

A phenomenological approach: Stress experiences of hospitalized nurses

Dr. Kala Ramakuri*

*Vice principal, Dr. c. Sobhanadri, Siddhartha college of nursing, Dr.NTR university of Health sciences, Vijayawada, Andhra Pradesh

ABSTRACT

Introduction: People are more likely to have both physical and mental health issues if they are subjected to stress that lasts for an extended period of time and is continuous in nature. In addition to having an effect on the heart and blood vessels, it also has an effect on hormone levels, which causes an unpleasant reaction in the body. Fear, anxiety, irritation, wrath, and frustration are some of the emotional responses that individuals often experience as a result of stress.

Objective: To Explore Nurses experience of stress who are working in hospital

Material and Method: The research design that was utilized for this study was descriptive phenomenological research, and the research approach that was utilized was quantitative research. The study was conducted at hospitals located within the city of Pune, and the sample size consisted of nine nurses who were employed in hospitals. When there were nine nurses, the data saturation point was achieved, and there was no new subject that emerged from the interview; so, after that, we did not interview the nurses. There was a technique of non-probability purposive sampling that was utilized. An in-depth interview was used by the researcher to conduct the interview on the various stress scenarios that nurses had actually lived through. The researcher utilized an interview guide that was maintained with open-ended questions, and nurses were instructed to relate their experiences in an honest, open, and fair manner in accordance with the questions. Maintaining qualitative rigor was a priority. A researcher executed the bracketing process. Checking of members and triangulation were both carried out. Authenticity, dependability, and transferability were all guaranteed over the course of the research. The phenomenological method developed by Colaizzi was utilized in the process of data analysis. The following themes emerged from the findings: the appearance of physical problems, a decline in motivation, inappropriate communication, and an imbalance between personal and professional responsibilities.

Conclusion: The response to an event, situation, or challenge is what causes stress. It is true that stress can assist in meeting and adhering to deadlines, as well as avoiding potential dangers; but, when stress exceeds or continues to pour on an individual, it can bring health problems. In light of the fact that stress is a subjective phenomenon, gaining experience will be of great assistance in the process of developing strategies to alleviate stress.

Keywords: Phenomenological study, nurses, working, stress, hospital

Introduction

People are more likely to have both physical and mental health issues if they are subjected to stress that lasts for an extended period of time and is continuous in nature. In addition to having an effect on the heart and blood vessels, it also has an effect on hormone levels, which causes an unpleasant reaction in the body. Fear, anxiety, irritation, wrath, and frustration are some of the emotional responses that individuals often experience as a result of stress. If it is not treated and precautions are not taken in a timely manner, stress is regarded to be one of the chronic long-term illnesses. A large number of characteristics of working life have been linked to stress, including a lack of power, role doubt, role conflict, and stress caused by an excessive amount of work. When people are stressed, their efficiency decreases, their ability for performance decreases, and they become less concerned about their associates and coworkers

According to the findings of the study, workplace stress has a substantial impact on the physical and mental health of nurses. The study also emphasized on the fact that nurses who were less worried and those who were highly stressed exhibited significant differences in their personal and professional behavior. It was discovered through the evaluation of a study that focused on the stress experienced by nurses that the primary source of stress experienced by nurses is the nature of their work. In order to cope with stress and to fulfill the demands of the job, health education (occupational) and training programs (occupational) are considered to be required in order to recover and expand knowledge and to lessen occupational stress. The study came to the conclusion that two factors, namely role boundary and role insufficiency, were considered to be the most associated causes of occupational stress. There have been a lot of studies that have shown that nursing is an occupation that is high in stress. There is a cost associated with stress for individuals in terms of their health, wellbeing, and work satisfaction. Additionally, there is a cost associated with stress for the organization in terms of absenteeism and turnover, which can have an effect on the quantity and quality of patient care. Considering the physical labor, human suffering, work hours, staffing, and interpersonal interactions that are at the core of the work that nurses do, the role of the nurse has been seen to be one that is fraught with stress for a considerable amount of time.

Problem Statement

A phenomenological investigation into the experiences of stress suffered by nurses who are employed in hospitals

Aim of the study

The purpose of this study is to provide a description of the experiences of nurses who are exposed to stress while working in hospitals. It is important to recognize stress before it becomes out of control, which can have a detrimental effect on mental health and lead to the development of different problems.

MATERIALS AND METHODS

The research design that was utilized for this study was descriptive phenomenological research, and the research approach that was utilized was quantitative research. The study was conducted in hospitals located in the city of Vijayawada, and the sample size consisted of nine nurses who were employed in hospitals. When there were nine nurses, the data saturation point was achieved, and there was no new subject that emerged from the interview; so, after that, we did not interview the nurses. There was a technique of non-probability purposive sampling that was utilized. The interview on the lived experiences of nurses regarding stress was conducted by the researcher using an in-depth interview, and it lasted anywhere from fifty minutes to seventy minutes. The researcher was responsible for keeping track of the field notes, observations, and nonverbal statements made by each participant. The researcher utilized an interview guide that was maintained with open-ended questions, and nurses were instructed to relate their experiences in an honest, open, and fair manner in accordance with the questions.

