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Stress of Nurses working in General Wards at Teaching Hospitals in Baghdad City

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Abstract:

Background : stress is one of the chief psychological and social difficulties that individuals and organizations suffer from both, negatively disturbing the health of the individual and his professional achievement, as well as the good running of the institution.

Objectives : a descriptive design was used to examine the levels of stress of nurses working in general wards at teaching hospitals in Baghdad City.

Methods : correlational study; the study took place between November 16, 2020 and April 19, 2021. Using a non-random convenience sample 70 nurses from Baghdad Teaching Hospitals' general wards. The data was collected using sociodemographic,(Gender, age, marital status, number of children, nursing qualification, years of service at work, and years of experience are among the seven variables).and Work-related psychological stress scale.

Finding: No association was found between the Work-related psychological stress and gender, age, marital status, do you have children, Nursing qualification and Years of servicing nursing of staff nurses working in general wards.

Conclusion : Implementation of programs aimed at education nurses how to deal with work stress and its effects as well as enhancing the capabilities of nurses regarding Coping and problem solving strategies. The need for future research that should be directed at the effects of stress management.

Keyword: Workplace stress, general wards

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Introduction

Workplace stress is a well-known issue that affects health-care workers (Khamisa et al., 2015). Nursing has long been known as a high-stress job (Burbeck, 2002; Greenglass, 2002). Nayomi (2016) according to their article, stress is defined as an individual's perception of expectations and the ability to cope with those demands.

The physical and emotional effects a nurse has when her talents and resources are inadequate to cope with the demands and expectations of her profession are referred to as nursing work stress (Nakasis & Ouzouni, 2008; Brunero et al, 2006).

Nurses, by their very nature, are exposed to a variety of stressors while completing a nursing care plan, maintaining a personal relationship, and other activities connected to their job. Nurses who endure stress in the workplace on a regular basis and do not use active coping mechanisms have a negative impact on nursing abilities as well as negative implications in their work lives (Lee et al., 2005).

Nursing employment in a hospital setting is widely acknowledged to be extremely demanding. Many stressful situations are linked to the nursing obligations (Kirchhoff et al, 2009).

Occupational stress in nursing is connected to increased workload, decreased levels of support, and workplace conditions, particularly psychosocial concerns. High levels of job-related stress in nurses can lead to substance misuse, depression, anxiety, decreased job satisfaction and disengagement, lower organizational loyalty, and higher desire to leave the profession, all of which can negatively affect patient care and outcomes. in management costs that are

both substantial and disruptive from the organization's smooth operation (Yang, 2017; Lamont et al, 2017; Rushton et al, 2015).

Nurses face a number of physical, psychological, and social demands in the workplace. Because work stress has a negative impact on this group of employees' health and, as a result, on the quality of care provided by nurses, examining and identifying how to deal with job stress in staff nurses is critical and can help avoid unfavorable consequences (Elahi, et al., 2016).

Objectives of the Study

- 1.5.1. To assess the level of Job stress in nurses working in general wards at teaching hospitals in Baghdad city.
- 1.5.2. To find out the relationship between level of Job stress among nurses with their sociodemographic characteristics.

Methodology:

To achieves stated objectives, a descriptive design was used to examine the levels of stress of nurses working in general wards at teaching hospitals in Baghdad City: correlational study; the study took place between November 16, 2020 and April 19, 2021. Consent has been granted for the questionnaire constructed from official permission granted from Baghdad Medical City Administration to ensure their agreement and to facilitate the researcher's task of entering these hospitals and meeting the nurses after explaining the purpose of the study to them and obtaining their consent. The research was carried out in Baghdad City Teaching Hospital, Using a non-random convenience sample 70 nurses from

Baghdad Teaching Hospitals' general wards. The data was collected using sociodemographic,(Gender, age, marital status, number of children, nursing qualification, years of service at work, and years of experience are among the seven variables).and Work-related psychological stress scale, This section introduces the items on the job-related stress scale; this scale has 26 items that can be used to measure job-related stress in nurses. The scale is divided into sub-domains that deal with work-related stress: **1. Workload:** Items are used to represent the workload (1, 2, 3, 4, 5).**2. Conflict** is symbolized by the clauses (6, 7, 8, 9).**3. A lack of support** is exemplified by things (10, 11 and 12).**4. Uncertainty over the patient's care,** as depicted by the items (13, 14, 15, 16).**5. Death and death clauses:** These are the clauses that deal with death and death (17, 18, 19).**6. Clauses** are used to represent organizational choices (20, 21, 22).**7. Inadequate planning:** indicated by clauses (23, 24, 25).**8. Section 26** represents sexual harassment. These were assessed as never stressful = 1, sometimes stressful = 2, and very stressful = 3 on a three-level Likert scale. The amount of job-related stress was calculated by splitting the overall scale score into three categories: mild, moderate, and severe. Mild = 25-37, moderate = 38-43, severe = 44-52, and very severe = 53-69 are the severity levels: severe, severe, and very severe. Face validity has determined **Nurses working in general wards: (n=70)**

