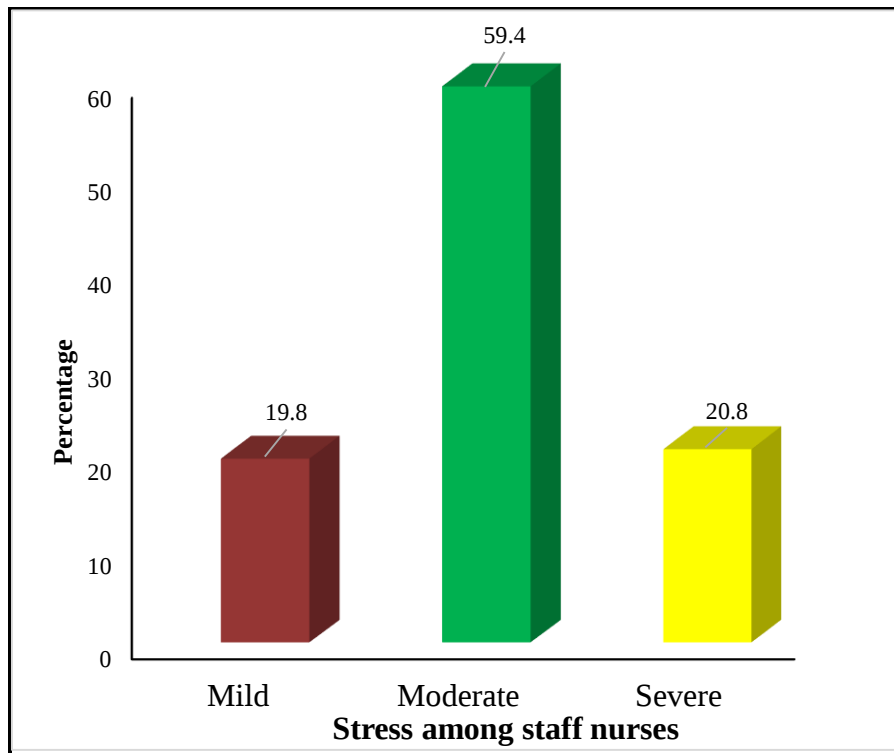


Figure 1: 3d Bar Diagram Showing the Percentage Distribution of Staff Nurses According to Level of Stress

Table 2: Frequency and percentage distribution of subjects according to level of burnout syndrome among staff nurses

n=96

Level of burnout syndrome among staff nurses	Frequency (f)	Percentage (%)	Median	Mean	SD
Mild (<26)	18	18.8	31	32.54	7.28
Moderate (26-40)	61	63.5			
Severe (>40)	17	17.7			
Total	96	100			

Table 2 depicts that majority 61 (63.5%) of the subjects had moderate burnout syndrome, followed by 18 (18.8%) of the subjects had mild burnout syndrome and 17 (17.7%) of the subjects had severe burnout syndrome.

