

A Descriptive Study To Assess The Job Stress And Satisfaction, Among Operating Room Nurses Working At Multi Specilty Hospital Of Vellore, Tamil Nadu.

Thenmozhi. N

Sumathy. J

Associate Professor, College Of Nursing, Christian Medical College, Vellore

Professor, College Of Nursing, Christian Medical College, Vellore

Abstract:

We use the word "stress" when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Anything that poses a challenge or a threat to our well-being is a stress. More than 60% of nurses say they have suffered the side-effects of work-related stress, such as physical or mental health problems in the past year. according to the findings from our latest annual survey on the state of nursing. "I am nearly on my knees with the level of work I have. I am beyond exhausted and have gone off with stress today". Job satisfaction is defined as the affective feeling an employee has towards their job. A descriptive study was conducted to assess the job stress, and job satisfaction among the staff nurses working in the Operating Room of Multi-specialty Hospital Vellore in Tamil Nadu. All the nurses working in the OR who fulfilled the inclusion criteria was selected using total enumerative sampling technique. The data was collected by administering the self-administered questionnaire for job stress and the job satisfaction.

Instrument: The job stress will be assessed by using the perceived stress scale which is a free standardized tool. The investigator developed a tool to assess the job satisfaction. The instrument had three parts. Part I Demographic data, Part II job satisfaction The investigator prepared the 5 point Likert scale under the headings of patient care. Interpersonal relationship, professional development. Personal development and the ward management which got 25 questions with the description of highly dissatisfied, dissatisfied, neither dissatisfied nor satisfied, satisfied, highly satisfied.

and Part III was to assess the job stress. Perceived stress scale which has got 10 questions with the description of 0 to 4. 0=Never, 1= almost never, 2= sometimes, 3= fairly often, 4= very often, used to assess the Job stress

Scoring: The sum of the score was added up and the total score was 125 for the job satisfaction < 25 was considered as Highly dissatisfied, 26-50 was Dissatisfied 51- 75 neither dissatisfied nor satisfied 76- 100 Satisfied and 101- 125 was Highly satisfied. To get a total score for the Job stress each item was added up. Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress. 0-13 was considered low stress. 14-26 was considered as moderate stress and 27-40 was considered high perceived stress.

Results: The overall score for job satisfaction was 72 which is neither dissatisfied nor satisfied and the overall job stress score was 26 which means the staff had moderate stress.

Date of Submission: 28-10-2024

Date of Acceptance: 08-11-2024
