

A Study to Assess the Effectiveness of Structured Teaching Programme on Coping Strategies for Psychosocial Stress Related Disorders at Work Environment in Terms of Knowledge among Staff Nurses in Selected Hospital, Dehradun Uttarakhand

Ram Kumar Sharma

Principal, State college of Nursing Dehradun, 107 Chandrapur Dehradun Pin-241821, India

Abstract: *Stress is an unavoidable quality of life and work. In any work there is wide assortment of likely reasons for pressure. The investigation about Coping procedures for Psychosocial stress related issues at workplace is to help the Staff medical caretakers to adapt to psychosocial stress at work environment, to improve the nature of work and thusly improve the personal satisfaction, diminish the danger of any pressure actuated issues and to achieve them to know about different intricacies and danger for medical issues. Also it controls the staff medical caretakers towards a serene and glad psyche and a solid life. In this manner, the organized training program is exceptionally useful to build the information and to know about results of Psychosocial stress related issues at work environment. Word related pressure portrays physical, mental and passionate mileage achieved by incongruence between the prerequisite of work and abilities, assets and necessities of the representative to adapt to work requests.*

Keywords: coping strategies, Knowledge psychosocial stress, staff nurse

1. Introduction

The articulation "stress", all things considered at present used was established by Hans Selye in 1936, who portrayed it as "the ambiguous response of the body to any intrigue for change". Stress is the response of the body and cerebrum towards various changes in the real environment of a person.[1]

Work pressure in nursing was first studied in 1960 when Menzies perceived four wellsprings of disquiet among clinical guardians: calm thought, dynamic, accepting obligation, and change. The chaperon's work has for a long while been seen as pressing factor filled subject to the genuine work, human difficulty, work hours, staffing, and social associations that are central to the work clinical guardians do. Since the mid-1980s, regardless, clinical overseers' work pressing factor may be raising a result of the extending use of development, continuing with climbs in clinical consideration costs, and unevenness inside the work environment.[2]

1.1 Objectives

- 1) To assess the level of knowledge of staff nurses regarding the psychosocial stress related disorders and its coping strategies.
- 2) To evaluate the effectiveness of structured teaching program (STP) on coping strategies for Psychosocial stress related disorders at work environment.
- 3) To find out the association between Post-test knowledge score with selected demographic variables.

1.2 Research Methodology

Research design:-pre-experimental one group pre- test, post- test design

Study setting:-State Mental Health Institute Selaqui, Dehradun

Study population:-Target population for the study was staff nurses from selected psychiatric hospital who have completed Diploma in nursing and midwifery or B.Sc Nurses or M.Sc Nursing, with at least one year of experience working in psychiatric wards and who are engaged in direct patient care.

Sample Size:-The sample for the present study comprised of 30 staff nurses.

Sampling Technique:- Convenient sampling technique was used in the study.

1.3 Hypothesis

H1. The mean post-test knowledge score of Staff nurses who had structured teaching programme (STP) regarding the coping strategies for Psychosocial stress related disorders at work will be significantly higher than the mean pre-test knowledge scores.

H2. There will be significant association between post-test knowledge scores with selected demographic variables among staff nurses, who received structured teaching program on coping strategies for psychosocial stress related disorders at work environment.

1.4 Sampling criteria

Inclusion Criteria

- Staff nurses holding Diploma in nursing and midwifery or B.Sc Nursing or M.Sc Nursing.
- Staff nurses with at least one year of experience working in Psychiatricward.
- Staff nurses who are willing to participate in the study.
- Staff nurses of both sexes.
- Staff nurses working in Psychiatric wards.

Exclusion Criteria

- Staff nurses who are engaged in administrative works such as ward sister, nursing supervisor and superintendent
- Staff nurses of other categories like ANM and trained workers.
- Staff nurses who are not willing to participate.
- Staff nurses with less than one year of work experience in Psychiatricwards.
- Staff nurses who are not working in Psychiatricwards.

Instrument of data collection:-

- Demographic variable
- Self structured questionnaire

2. Data Analysis and interpretation

Table 7: Distribution of respondents by level of knowledge in Post-test

Level of knowledge	No. of respondents	%
Inadequate knowledge	0	0
Moderately knowledge	1	3.3%
Adequate knowledge	29	96.7%
Total	30	100

The above table shows that most of the respondents 29(96.7%) had adequate knowledge, 1(3.3%) had moderate knowledge and none of them had inadequate knowledge regarding coping strategies for Psychosocial stress related disorders at work environment in Post- test.

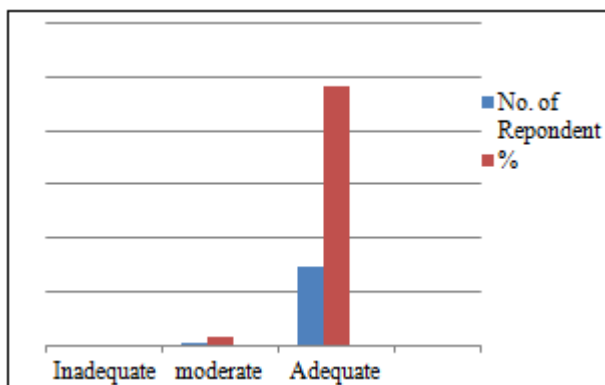


Chart 2: Level of Knowledge among Staff Nurses

3. Results

Comparable to the information on the pre – test none of the subjects had satisfactory information, where as in posttest information score delighted that dominant part of them had [83.33%] sufficient information in regards to substance

abuse. Mean post test information score with SD 2.78 was higher than the mean pre tests information score with SD 2.82. What's more, the acquired T esteem 18.9425 was exceptionally critical at 0.05 level. Consequently the examination speculation was acknowledged and invalid theory was rejected. There was no measurable huge relationship with level of information with segment factors at 0.05 degree of importance .there was critical connection between segment variable like "Age and capability", and different factors show that there was no factual huge relationship with level of information at 0.05 degree of importance.

4. Conclusion

Based on the discoveries of the examination the beneath said ends were drawn. It additionally draws out the constraints of the investigation into picture. The ramifications are given on the different angles like nursing training, nursing work on, nursing examination and nursing organization and it additionally offers knowledge to future investigations. The information on staff medical caretakers in regards to adapting systems for psychosocial stress was deficient as evaluated during the pretest, while the information has impressively improved during the post test stage. Structured Teaching Program was compelling in improving information on staff attendants on adapting techniques. The critical contrast between pre test and post test information score was shown by utilizing 't' test. The investigation of mean, Standard Deviation of the information scores in pretest and post test uncovered that the mean the pre test information score was 14.98 Whereas the post test-mean score was 27.35. This shows high mean distinction (12.37) in the viability of organized educating program. Generally speaking region shrewd finding uncovered that adequacy of the organized instructing programe was more whrasted with the pre test information. It tends to be construed that the information score of the staff medical attendants in regards to the adapting techniques were insufficient in the pretest. The organized instructing program was extensively viable in expanding/upgrading the information on the whole the parts of wellbeing administrations under study. This study demonstrated that there was measurably critical relationship between the post-test information scores with chosen segment factors, for example, age huge at 0.01 level, sex, religion, long periods of involvement huge at 0.001 level yet there was no genuinely huge relationship between post-test information scores with other segment factors proficient capability and conjugal status.

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