

EFFECTIVENESS OF VATM ON STRESS MANAGEMENT AMONG STAFF NURSES ON SELECTED HOSPITAL, ODISHA

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ABSTRACT

Stress is defined as a person's psychological and physiological response to the perception of a demand or challenge. Students are most frequently affected by stress due to their academic and personal life. Nurses face various challenges, difficulties and a whole lot of pressure in today's competitive world. Nurses get to be trained in handling stress and should get out from it. So, it becomes vital for every organization to take step to deal with the problem with user kindly technique. So it becomes simple for every organization to recognize the aspect inflicting pressure a few of the employees. Pre-experimental design with one group pretest and posttest used to evaluate the effectiveness of VATM on Stress Management among Staff Nurses in a Selected Hospital, Odisha. Purposive sampling technique used to draw 60 samples for this study. The overall findings of the study clearly showed that staff nurses had moderate knowledge score (58.66%) and the VATM found to be effective for Management of stress.

Keyword : - Assess, stress, VATM, Staff Nurse.

1. INTRODUCTION

Stress is fact of everyday life and is known as either as a reaction or as a stimulus. .As reaction the meaning of stress is specific changes that human biological system is experiencing as stimulus is related to environment events that cause those changes. Challenges during education create sources of stress for students, and put their health at risk, in a way that affects their learning abilities. Therefore, paying attention to the factors that could have a positive impact on the agreeableness and could increase the positive psychological states, and as a result, the physical and psychological health of the students was of great importance. Stress is a frustrating condition where it contains an excess of work and an overload which reduces the concentration, mentality and the normal working condition of any Person. Stress is explained by (Pargman 2006, 5) as "An uncertain reaction to external and internal factors" that means a negative or positive reaction to environmental stimuli. In this regard, it is how the totality of your body relates to changes and unfamiliar situations that present it in the course of time. During such a period, vital organs such as sexual organs, heart rate, blood pressure, stroke volume, respiratory rate in the body react speedily. Many hormonal responses are at peak. However, one of the most significant parts affecting the psychological health and well-being of individuals is life skills training. Life skills' training is critical for nurses, in a way that on this basis, many hospital have started to teach life skills and stress management skills to improve the physical and psychological health of their employees in the recent years

1.1 Objectives

The study conducted with the objectives to assess existing level of stress among nurses working in selected Hospital, assess the effectiveness of VATM on reduction of stress among nurses and to find out the pre-test score with selected socio-demography variables.

2. MATERIAL AND METHOD

Research methodology is the step, procedure and strategy for gathering and analyzing data in research investigation by investigator. For present study the researcher have applied quantitative approach- Quasi Experimental One Group Pre-Test Post-Test design. Total number of sample was 60 drawn using purposive sampling techniques. Participants those are not interested and absent were not included for the study. The data collection period started from 02.01.2018 to 29.01.2018. Prior to data collection a formal permission from Dean, RMO and the Nursing Superintendent Grade –I. The investigator collected the data by structured questionnaire method. Part-A constructed to collect the Socio-Demographic data like age, gender, marital status education, family, living with spouse number of children professional qualification, years of experience, is there any family members with physical or mental disability of any major illness, perceived social support, distance (km) of working area from residence, type of recreational activity, which defense mechanism have you use occupation, income, years of experience and income. Part-B consists of self-Structured Questionnaires of The Work Place Stress Scale.

2.1 Theoretical framework

Theories and Models are the primary means of providing a conceptual context for a study. A model is a symbolic representation of some phenomenon. Conceptual models are like theories; they deal with abstractions that are assembled by virtue of their relevance to a common theme. The conceptual framework is based on Betty Neumann's health care system model. According to this model affords a total person approach (or) holistic client approach by providing the multidimensional view of a person as an individual. This model includes holistic client approach, open system, basic structure, environment, and stressors, line of defense and resistance, degree of reaction, three levels of prevention as intervention. Holistic client approach mainly focuses dynamic and constant interaction between client and environment. Betty Neumann's model focuses on stress and stress reduction is primarily concerned with the effect of stress on health.

3. RESULTS

The obtained data were analyzed by using differential and inferential statics as per the objectives of the study.

3.1 Percentage wise distribution of Pre-test level of stress

Level of stress	No. of nurses	%
Very low stress	0	0.0%
Fairly low stress	7	16.7%
Moderate stress	37	55.0%
Severe stress	16	28.3%
Dangerous stress	0	0.0%
Total	60	100%

Table-1 showing percentage wise distribution of Pre-test level of stress

Data revealed that the Percentage wise distribution of pre-test knowledge the pre-test level of stress score among staff nurses .In general, none of the nurses are having no stress score, 16.7% are having fairly low level stress score, 55.0% of them having moderate level of stress score and 28.3.0%of them are having severe level of stress score and none of them are having very severe stress score

3.2 Percentage wise distribution of Post-Test level of stress.

Level of stress	No. of nurses	%
Very low stress	0	0.0%
Fairly low stress	21	35.0%
“Moderate stress	34	56.6%
Severe stress	5	8.3%
Dangerous stress	0	0.0%
Total	60	100%

Table-2 showing percentage wise distribution of Post-test level of stress

The above table-2 shows the post-test level of stress score among staff nurses. In general, none of the nurses are having no stress score, 35.0% are having fairly low level stress score, 56.6% of them having moderate level of stress score and 8.3% of them are having severe level of stress score and none of them are having very severe stress score.

