

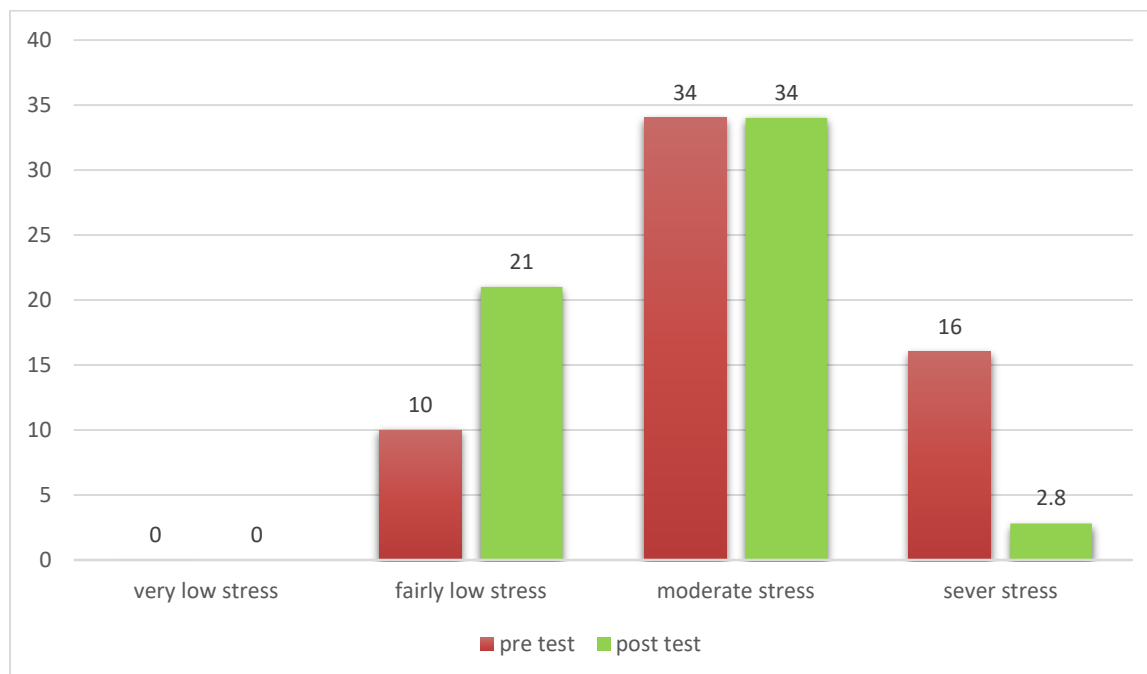
A STUDY TO ASSESS THE EFFECTIVENESS OF POSITIVE AFFIRMATION ON OCCUPATIONAL STRESS AMONG THE STAFF NURSE WORKING IN SELECTED HOSPITAL IN DELHI NCR

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OBJECTIVES ;,To assess the OS among staff nurse. To evaluate effectiveness of positive affirmation by comparing the pretest and posttest Occupational stress scores. To find out the association between pretest scores of Occupational stress with selected baseline variable.

Methods: a quasi-experimental study was done on 60 Staff nurses working in selected hospital Delhi One group pretest posttest was done for data collection, data selected by purposive sampling technique .Data was collected by using demographic variables and standardized Work Place Stress Scale.. Pretest and posttest was taken in group

Major findings of the study:In demographic variables of present study shows that among 60 staff nurses majority of them (45%), in sex (95%) were female, according to marital status most of them (81.7%) were married, In professional qualification revealed that majority of them (75%) had GNM, Regarding years of experience most of them (58.3%) were 3-5yrs years of experience, the type of family revealed that most of them (68.4%) were nuclear family, according to living with spouse most of them (81.7%) were living with their spouse, among the staff nurses most of them (35%) were doesn't have a children. Regarding nursing profession related person available in the family majority of them (83.4%) were doesn't have nursing professional in their family. In type of recreational activity most of them (48.3%) were watching TV. Knowledge of staff nurses regarding occupational stress will most of them (36.7%) were thought occupational stress disrupt the working environment, Knowledge regarding occupational stress best reduction technique was most of them (40%) thought accustom with the situation, Knowledge of staff nurses regarding occupational stress will lead to physical symptoms of most of them (26.7%) thought sleeplessness.The pretest level of stress score among staff nurses working in intensive care unit. In general, none of the nurses are having very low 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 in this study



The post-test level of stress score among staff nurses working in selected hospital. 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 and8.3%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 intervention was calculated by using students paired' 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 intervention. Difference is 7.25, this difference is statistically significant. **Effectiveness of intervention=60**

	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		

Association between pre test level of occupational stress among nurses and selected demographic variables.
n=60

