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THE OCCUPATIONAL STRESS AND COPING LEVEL AMONG MARRIED WORKING WOMEN IN SELECTED NURSING COLLEGES IN GUJARAT

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ABSTRACT

The word stress means pressure and in human life it represents an uneasy experience. An unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our capacity. Each person has his own normal level of arousal at which he functions best. If something not habitually in the environment occurs, this level of arousal is affected. Women are socialized to be the caretaker of others. More women than men have a career outside the home and continue to try to juggle traditional responsibilities after hours. Women are struggling to achieve the “Male standard” at work while trying to maintain the perfect wife and mother standards at home. The prevalence of “Stress” in our everyday vocabulary seems to suggest that we are constantly under situations in which our brain and mind are under conflict. Stressors can occur in many different life areas. Job, can be conceived as a stressor associated to the self. It increases the likelihood of being exposed to stressors in life. The research approach used was qualitative descriptive research approach and descriptive co- relational design was adopted. In this study non- probability convenient sampling technique was used to select the samples. Structure rating scale was used to assess the occupational stress and Check list was used to assess the level of coping adopted by married working women. The stress areas covered were physical symptoms, emotional symptoms, and personal problems, working environment, IPR and institutional policies. The investigator has selected first 300 working women. The data collected showed mild, moderate and severe stress among working women. It was observed that majority of the subjects (50%) experienced moderate stress, 40% of the subjects experienced mild stress and 10% experienced severe stress. 41.7 % of married working women had good level of coping and 58.3% of married working women had moderate coping to overcome their occupational stress. The occupational stress and coping level of married working women revealed significantly negative correlation. Correlation was found out by using Karl Pearson’s formula the r value was -.114.

KEYWORDS

Stress, Coping, Working women and Structured rating scale.

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INTRODUCTION

We are all familiar with the word “stress”. Stress means when you are worried about getting laid off your job, or worried about having enough money to pay your bills, or worried about your mother when the doctor says she may need an operation. In fact, to most of us, stress means synonymous with worry. If

it is something makes you worry, then it's called stress.

The prevalence of "Stress" in our everyday vocabulary seems to suggest that we are constantly under situations in which our brain and mind are under conflict.

Stressors can occur in many different life areas. Job, can be conceived as a stressor associated to the self. It increases the likelihood of being exposed to stressors in life.

For successful response to the stressor, people use different models of adaptation and one of them is coping. Coping is the process by which a person solves problems, makes decisions, and relieves tension created by stress those that are automatic are often termed coping mechanisms. Married working women who are working outside the home are more prone to get stress both inside the home and outside working environment. The stressor may be present within the family or the outside occupational situation. The ability of those persons to cope and adapt to these stressors has an important influence on physical and psychological well-being.

Stress has been found in all types of organizations especially in schools and colleges. Stress is an inevitable part of life. The good stress named as eustress is good for organizational and personal development. Many researchers have been conducted to understand the level of stress among school teachers but few research have been done among married women those are working in colleges. Hence the investigator motivated to select this study.

OBJECTIVES

The study objectives are

1. To assess the occupational stress and coping level among married working women in selected colleges.
2. To find the correlation between the occupational stress and coping level among married working women in selected colleges.
3. To find the association between occupational stress and selected socio-demographic variables.

4. To find the association between their coping level and selected demographic variables.
5. To prepare and distribute booklet on methods to overcome occupational stress.

RELATED WORK

Sanlier and Arpacı studied the effect of stress on women health. Results reveal that employed women in the stress scale have a higher average score than that of the non- employed women. It has been determined that total stress scores of employed women were higher as compared to non- employed women and that there was a significant difference between women's working status and total stress scores. Employed women had higher level of stress than non- Employed women.

Barnes, Maria Carla, Buck and Rhiannon, did a qualitative study to investigate beliefs about common health problems in relation to work. Focus groups (n = 16) were undertaken with 79 people aged 17-83 in South Wales, UK, where there is a high prevalence of limiting long-term illnesses in a number of areas. The findings indicated that depression and stress were consistently reported to have a high impact on life and work relative to other common health problems with work being perceived as a primary cause of these complaints.

Susanna Lo and Raymond Stone conducted a study to examine the kinds of work-family conflicts experienced by female married professionals with children in Hong Kong (N=50) and the coping strategies they have adopted to deal with their problems. Data were obtained through in-depth interviews. Theoretical and practical implications for work-family conflict and coping behavior of married working women are discussed. The results revealed the general ineffectiveness of coping strategies being applied by professional married women due to their reliance on non-functional responses to the phenomenon

Sandler, *et al*, looked at the recall of patient who were given an information booklet on discharge from the hospital. 130 patients discharged from the hospital were alternately chosen to act as control or to review an information booklet. Result of the study indicated that of those in the group that received the

booklet 86% knew the name of the drug, 95% knew how to take them and 85% knew the reason for taking the drugs. This was far higher than in the control group of whom 47% knew the names, 58% the frequency and only 42% the reason for taking the drugs. This implies that those were given a booklet on discharge from the hospital has an increased level of recall about their drug therapy that those who were not given written information.

METHODOLOGY

This enabled the researcher to formulate the research methodology for the study. The research approach used was qualitative descriptive research approach and descriptive co- relational design was adopted.

Setting of the study

The present study was conducted in a selected nursing college in Gujarat for assessing the level of occupational stress and the coping level.

Population

In this study population comprises of working women from selected nursing colleges in Gujarat.

Sample

All the working women of the selected nursing college were selected for identifying perceived level of stress.

Sampling technique

In this study non- probability convenient sampling technique was used to select the nursing colleges to assess the occupational stress and coping level among working women

Sampling criteria

Inclusion criteria

- Married women who were working in selected colleges for at least 6 months.
- Married working women who can read and talk English.
- Married working women who were willing to participate in this study.
- Working women who have completed at least one year of married life.
- Married working women who are working more than 6 hours per day.

Exclusion criteria

- Married working women who have already exposed to this type of study.

- Married working women who were not ready to participate in this study.

Plan for data analysis

It was decided to analyze the data by both descriptive and inferential statistics on the basis of objectives and hypothesis of the study. Master data sheet would be prepared by the investigator to analyze the data. The data will be analyzed in terms of descriptive (mean, percentage, standard deviation, mean percentage), inferential statistics and correlation.

Analysis

Section I: Sample characteristics

- 62% of sample was from 26-30 year of age.
- 75% of sample professional qualification were M.Sc. Nursing.
- 59.3 % of samples were from joint family.
- 89.7 % of samples had family support.
- 48.3 % of subjects' husbands share their household activities.
- 38.7 % of subjects had residence that was within 5-15kms from workplace.
- 44.3 % of samples spent 10-15mts for travelling.
- 33.7 % of subjects used ventilating the problems as their most common method of coping to overcome their occupational stress.

Section II: Calculation of level of stress and coping level

The level of stress was calculated by rating scale. Out of 300 samples 40% of samples had mild stress, 50% of samples had moderate stress and 10% of samples had severe stress. 41.7% of samples had good coping and 58.3% of samples had moderate coping to overcome their occupational stress.

NURSING IMPLICATIONS

The findings of the study have implications in the field of nursing practice, nursing education, nursing administration and nursing research.

RECOMMENDATION

1. The similar study can be conducted with a large number of samples to generalize the findings.
2. The similar study can be conducted among various sample such as factory workers, professionals etc.
3. The study can be done as an intervention/experimental study.
4. The similar can be done with randomized sampling technique.

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study.

1. The perceived level of stress was moderate among the working women.
2. The coping level to overcome on stress was moderate among working women.
3. There was negative correlation of stress and coping level.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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