3.3 Comparison of overall stress score before and after VATM

	No. of nurses	Pretest Mean±SD	Posttest Mean±SD	Mean difference Mean±SD	Student's paired t-test
Overall Stress Score	60	23.98 ± 3.56	16.73 ± 2.82	7.25 ± 4.27	t=13.14 P=0.001*** DF = 59, significant

Table-3 showing Comparison between Comparison of overall stress score before and after VATM

The above table 3.3 explore the comparison of overall stress before and after the administration of psycho education module. On an average, nurses are reduced their stress from 23.98 to 16.73 after the administration of education module. Difference is 7.25, this difference is statistically significant. Statistical significance was calculated by using paired “t” -test.

3.4 Effectiveness and generalization of VATM

	Max score	Mean score	Mean stress reduction score with 95% Confidence interval	Percentage of stress reduction score with 95% Confidence interval

Pretest	40	23.98	7.25(6.14 – 8.35)	18.12 % (15.35% – 20.87%)
Posttest	40	16.73		

Table-3 showing effectiveness and generalization of VATM

Differences and generalization of stress reduction score between pretest and posttest score was calculated using and mean difference with 95% CI and proportion with 95% CI.

3.5 Pre-test and Post-test level of stress score among staff nurses

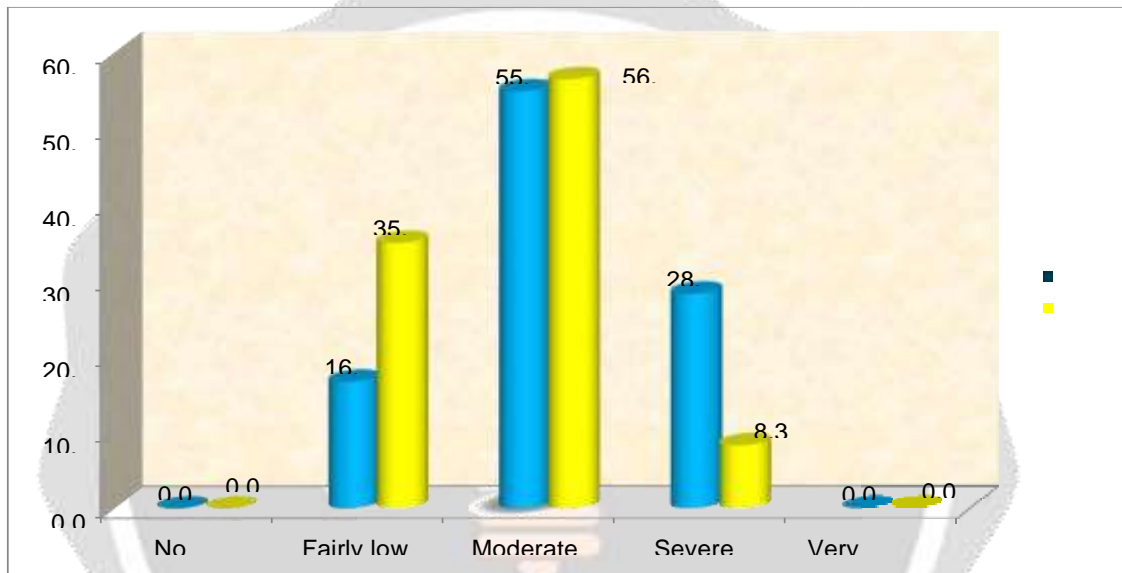


FIG-1 Pre-test and Post-test level of stress score among staff nurses

Bar diagram showing percentage wise distribution of pre-test and post-test level of Stress among staff nurses in the selected hospital.

3.6 Association between post-test levels of stress with selected socio-demographic variables

Chi-Square test has been done to find out the association between the pre-test level of stress score and the selected demographic variables of nursing officers. None of the demographic variables are significantly associated with their pre-test level of stress score.

4. RECOMMENDATION

Based on the findings of the study the following recommendations were made:

- A similar study can replicates with different demographic variables.
- A similar study may be replicated with a control group.
- A similar study can be done with a larger population to generalize the findings.
- A similar study can be conducted among staff nurses and other health workers
- A multiple time series design can be adopted for the observation of skill which will increase the certainty with which the researcher can generalize findings

- A similar study can be conducted by using various other instructional media for obtaining the most effective method, e.g., STP, Demonstration, Simulation, Interview etc.

5. CONCLUSION

From the findings of the present study it can be concluded that VATM regarding stress management among nursing officer was effective. Prior to implementation of VATM among, nursing officer had mean stress score of 23.98 while Post VATM it was found to be 16.73. The post-test level of stress score among staff nurses are none of the nurses are having no stress score, 35.0% are having fairly low level stress score, 56.6% of them having moderate level of stress score and 8.3% of them are having severe level of stress score and none of them are having very severe stress score. Comparison of overall stress before and after the administration of education module was calculated by using paired “t”-test. On an average, the mean score of stress reduced from 23.98 to 16.73 with the standard deviation of 3.56 to 2.82 after the administration of VATM. Difference is 7.25, this difference is statistically significant and VATM found to be effective.

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