throughout the use of panel of experts (7) Their responses revealed that they all agreed on the questionnaire's content, clarity, relevancy, and adequacy, therefore it is deemed valid after considering their suggestions and recommendations for improvement. The pilot study took place from March 14th to March 22nd, and this ten-person sample was omitted from the study's initial sample. The participants comprehended the questionnaire, and the average time needed to collect data was between (15) minutes, according to the findings of the pilot study. Cronbach's Alpha was used to measure the questionnaire's reliability, and it revealed that the questionnaire had 26 items. Cronbach's alpha was 0.84 for the Work-related psychological stress scale after excluding Sexual harassment (item 26) The Statistical Package for Social Sciences was used to examine the data (SPSS, version 26). Data was evaluated using both descriptive and inferential statistical approaches, such as the Chi-square test. The reliability of the questionnaire was determined using the correlational coefficient, and the level of statistical significance was set at 0.05. A significant relationship between job stress among nurses and their sociodemographic characteristics was discovered using the Chi-square test (X²).

Results: Table 1:Distribution Nurses according to Demographic Data

Gender	Frequency	Percent	age	Frequency	Percent
Male	22	31.4	20- 29	39	55.7
Female	48	68.6	30- 39	16	22.9
Total	70	100.0	40-49	7	10.0

Marital status	Frequency	Percent	<=50	8	11.4
Single	25	35.7	Total	70	100.0
Married	44	62.9	Do you have children	Frequency	Percent
Divorced	1	1.4	No children	33	47.1
widow	0	0.0	One children	8	11.4
Total	70	100.0	Two children	9	12.9
Nursing qualification	Frequency	Percent	Three children	11	15.7
Nursing school	1	1.4	Four children	5	7.1
Junior high nursing diploma	29	41.4	Five children	2	2.9
Bachelor	30	42.9	Six children	1	1.4
Master or Ph.D.	10	14.3	Seven children	1	1.4
Total	0	0.0	Nine children	0	0.0
Years of service in nursing	70	100.0	Total	70	100.0
2-9	Frequency	Percent			
10-17	25	35.7			
18-25	16	22.9			
26-33	11	15.7			
34-41	9	12.9			
Total	9	12.9			
	70	100.0			

Table (1) demonstrates that female nurses worked in general (68.6 percent) Almost all of them were female. Table (1)reveals that nurses working in general (55.7 percent) were between the ages of 40 and 49. (20- 29).. The marital status of nurses working in general (62.9 percent) was shown in Table(1). 27.1 percent of 47.1 percent of Nurses in general

have no children. Table (1)reveals that the majority of Nurses in general (42.9%) reported having a diploma's degree. Table reveals that percent of Nurses working in general 35.7 percent reported having (2-9) years of nursing experience.

Table2:Distribution of Nurses according to their Work-related Psychological Stress Scale.

Work-related psychological stress scale Nurses working in general wards: (n=70)		
	Frequency	Percent
Mild	17	24.3
Moderate	23	32.9
Sever	15	21.4
Very Sever	15	21.4
Total	70	100.0

Table (2): Nurses working in general wards: 24.3 percent with Mild level; 32.9 percent with Moderate level; and 21.4 percent with Sever level; and: 21.4. with very sever.

Table3:Association of Work-related psychological stress scale with selected socio-demographic variables of staff nurses working in general wards.

Socio demographic variables	Work-related psychological stress Level					Chi-Square	df	P-Value
	Mild	Moderate	Sever	Very Sever	Total			
Gender								
Male	7	6	4	5	22	1.237	3	0.744
Female	10	17	11	10	48			
Total	17	23	15	15	70			
Age								
20- 29	9	13	7	10	39	8.696	9	0.466
30- 39	2	5	6	3	16			
40-49	4	2	1	0	7			
<=50	2	3	1	2	8			
Total	17	23	15	15	70			
Marital status								
Single	5	6	6	8	25	5.182	6	0.521
Married	12	16	9	7	44			

