

A Study to Asses the Relationship between Occupational Stress and Emotional Intelligence among Staff Nurses at Salem GH

Dr. T. Latha MSc.[N], Ph.D¹, kiruba Nelson M.sc,[N]. Ph.D², Arsha Ajith³, Atchaya.G⁴, Chris.V.Joshy⁵, Devika.P.R⁶, Gokulpriya.R⁷, Janani.M⁸

¹*Principal, Community Health Nursing Department, (affiliated to the Tamilnadu Dr. M.G.R. Medical University, Chennai) Sri Krishna Institute Of Nursing Education and Research Salem Tamil Nadu, India.*

²*Associate Professor Department of Mental Health Nursing (affiliated to the Tamilnadu Dr. M.G.R. Medical University, Chennai) Sri Krishna Institute Of Nursing Education and Research Salem, Tamil Nadu, India*

^{3,4,5,6,7,8}*BSc(N) Student, Sri Krishna Institute Of Nursing Education and Research Salem (affiliated to the Tamilnadu Dr. M.G.R. Medical University, Chennai) Salem Tamil Nadu, India.*

Abstract

Background:

Emotional Intelligence

“Emotional Intelligence refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and our relationship”

Occupational Stress

“Occupational Stress is a condition arising from the interaction of people and their jobs and characterized by changes with in people that force them to deviate from their normal functioning”

Objectives

- To assess the pretest and post-test level of Emotional Intelligence and Occupational Stress among the staff nurses at Salem GH.
- To associate the level of Emotional Intelligence and Occupational Stress with their selected demographic variables of staff nurses at Salem GH.
- To compare pretest and post- test level of Emotional Intelligence and Occupational Stress among staff nurses at Salem GH.
- To assess the effectiveness of Emotional Intelligence and Occupational Stress among staff nurses at Salem GH

Methodology

An evaluation approach a **Quantitative research design** (one group pretest and post test design) was adopted for this study. **Simple random sampling method** used to select samples in this study. A checklist method to assess the knowledge regarding of Emotional Intelligence and Occupational Stress among staff nurse at Salem GH.

Result

After administration of **structured teaching programme** post-test knowledge score regarding of Emotional Intelligence and Occupational Stress among staff nurse shows that none of the had comes in inadequate knowledge level, 47% (14) had moderate knowledge level, 53% (16) had adequate knowledge level.

This shows that the structured teaching programme on Emotional Intelligence and Occupational Stress among staff nurse at Salem GH has more effective.

Conclusion

The study findings proved that the **structured teaching programme** administered by the researcher was effective to increase the relationship between Emotional Intelligence and Occupational Stress among staff nurse. Through the project we have gain knowledge about Emotional Intelligence and Occupational Stress more over the study made the subject to be acquired the adequate knowledge about Emotional Intelligence and Occupational Stress.

Keywords: structured teaching programme, Emotional Intelligence and Occupational Stress, Staff nureses.

I. INTRODUCTION

Emotional Intelligence and Occupational Stress

Emotional Intelligence

“Emotional Intelligence refers to the capacity for recognising our own feelings and those of others, for motivating ourselves, and our relationship.”

-Daniel Goleman

Every situation, every movement, provide the opportunity for self growth development of your character, Reality keeps bringing as circumstances sometimes I picture them as waves breaking on the shore and we have the chance to keep margin with the reality to fit ourselves to it, to alive in to those waves.”

Occupational Stress

“Occupational Stress is a condition arising from the interaction of people and their jobs and characterised by changes with in people that force them to deviate from their normal functioning.”

-Beehr and Newman

“Occupational Stress can be defined as the harmful physical and emotional response that occur when the requirements of the job do not match the capability resources, needs of the worker.

II. STATEMENT OF THE PROBLEM

A study to assess the relationship between “Emotional Intelligence and Occupational Stress” among the staff nurses at Salem, GH

III. OBJECTIVES

- To assess the pretest and post test level of Emotional Intelligence and Occupational Stress among the staff nurses at Salem, GH.
- To associate the level of Emotional Intelligence and Occupational Stress with their selected demographic variables of staff nurses at Salem GH.
- To compare pretest and post test level of Emotional Intelligence among the staff nurses at Salem GH.
- To assess the effectiveness of Emotional Intelligence and Occupational Stress among staff nurses at Salem GH.

