INTRODUCTION

NEED OF STUDY

“The greatest weapon against stress is our ability to choose one thought over another.”

Nursing or care for the sick has existed since the beginning of the civilization. But it has not proper recognition till the beginning of the 19th century. It has been emerged as a profession in the late 19th century and by the 20th century it had evolved into a specialty with unique role function.

Along with the increased demand and progress in the nursing profession, the stress among the nurses has also increased. It is usually observed that nursing profession undergoes tremendous stress. This is more common in staff nurses working in specialty, critical care areas. This results in stress, affects patient care.

There may be different causes of stress. To find the causes it is necessary to know what stress actually means.

Stress is defined as re-experiencing of an event accompanied by symptom of increased arousal and by evidence stimuli associated by trauma, that affects the job performance. With this context of organization sources mediated stress; controversy surrounds not only exact causes of work stress but also the efficiency of methods used to intervene in support of the staff.

According to Chamber’s dictionary (2001) stress is defined as a strain, a constraining influence, a physical and emotional or mental pressure or force. All the stressors which are present in the staff lead to dissatisfaction in the working area.

Job satisfaction is the amount of pleasure (or) contentment associated with a job. If you like your job intensely, you will experience high job satisfaction. If you dislike your job, you will experience job dissatisfaction. Job satisfaction is an individual emotional reaction to the job itself.

Job satisfaction in nurses does not mean monetary satisfaction alone but also the joy attained from doing their work. This satisfaction has a relationship with good colleague relations, good service condition and the enjoyment gained from merely doing a particular kind of work.
Hannigan et al (2000) performed the study on the stress and its impact on patients care over 300 Psychiatric nurses in Wales. In the study the impact of stressed staff caring for vulnerable individuals was discussed. The study shows that half of the respondents were found to be over extended and highly emotional. One in seven experienced little or no satisfaction while one in four admitted that they have negative attitude towards their client.

Critical care and long term work is itself inherently stress full. It has been documented that work stress leads to emotional exhaustion has been well documented and has the link between work stress and more serious & enduring mental disturbance.

The health care industries have experienced profound changes during the past several decades. Nursing as a health care profession and a major component of the health care delivery system is significantly affected by shifts in the health care industry, especially in long term illness care. Thus they undergo tremendous stress in their occupational life as well as their personal life.

Stress is a part of everyday life for health professionals such as nurses physicians and hospital administrators. Since their min responsibility focuses on providing help to patients who are encountering crisis in their lives. Nurses from the both public and private hospitals typically report a similar pattern of stressful experience.

There is a growing evidence to suggest that those who are providing care to the chronic ill cases experience considerable stress in the course of carrying out their job satisfaction and their own health.

Large scale research suggested level of occupational stress to be higher in National Health Services (U.K) than in other professions. Borrull et al. (1996) surveyed over 11,000 NHS staff found more than 26% of nurses to be suffering at least minor mental health problem.

Stress in the work place is often referred to as ‘Occupational stress’. The basic rationale under pinning the concept is that the work situation has certain demands and those problems in meeting these can lead to illness or psychological distress.

Occupational stress is a major health problem for both individual employees & organizations and can lead to burn out, illness, labour turnover and absence in work performances.

There are different causes of stress in the job field like relationship with supervisors, role conflict, home or work conflict, career stress, stress due to resource management and
controversial surroundings. Increased workload, under staffing, nurses job insecurity and continuing rapid organizational change have been put forward as a major sources of stress.

The study will help the hospital administrator to recognize the stressful factors and realize the importance of job satisfaction. Thus the investigator felt the need to conduct a study on the above purpose like, to find out the causes of occupational stress and the level of job satisfaction among staff nurses who are working in Psychiatric Hospital.