Separate	0	1	0	0	1			
Total	17	23	15	15	70			
Do you have children	Mild	Moderate	Sever	Very Sever	Total	Chi-Square	df	P-Value
no children	10	7	7	9	33			
one children	0	2	3	3	8			
two children	1	5	2	1	9			
three children	3	6	1	1	11			
four children	2	2	0	1	5	22.386	21	0.378
five children	0	1	1	0	2			
six children	0	0	1	0	1			
seven children	1	0	0	0	1			
Total	17	23	15	15	70			
Nursing qualification	Mild	Moderate	Sever	Very Sever	Total	Chi-Square	df	P-Value
Nursing school	1	0	0	0	1			
Secondary	9	9	3	8	29			
Diploma	5	11	8	6	30	9.448	9	0.397
Bachelor	2	3	4	1	10			
Total	17	23	15	15	70			
Years of servicing nursing	Mild	Moderate	Sever	Very Sever	Total	Chi-Square	df	P-Value
2-9	6	7	5	7	25			
10-17	2	7	4	3	16			
18-25	6	1	2	2	11			
26-33	1	4	2	2	9	14.800	15	0.466
34-41	2	4	2	1	9			
Total	17	23	15	15	70			

Work-related psychological stress scale and selected socio-demographic factors of staff nurses working in general wards were found to be associated. Table 3 shows that there is no correlation between work-related psychological stress and gender, age, marital status, whether or not you have children, nursing qualification, or years of nursing service.

Discussion of Results:

Table (1) demonstrates that female nurses worked in general (68.6 percent) Almost all of them were female. Table (1)reveals that nurses working in general (55.7 percent)

were between the ages of (20- 29).The marital status of nurses working in general (62.9 percent) was shown in Table(1). 47.1 percent of Nurses in general have no children. Table (1)reveals that the Nurses in general (42.9%) reported having a diploma's degree. Table reveals that 35.7 percent of Nurses working in general reported having (2-9) years of nursing experience. nurses in general (68.6%) were almost entirely female. This finding demonstrated that despite the fact that nurses in general were almost all female. this is considered natural. Kourakos (2017) found additional support in their findings, reporting that (75.8%) were

female and (24.2%) were male. according to Abdullah, Mirza, and Othman (2018). Faremi and colleagues (2019) This descriptive design study was conducted among nurses in two hospitals, and the results revealed that 86.9% of the nurses were female. Table (1) shows General nurses have been discovered to have a higher age group(55.7 percent of general nurses were between the ages of 20 and 29 ; This may be attributable to the Ministry of Health's plan to hire graduate nurses in general hospitals. The nurses' ages ranged from 22 to 44, which is in line with Deh et al (2017). This findings contradicted Alharbi & Hasan's (2019) finding that general nurses were slightly older than mental nurses. For example, around 45 percent of general nurses were between the ages of 30 and 39, The marital status of nurses working in general (62.9 percent) was shown in Table(1). Alharbi & Hasan (2019) discovered that the majority of the study sample in both groups was married, which supported their findings. the majority of the study sample in both groups was married, which supported their findings. 47.1 percent of Nurses in general. This result was consistent with Deh et al. (2017), who found that nearly 79.1% of the participating nurses had between one and three children, while only 20.9 percent had no children. Nurses working in general (42.9 percent) reported having a diploma's degree, according to Zaki (2016) found that none of the nurses in the study have a master's or doctoral degree, and that the bulk of them are diploma nurses, with more than half of them working as staff nurses. Table 1 shows that 35.7 percent of Nurses working in general reported having (2-9) years of nursing experience. This conclusion is supported by Sailaxmi, (2015), who discovered that the majority of psychiatric nurses were between the ages of

24 and 35, with work experience ranging from 2 to 10 years. nurses working in general wards have different levels of work-related psychological stress: 24.3 percent have a mild level; 32.9 percent have a moderate level. Faremi et al.,(2019) The results of the current study show that workload is the first aspect of nurses' work that results in the highest frequency of stress due to intense daily work. With the global increase in the number of elderly people, the increasing severity of health care problems, the increasing incidence of chronic diseases and advanced technology, nurses face a variety of work-related stresses. The association between work-related psychological stress, gender, age, marital status, whether or not you have children, nursing qualifications, and years of nursing service of employees is depicted in Table 10. Nurses on general wards discovered no link between work-related psychological stress, gender, age, marital status, whether or not you have children, nursing qualifications, or years of experience. According to Abdullah and Mirza (2018), while there is no significant variation in job stress among nurses based on age, years of experience, occupation, marital status, or remuneration, there is a significant difference in education levels, preparation, gender, or hospital. Respondents' stress levels were linked to their age, marital status, workload, and educational background, according to Odonkor and Adams (2021).

Conclusions:

No association was found between the Work-related psychological stress and gender, age, marital status, do you have children, Nursing qualification and Years of servicing nursing of staff nurses working in general wards.

Recommendations:

1. Implementation of programs aimed at education nurses how to deal with work stress and its effects as well as enhancing the capabilities of nurses regarding Coping and problem solving strategies.
2. Hospitals must have nurse training programmers on how to face their pressures in effective coping methods.
3. The need for future research that should be directed at the effects of stress management.

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