IV. MATERIALS AND METHODS:

The research design used in this study is a **Quantitative research approach**. In this study, pre-experimental one group pre and post -test research design was used. The study was conducted in Govt. Mohan Kumaramangalam Medical College and Hospital Salem. Population included in this study comprised of Staff Nurses at selected hospital Govt.Mohan kumaramangalam Medical College and Hospital, Salem. Sample size consists of 30 Staff Nurses in Govt. Mohan Kumaramangalam Medical College and Hospital Salem. In this study the investigator was used **simple random sampling techniques, convenient sampling technique**. Formal approval was obtained from a selected private college Sri Krishna Institute Of Nursing Education And Research Salem. First investigators introduced herself to Staff Nurses at Salem GH and explained the purpose of the study and got consent from Staff Nurses at Salem GH. Demographic variables were collected. Pretest assessment of level of knowledge regarding **structured teaching programme** on Occupational Stress and Emotional Intelligence among Staff Nurses at Salem GH were assessed. The intervention strategy was implemented on the next day for 30 minutes using **Sturctured teaching programme** which was prepared by the researcher after consulting with the specialist in **Mental Health Nursing**. The Staff Nurses at salem GH with interest and they were alert and enthusiastic.

After intervention post test was conducted on the same Staff Nurses at Salem GH using the same questionnaire and evaluated the effectiveness of **structured teaching programme** on Staff Nurses at Salem GH. The data was analyzed using descriptive statistics (distribution, mean, standard deviation) and inferential statistics (paired t test, and chi-square value test)

V. DESCRIPTION OF RESEARCH TOOL TECHNIQUE

The tool was developed and standardized from extensive review of literature, internet research and discussion with experts. The tool consist of two sections

Section: 1 - Demographic Variables among Staff Nurses at Salem GH

Section: 2 - Assessment of the level of knowledge regarding structured teaching programme on Occupational Stress and Emotional Intelligent among Staff Nurses at Salem GH.

Section – 1

Part-A: Demographic variables

It deals with the demographic variables of the subject that include Staff Nurses at Salem GH age, sex, marital status, religion, educational status, working department.

Section – 2

Assessment of the Level of knowledge knowledge regarding structured teaching programme on Occupational Stress and Emotional Intelligent among Staff Nurses at Salem GH. It consists of multiple choice questions which were prepared to assess the knowledge among Staff Nurses at Salem GH.

The questions were related to knowledge aspects of Occupational Stress and Emotional Intelligence. It contains 20 multiple choice questions. The scores given for Staff Nurses are as follows: The correct answer is 1 mark and the wrong answer is 0 mark.

Scoring and Interpretation

Level of knowledge

1. Inadequate knowledge 1-10
2. Moderately adequate knowledge 11-15
3. Adequate knowledge 16-20

Validity:

Validity refers to the extent to which a research instrument measures what it is intended to measure. A valid tool accurately assesses the concept under study and provides meaningful and appropriate results. Validity ensures the accuracy and credibility of the data collected.

VI. PROCEDURE FOR DATA COLLECTION

Formal approval was obtained from selected college at Sri Krishna Institute Of Nursing Education And Research, Salem. First investigator introduced herself to the Staff Nurses at Salem GH and explained the purpose of the study and got consent from Staff Nurses at Salem GH. Demographic variables were collected. Pretest assessment of level of knowledge regarding structured teaching programme on Occupational Stress and Emotional Intelligence among Staff Nurses at Salem GH were assessed.

Intervention: structured teaching programme on Occupational Stress and Emotional Intelligence among Staff Nurses at Salem GH.

The intervention strategy was implemented on the next day for 30 minutes by Structured teaching programme which was prepared by the researcher after consulting with the specialist in Mental Health Nursing. The Staff Nurses at Salem GH participated with interest and they were alert and enthusiastic. After intervention, post test was conducted on the Staff Nurses at Salem GH using the same questionnaire and evaluated the effectiveness of Structured teaching programme on Occupational Stress and Emotional Intelligence among Staff Nurses at Salem GH.

VII. RESULT

Section A: Description of samples according to their demographic variable

Table-4.1
Description Of Samples According To Their Demographics Variables

S.NO	DEMOGRAPHIC VARIABLES	STAFF NURSES	
		FREQUENCY	PERCENTAGE
1	Age		
	a) 25-30	2	7%
	b) 30-40	15	50%
	c) 40-50	9	30%
	d) 50-60	4	13%
2	Sex		
	a) Male	-	-
	b) Female	30	100%
3	Marital status		
	a) Married	30	100%
	b) Unmarried	-	-
4	Religion		
	a) Hindu	21	70%
	b) Christian	6	20%
	c) Muslim	3	10%
	d) Others	-	-
5	Education status		
	a) ANM	3	10%
	b) GNM	18	60%
	c) Post BSc nursing	2	7%
	d) BSc nursing	7	23%
6	Working departments		
	a) Surgical department	1	3%
	b) Medical department	18	60%
	c) OG department	2	7%
	d) Emergency department	9	30%

Table 4.1 shows Frequency and percentage distribution of adolescent girls in sri krishna institute of nursing and education and research salem.