n=96

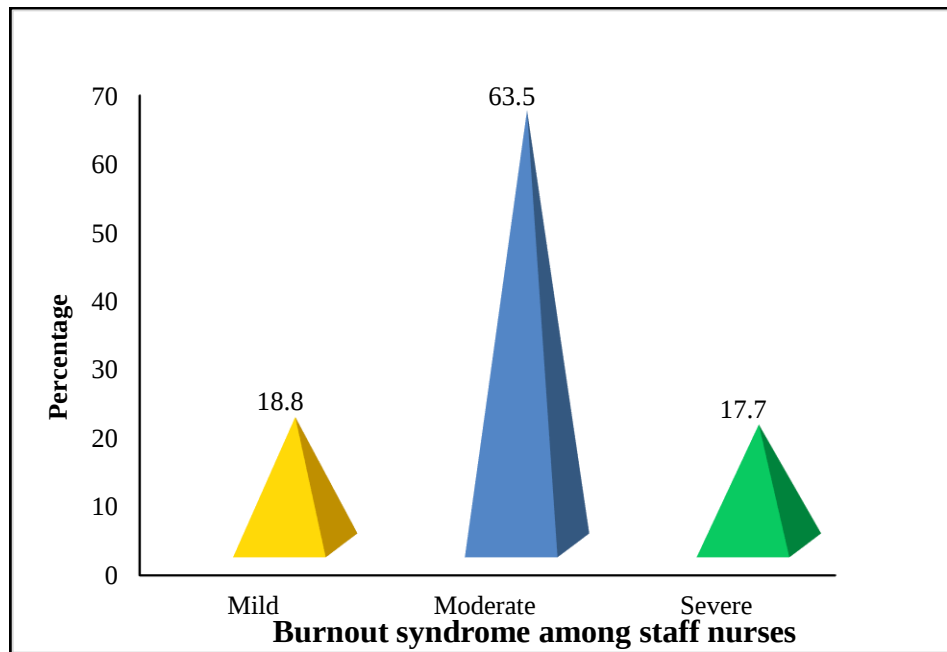


Figure 2: Cone Bar Diagram Showing the Percentage Distribution of Subjects According to Their Level of Burnout Syndrome

Table 3: Correlation between level of stress and level of burnout syndrome

n=96

Variables	Mean	SD	r value	p value	Inference
Level of stress	20.30	7.54	0.656	0.001	*S
Level of burnout syndrome	32.54	7.28			

P<0.05 level of significance

***S= Significant**

The data presented on the Table 3 indicates strong positive correlation between level of stress and level of burnout syndrome among staff nurses with r value 0.656 and p value 0.001 at 0.05 level of significance, indicating positive relationship between the two research variables. Hence, the null hypothesis H_{01} is rejected and the research hypothesis H_1 i.e. there is a significant correlation between level of stress and level of burnout syndrome among staff nurses working in selected hospitals of Guwahati, Assam is accepted.

n=96

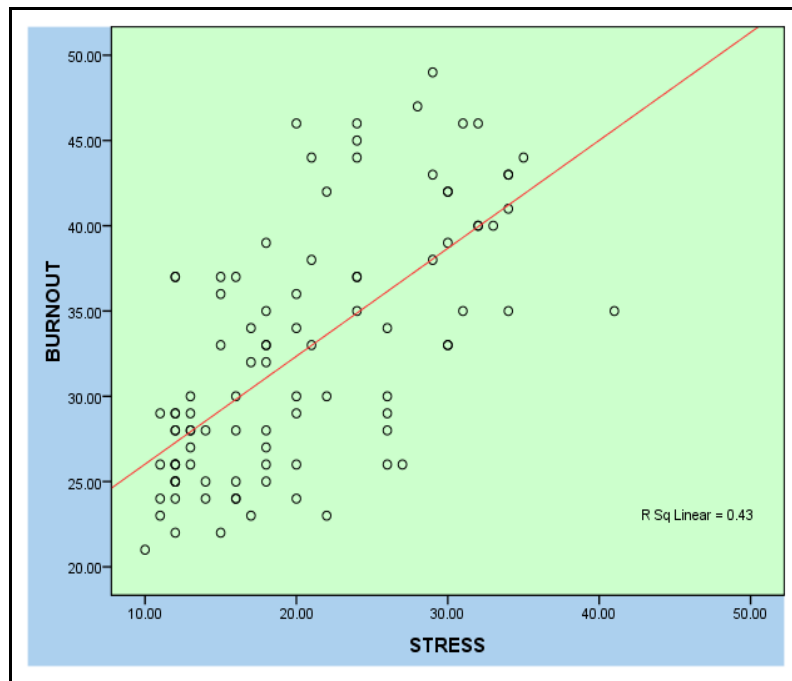


Figure 3: Scatter Plot Diagram Showing Positive Correlation Between Level of Stress and Level of Burnout Syndrome Among Staff Nurses

Conclusion

The study assessed the level of stress and burnout syndrome among staff nurses. According to the findings of the study it can be concluded that majority of the staff nurses 57 (59.4%) had moderate level of stress and majority of the staff nurses 61 (63.5%) showed moderate level of burnout syndrome. The study revealed a positive correlation ($r = 0.656$) between stress and burnout syndrome which signifies that as the level of stress increases, the level of burnout syndrome also increases significantly highlighting that occupational stress is an important factor contributing to the development of burnout syndrome among staff nurses. The study emphasizes the need for early identification and effective management of work related stress to prevent burnout and promote the physical, psychological and professional well-being of staff nurses. Addressing stress at an early stage can enhance job satisfaction, improve quality of patient care, increase productivity and reduce the risk of burnout syndrome among staff nurses. Overall, the findings underscore the importance of developing organizational policies and evidence-based interventions aiming at minimizing stress and preventing burnout syndrome, thereby strengthening the nursing workforce and improving healthcare outcomes.

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