A consistent level of qualitative rigor was maintained throughout. A researcher executed the bracketing process. Checking of members and triangulation were both carried out. Authenticity, dependability, and transferability were all guaranteed over the course of the research. The phenomenological method developed by Colaizzi's was utilized in the process of data analysis.

RESULTS FINDINGS

Demographic Variables- Descriptions

The majority of nurses were female, accounting for 89% of the total, while only 11% were male nurses. Everyone who worked as a nurse was registered with the State Nursing Council. There was a wide range of ages, from 24 to 54 years old. Working in hospitals for a period of time ranging from two to thirty years was the professional clinical experience.

Themes That Emerged

Theme 1: Appearance of Physical Symptoms

In accordance with this topic, it is reflected that nurses exhibit symptoms such as headaches, frequent colds and infections, poor energy, weariness, lack of focus, burning sensations in the stomach and chest, and frequent sleep disturbances.

*"I get irrigated frequently and sometimes I wonder why I am concerning too much on this event/ matter (N 09).
".....I experience headache very often which interfere in my work ' (N04).*

Theme 2: Declining Motivation

In accordance with this topic, it is reflected that nurses desired to develop, update their knowledge and skills, but due to stress, there is a decline in motivation in this sector, and they are bound to select the activity that is mandated exclusively. In support of the theme, the following statements are provided.

.....did not attend any kind of workshop or conference past three years though I am very much interested in attending conferences/workshop and to update in my skill" (N02).

"..... I just wanted to finish my clinical task ... there is no time to think any other areas" (N07)

Theme 3: Improper Communication

This concept alludes to the fact that working under stress frequently results in misunderstandings, conflicts, and incorrect information, all of which lead to improper management of work in the workplace. The personnel of the health staff have a disconnected mentality.

".....does not get time to talk and lost attitude often feel" (N05).

".....self-engaged and merged only with task" (N8)

Theme 4: Imbalance in Personal and Professional responsibilities

There is a safe mismatch between personal and professional duties, which is the focus of this discussion. Because of the high volume of work and the lack of available people at the workplace, there is a demand for additional shifts and double duty, which makes it difficult for individuals to maintain a healthy personal and family life.

".....Not able to prioritize the things at workplace and at home." (N07).

"No time for family members and even can't spare time to self to look after self-health... (N06)

Discussion

After gathering the experiences of nurses, the present study's findings revealed that the following themes emerged: the appearance of physical symptoms, a decline in motivation, inappropriate communication, and the difficulty of maintaining

a balance between one's personal and professional life.

According to the findings of the study, one of the primary factors contributing to high levels of stress among senior people is the tension that comes from providing care for patients who are terminally ill and their families. Even though there is only a small amount of data available, the study noted that providing care for patients who are terminally ill is a stressful experience for nurses. The study utilized the grounded theory methodology in order to investigate the experiences of nurses and their specific concerns regarding the care of a patient who is terminally ill. The findings of the study indicate that nurses have expressed personal concerns, concerns related to relatives of the patient, and concerns regarding the patient themselves, all of which may include difficulties in communicating with families and patients.

Conclusion

The response to an event, situation, or challenge is what causes stress. It is true that stress can assist in meeting and adhering to deadlines, as well as avoiding potential dangers; but, when stress exceeds or continues to pour on an individual, it can bring health problems. In light of the fact that stress is a subjective phenomenon, gaining experience will be of great assistance in the process of developing strategies to alleviate stress. By investigating the ways in which nurses experienced stress during the early stages of the pandemic, it is possible to get valuable information into the nature of the experiences that nurses have had and the potential actions that healthcare institutions can take to alleviate the stress that nurses are experiencing. It is one concrete approach that can help to keep nurses safe and lessen their anxiety of becoming sick. This can be accomplished by providing nurses with proper personal protective equipment. During this pandemic, healthcare units should give opportunity for nurses to talk about the stress they are experiencing, offer support to one another, and offer suggestions for how the workplace might be adapted to accommodate additional demands. For the purpose of identifying potential organizational interventions to preserve nurses' health, safety, and well-being, healthcare institutions and nurse managers need to detect these sources of stress in order to identify any viable interventions. It appears that there is a worldwide phenomenon of mass trauma that nurses who are working in the COVID-19 response are experiencing. This is suggested by the developing evidence. The phenomenon is complicated and connected with a number of other problems, including as persistently high workloads, rising patient decency and mortality, job burnout, and inadequate personal safety equipment.

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