In relation to age in years showed the age about 7% (2) of staff nurses 25 – 30 years of age, 50% (15) of staff nurses 30 – 40 years of age, 30% (9) of staff nurses 40 – 50 years of age and 13% (4) of staff nurses 50 – 60 years of age. In relation to sex of staff nurses showed that female 100% (30). In relation to marital status the showed that 100% (30) of staff nurses are married.

In relation to religion the showed that 70% (21) of staff nurses are Hindu, 20% (6) of staff nurses are Christians and 10% (3) of staff nurses are Muslim. In relation to educational status the showed that 10% (3) of the staff nurses are ANM, 60% (18) of the staff nurses are GNM, 7% (2) of the staff nurses are post BSc and 23% (7) of the staff nurses are BSc nursing. In relation to working department showed that 3% (1) of the staff nurses are surgical department, 60% (18) of the staff nurses are medical department, 7% (2) of the staff nurses are OG department and 30% (9) of the staff nurses are emergency department.

Section- B

TABLE- 4
DESCRIPTION OF PERCENTAGE FOR COMPARISON OF PRETEST AND POST-TEST OF OCCUPATIONAL STRESS AND EMOTIONAL INTELLIGENCE AMONG STAFF NURSE AT SALEM GH.

S.NO	LEVEL OF KNOWLDGE	RANGE OF MARKS	PRE-TEST		POST-TEST	
			FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
1	Inadequate	1-10	15	50%	–	–
2	Moderate	11-15	15	50%	14	47%
3	Adequate	16-20	–	–	16	53%

The table shows the frequency and percentage distribution of the pretest knowledge score regarding Occupational Stress and Emotional Intelligence 50% (15) had inadequate knowledge, 50% (15) had moderate Knowledge. The post-test knowledge score regarding Occupational Stress and

Emotional Intelligence 47% (14) had moderate knowledge and 53% (16) had adequate knowledge regarding Occupational Stress and Emotional Intelligence. This shows that the structured teaching program on Occupational Stress and Emotional Intelligence has more effective for students.

Section C

ASSES The Relationship Of The Emotional Intelligence And Occupational Stress

TABLE-4.9
Description of paired t test value of pre test and post test level of knowledge.

LEVEL	T-VALUE	df	TABLE VALUE	P VALUE	INFERENCE
KNOWLEDGE AND STRESS	40.85	29	2.045	<0.05	Highly Significant

The table show that the paired t-value was calculated to analyse the effectiveness between pre and post knowledge scores of staff nurses at Salem GH. The paired t-value for knowledge was 40.85 which is higher when compared with the table value 2.045 at 29 degree of freedom.

The structured teaching programme on Occupational Stress and Emotional Intelligence among staff nurse at Salem GH was highly significant.

Section-D

Association Between Post-Test Knowledge Score Of Staff Nurses At Salem GH

TABLE-4.11

Chi square value of association between post-test knowledge score of staff nurses regarding Occupational Stress and Emotional Intelligence with their demographic variables.

S.NO	VARIABLES	LEVEL OF KNOWLEDGE				INFERENCE
		x ² VALUE	df	TABLE VALUE	P VALUE	
1	Age	2.909	3	7.815	0.406	Not significant
2	Sex	-	-	-	-	Cannot calculate only female are represented
3	Marital status	-	-	-	-	Cannot calculate only marriage participant are represented
4	Religion	0.871	2	5.991	0.647	Not significant
5	Education	10.062	2	5.991	0.007	Significant
6	Working department	4.732	3	7.815	0.193	Not significant

VIII. CONCLUSION

From the findings of the study, it can be concluded that, More staff nurses at salem GH had moderately adequate knowledge in pretest. More staff nurses at salem GH had adequate knowledge in post test regarding "Occupational Stress" and "Emotional Intelligence". The mean post test knowledge was higher than the mean pretest knowledge. It is indicated that the "structured teaching programme" regarding "Occupational Stress" and "Emotional Intelligence" among staff nurses at salem GH.

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