



Research Paper

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

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**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 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 was 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.

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### I. Introduction:

The operating Room is the complex area of an hospital. The nurses working in the operating room will experience high stress. The need for quick and immediate action, medical disputes, uncertain work shifts, handling of intricate equipment, and the need for mastery of complex surgical techniques impose a high degree of pressure on nursing staff. They will spend their work time in a closed area. This increases their stress. This stress affects the performance of the staff hence they feel that they are not happy or not satisfied the work what they are doing. This study focuses on the job satisfaction and the job stress of the operating room nurses. Based on the results the coping strategies and sessions on stress management seminars can be arranged

### Objective:

1. To assess the job stress among the operating room nurses.
2. To assess the job satisfaction among the operating room nurses.

## **II. Methodology**

A descriptive study was conducted to assess the job stress and job satisfaction among the staff nurses working in the operating Room in a Multi-specialty Hospital in Vellore, Tamil Nadu. All the staff working in the OR who were fulfilled the inclusion criteria and willing to participate in the study was selected using total enumerative sampling technique. The staff who were not willing to participate and who had less than 6 months of experience were excluded from the study. The data was collected by administering the self-administered questionnaire for job stress and the job satisfaction. The job stress was 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 A includes age, sex, marital status, type of family, number of children, distant from the work place, mode of transport, Part B includes job related data which is the years of experience in the Operating Room, and Part C included the health related issues. 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 is a free standardized tool. 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. 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. The findings were analyzed by using frequency distribution, percentage to assess the job stress and satisfaction.

## **III. Data Analysis:**

The total participation of staff were 150. Out of which 22.66% belongs to the age group between 26 to 30 , 20.66% are between 36 to 40 yrs and only 8.66% are more than 46yrs, 94.66% were female and 5.33% were male nurses. The 94.66% were female and 5.33% are male nurses. Among 150 participants 113 (75.33%) were working as staff nurses and 12 (8%) were B. Sc and remaining were Multipurpose health workers and Nursing Auxillaries, 94.66% were female and 5.33% were male nurses. Majority of them are working as staff nurses completed GNM and only 8% of them were graduate nurses. 32.66% of them had the experience between 6 months to 5 yrs. The staff monthly income was 15- 20 thousand (48.66%). The common health issues the participant reported were back ache (34.66%), cervical spondylosis (32.67% ) and varicose veins(32.67% ). Regarding the job satisfaction the majority of the staff were dissatisfied about feeling of serving to patient and their relatives since they were not directly talk to the patient and the patients were under anesthesia and patients outcome. The staff were very often stressed that they found that they could not cope with all the things that they do. 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.

## **IV. Discussion**

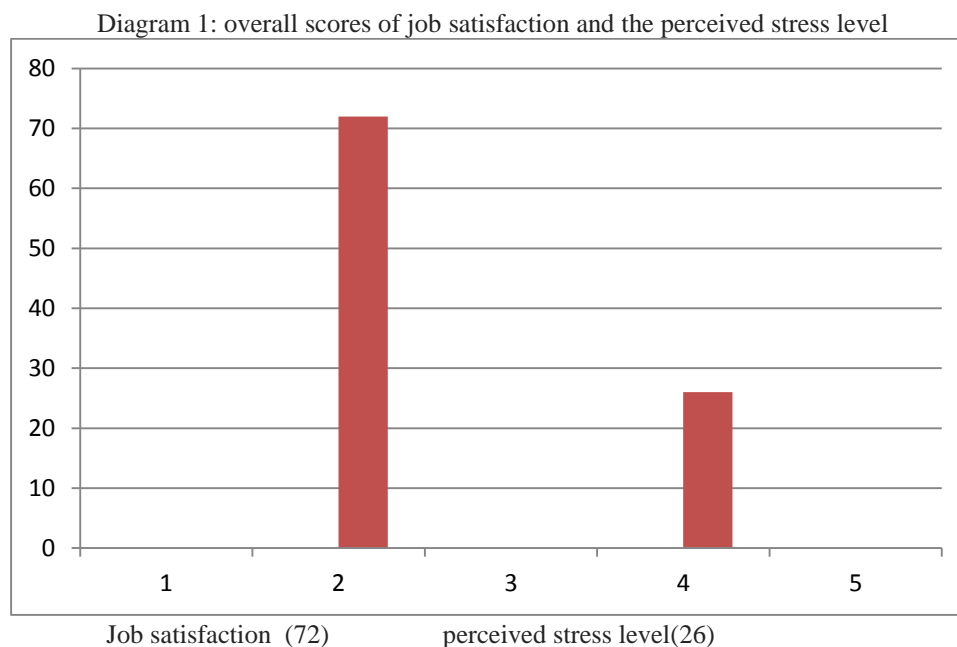
This study shows that the staff working in the OR were neither dissatisfied nor satisfied with their job and they had moderate stress. The similar study was done in 2014 by Apeksha Gulavani Mahadeo Shinde on Occupational stress and job satisfaction the majority of the findings were similar of this current study and the stress for the staff was Uncertainty by concerning treatment (49%), Majority of nurses reported there is frequent occurrence of stress. Sehlen ET.al (2009) done the study on Job stress and job satisfaction of physicians, radiographers, nurses and physcists working in radiotherapy: a multicenter analysis by the DEGRO Quality of Life Work Group and found that the Nurses and physicians showed the highest level of job stress (total score 2.2 and 2.1). Effect of Stress on job satisfaction among nurses in central kerala was done by Neenu Ann Mathew(2013) found that the stress has a negative relationship with satisfaction

## **V. Conclusion**

Based on the results the coping strategies and sessions on stress management seminars can be arranged for the nurses to overcome the stress and allowing them to function independently with their ability to improve the job satisfaction.

**Table 1:** Demographic data and the distribution of samples.

S. No	Description	Numbers	Percentage %
1. Part A Age	21-25	30	20%
	26-30	34	22.66%
	31-35	23	15.33%
	36-40	31	20.66%
	41-45	19	12.66%
	>46	13	8.66%
<b>sex</b>	male	8	5.33%
	female	142	94.66%
Qualificati on	B.sc	12	8%
	GNM	113	75.33%
	MPHW	22	14.66%
	HA	3	2%
Marital status	married	104	69.33%
	Unmarried	46	30.66%
No of children	one	27	25.96%
	two	66	63.46%
	Three	3	2.88%
	nil	8	7.69%
No of Family members	two	8	5.33%
	three	17	11.33%
	four	49	32.66%
	five	44	29.33%
	>5	32	21.33%
personal income	15-20thousand	73	48.66%
	21-25thousand	26	17.33%
	26-30thousand	20	13.33%
	31-35thousand	18	12%
	>35k thousand	17	11.33%
<b>Part-B</b> Year of experience	6months	49	32.66%
	5yr		
	6- 10yrs	32	20%
	11-15yrs	18	12%
	16-20ys	25	16.33%
	>20yrs	26	17.33%



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