

ABSTRACT

Psychosocial Stresses and Coping Patterns of Nursing Personnel with Low Backache

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THE psychosocial stressors of the life events are the noxious stimuli which exacerbate or cause relapse in low backache. The present study deals with the role of psychosocial stressors and coping patterns of Nursing personnel with low backache.

The objectives of the study are :

1. To compare the level of stress and stressful life events in Nursing personnel with low backache and those of matched normal Nursing personnel.
2. To assess the Nursing stress appraisal at work in Nursing personnel with low backache and compare with those of matched normal Nursing personnel.
3. To assess the coping patterns adopted by Nursing personnel with those of matched normal Nursing personnel.

By means of a questionnaire, data was collected on three scales: personal data questionnaire scale, Nursing stress appraisal scale, presumptive stressful life events scale and coping check list from 30 Nursing personnel with low backache from the C.M.C. Hospital Ludhiana. Disproportionate stratified random sampling method was used to select the sample. Thirty normal Nursing personnel were matched on age, education, marital status, income, profession, with the patient group.

The data gathered for the present study were analysed and interpreted under the following headings:

1. The tables of demographic variables.
2. Analysis and interpretation of level of stress and stressful life events of Nursing personnel with low backache and matched normals.
3. Analysis and interpretation of

level of stress and stressful events among Auxiliary Nurse Midwives, staffs and students.

4. Analysis of Nursing stress appraisal between Nursing personnel with low backache and matched normals.

The gathered data were analysed with the help of mean, standard deviation, percentage and 't' value. Chi-square (X^2) was calculated for the matched variables to check if these were really matched.

Findings

From the findings of this study, the following conclusions were drawn:

1. In relation to stress and stressful events, Nursing personnel with low backache of stressful events in the past one year and whole life, have higher stress scores than the normals.

2. Auxiliary Nurse Midwives have an increased number of stressful events in the past one year and whole life and have stress scores greater than staffs and students.

3. Severity of stressful events is higher in Auxiliary Nurse Midwives than in staffs and students. Auxiliary Nurse Midwives of patient group scored more on item nos. 12, 13, 25, 26, of P.S.L.E.S. Students scored on item nos. 31, 38, 49 of P.S.L.E.S., which differ in severity of stress.

4. Patient group scored more on item nos. 7, 15, 18 and 38 of P.S.L.E.S. Main stresses are regarding health and family.

5. In relation to Nursing stress appraisal at work, Nursing personnel with low backache have an increased score on N.S.A.S. than the control group.

6. Auxiliary Nurse Midwives have higher Nursing stress appraisal at work

than staff and students have.

7. Auxiliary Nurse Midwives scored more on inadequate status, financial problems, work overload and nature of shift duties items of N.S.A.S.

8. There is no significant difference seen between students and staffs on Nursing stress appraisal at work.

9. Nursing personnel with low backache scored higher on maladaptive coping mechanisms. Patient group scored higher on items nos. 32, 34, 55 and 75 and control group scored higher on item nos. 22, 30, 51, 61, 64, 66 and 67 of C.C.L.

10. Maximum difference was seen between patient group and control group on item nos. 51 and 55. That is, 72% of patient group keep their feelings to themselves and only 20% have some hobbies to express their inner feelings.

11. 100% of patient group scored maximum stress on heavy lifting.

Limitations

1. The size of the sample studied was only 30 subjects, which was too small to be relied upon positively, irrespective of many of the above findings. Hence it is difficult to make a broad generalization.

2. Subjects are limited to only one hospital. Generalization can only be made for similar samples.

3. Study was limited to subjects who had inorganic low backache.

Implications

The knowledge of psychosocial stressors and occupational stress will be able to help Nursing administrators to formulate better policies to prevent those stressors that are linked with the administrative machinery. The understanding of stresses and coping

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HUMAN RIGHTS

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United Nations Declaration of Human Rights: Freedom of Expression', 'International Criminal Court', 'Healing from the Human Rights Abuses,' etc. The Director of Strauss Centre for Critical Thinking and the Representatives from Rutgers and Columbia University led some of the Workshops.

I thought this was an excellent exposure of our Educational Institutions. The next Conference is in October, 1999 in Seoul, Korea, on 'The Role of NGOs in the 21st Century' and the millenium people's assembly network is already planning for the NGO forum to be held at UN and in New York City during May or June of 2000. The Millennium NGO Forum Consultative Planning Council is inviting the NGO and grassroots communities to join in sponsoring local, national, and continental forums or assemblies. This will feed into the Millennium Forum, the Millennium General Assembly, and Millennium Summit at the UN.

Those who are interested to know more about it and would like to join the Forum should contact: Dr. Rashmi Mayur, MPAN Office for the South (India and Asia), 72A Mittal Tower, Nariman Point, Mumbai 400 021, India. Tel. 91-22-204-5758. Fax: 91-22-287-1250. Email: iisf@giabm01.vsnl.in or Jerry Spivak, Outreach & Communications, 11 Waverly Place, New York, N.Y. 10003. Tel: 212-505-1804. Email: JSPVK@aol.com.

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among Nursing personnel should be helpful to plan and organise counselling services to Nursing personnel, and would also result in reducing



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absenteeism and promote better Nursing care.

Regarding Auxiliary Nurse Midwives, they are closed medical team members and provide basic care to patients. They are more close to patients. This study shows that Auxiliary Nurse Midwives have the maximum level of stress, stressful events and Nursing stress appraisal at work. If an individual is not happy, she will not be able to provide a therapeutic touch to patients.

The A.N.M.s have scored maximum on inadequate status and Financial pressures. There is need for administrators to improve their status. The Indian Nursing Council and Punjab Nurses' Registration Council are also keen to improve their inadequate status by providing further training with raise in salary. Further training will lessen their stress and improve their status of health, and would also effect Nursing care given by them. Hopefully, it might also prevent occurrence of psychosomatic illness.

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Candidates should apply within 10 days to the Secretary, Jawahar Medical Foundation, Dhule, with full Biodata and Two Passport Size Photographs

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Secretary
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