Demographic variables		Pre test level of stress score						n	Chi square test
		Fairly low		Moderate		Severe			
		n	%	n	%	n	%		
Age	21-30 years	11	52.3%	9	42.9%	1	4.8%	21	$\chi^2=9.61$ P=0.05* (S)
	31-40 years	10	37.0%	15	55.6%	2	7.4%	27	
	31-40 years	0	0.0%	10	83.3%	2	16.7%	12	
	51-60 years	0	0.0%	0	0.0%	0	0.0%	0	
Sex	Male	0	0.0%	3	100.0%	0	0.0%	3	$\chi^2=2.41$ P=0.29 (NS)
	Female	21	36.8%	31	54.4%	5	8.8%	57	
Marital status	Married	18	36.7%	27	55.1%	4	8.2%	49	$\chi^2=2.91$ P=0.57 (NS)
	Unmarried	2	20.0%	7	70.0%	1	10.0%	10	
	Widow	1	100.0%	0	0.0%	0	0.0%	1	
	Others	0	0.0%	0	0.0%	0	0.0%	0	
Professional qualification	DGNM	17	37.8%	23	51.1%	5	11.1%	45	$\chi^2=5.81$ P=0.21 (NS)
	B.Sc (N)	2	66.7%	1	33.3%	0	0.0%	3	
	PBBS.c (N)	2	16.7%	10	83.3%	0	0.0%	12	
	M.Sc (N)	0	0.0%	0	0.0%	0	0.0%	0	
Years of experience	1-10 yrs	17	48.5%	18	51.5%	0	0.0%	35	$\chi^2=21.91$ P=0.01** (S)
	11-20 yrs	4	23.5%	12	70.6%	1	5.9%	17	
	21-30 yrs	0	0.0%	3	60.0%	2	40.0%	5	
	> 30 yrs	0	0.0%	1	33.3%	2	66.7%	3	

Type of Family	Nuclear family	11	26.8%	27	65.9%	3	7.3%	41	□ $\chi^2=10.57$ P=0.03* (S)
	Joint family	10	58.8%	6	35.3%	1	5.9%	17	
	Extended family	0	0.0%	1	50.0%	1	50.0%	2	
Living with spouse	Yes	20	40.8%	25	51.0%	4	8.2%	49	□ $\chi^2=4.09$ P=0.12 (NS)
	No	1	9.1%	9	81.8%	1	9.1%	11	
Number of children	No	5	23.8%	13	61.9%	3	14.3%	21	□ $\chi^2=3.57$ P=0.46 (NS)
	One	6	33.3%	11	61.1%	1	5.6%	18	
	Two	10	47.6%	10	47.6%	1	4.8%	21	
	>Two	0	0.0%	0	0.0%	0	0.0%	0	
Nursing profession related person available in the family	No	17	34.0%	28	56.0%	5	10.0%	50	□ $\chi^2=3.57$ P=0.73 (NS)
	MPHW	1	33.3%	2	66.7%	0	0.0%	3	
	Diploma in nursing	3	60.0%	2	40.0%	0	0.0%	5	
	B.Sc (N)	0	0.0%	2	100.0%	0	0.0%	2	
Type of recreational activity	Nil	4	33.3%	6	50.0%	2	16.7%	12	□ $\chi^2=22.45$ P=0.001 (S)
	Radio	8	61.5%	5	38.5%	0	0.0%	13	
	TV	5	17.2%	22	75.9%	2	6.9%	29	
	Going out	4	66.7%	1	16.7%	1	16.7%	6	
The	Yoga	3	30.0%	5	50.0%	2	20.0%	10	

The present study shows the association between post-test level of stress and nurses demographic variables was calculated by chi square test. The study result shows that there is a significant association between post test level of occupational stress with the demographic

Occupational stress best reduction technique	Accustom with the situation	9	37.5%	14	58.3%	1	4.2%	24	□ $\chi^2=4.88$ P=0.55 (NS)
	Adopt recreation activity	3	21.4%	10	71.4%	1	7.1%	14	
	Modify the behavior	6	50.0%	5	41.7%	1	8.3%	12	
Occupational stress will lead to physical symptoms of	Sleeplessness	8	50.0%	8	50.0%	0	0.0%	16	□ $\chi^2=13.03$ P=0.05* (S)
	Ulcer in stomach	2	15.4%	8	61.5%	3	23.1%	13	
	Depression	2	12.5%	12	75.0%	2	12.5%	16	
	Chronic headache	9	60.0%	6	40.0%	0	0.0%	15	

variables of Younger nurses, joint family nurses, going out recreational activity nurses, less duration of experience nurses and occupation stress lead to chronic headache nurses are reduced more stress score than others.

Conclusion: the present study was effective in staff nurse whose stress was high do the occupational problem's positive affirmation helps to reduce their stress

Keywords: Effectiveness, occupational stress, positive affirmation, Hospital staff nurses, hospital.