

## The levels of psychosocial Stress in Nurses

### - Field study at the public hospital scientific institution –

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#### Abstract:

There is no doubt that each or work characteristics which are determined by the degree of friction and communication between individualism, among the pressing professions that impose on their workers situation that may themselves be a direct source of pressure in various walks of life is the nursing profession, because of the conflicting positions involved and the surrounding professional burdens on a direct relationship with the service of patients and take into account their psychological state of turmoil as a result of the disease and meet their needs and the need to abide by labor laws and controls on the one hand, and understanding the nature of nurses work by family members and society in general – eulma- in order to answer a set of questions and hypotheses of study and then exit. he current study aims at identifying the levels of psychosocial stress among nurses, in order to achieve the objectives of the study, a questionnaire form was completed for distribution to a sample of nurses.

**Key words:** stress psychological, stress social, nursing, the nurse.

### مستويات الضغوط النفسية والاجتماعية لدى الممرضات

-دراسة ميدانية في المؤسسة العمومية الاستشفائية - العلة-

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#### الملخص:

لاشك أن لكل قطاع أو عمل مميزاته وخصائصه والتي تتحدد حسب درجة الاحتكاك والتواصل بين الأفراد، ومن بين المهن الضاغطة التي تفرض على العاملين فيها أوضاعا قد تكون بذاتها مصدرا مباشرا للضغوط بمختلف مشاربها نجد "مهنة التمريض" لما تتضمنه من مواقف متضاربة وما يحيط بها من أعباء مهنية مكثفة على علاقة مباشرة بخدمة المرضى ومراعاة مشاعرهم وحالتهم النفسية المضطربة نتيجة المرض وتلبية احتياجاتهم وضرورة الالتزام بقوانين العمل وضوابطه من جهة، وفهم طبيعة عمل الممرضين من قبل أفراد الأسرة والمجتمع عامة من جهة أخرى.

وعليه تهدف الدراسة الحالية إلى التعرف على مستويات الضغط النفسي الاجتماعي لدى الممرضات

ولتحقيق أهداف الدراسة تم انجاز استمارة استبيان لتوزيعها على عينة من الممرضات العاملات بالمؤسسة العمومية الاستشفائية-العلمة-بهدف الإجابة على تساؤلات وفرضيات الدراسة ومن ثم الخروج بجملته من النتائج والتوصيات.

**الكلمات المفتاحية:** الضغط النفسي، الضغط الاجتماعي، التمريض، الممرضة.

## **Introduction :**

For years, occupational pressure has been the subject of research in many countries and in various fields of knowledge such as medicine, sociology and psychology, because of the importance it reflects on the need to identify rapid changes in the relationship between health and the psychological and social dimensions of work. in the light of this, the obstacles and sources that will increase the severity of psychological and social pressures, and the negative effects they have on the behavior of professionals and determine their attitude toward their work.

Because the profession of nursing has been associated with women, both ancient and modern, this sector has become primarily feminist, and it is preferable for women to work in it because of their expertise in health care in addition to the human and emotional aspect that is characterized by it. on the other hand, the work in the field of nursing imposes a "system of periodicity" , and it is no secret to the observer the difficulties resulting from the work under this system and the psychological and social pressures that it creates on the professional and family life of women working in the field of nursing.

Therefore, we have completed this study to identify in the field the levels of psychological and social stress among nurses working in the public hospital institution in El Eulma, the state of Setif" as a model ".

## **First, the problem of the study:**

The social and psychological pressures in the work environment have become the focus of attention for the physical diseases and psychological complexes that create a feeling of dissatisfaction with work or the incidence of psycho-social diseases.

The health of the worker, especially the nurses working in public hospital institutions, because the current study is working to find out their levels of social and psychological stress may decline and get worse as a result.

(From Jackson : 2003,34)

The social and psychological pressures resulting in the field of nursing lie in their serious repercussions in a professional field in which women workers are supposed to achieve a sufficient degree of compatibility and satisfaction, especially as they spend more than a third of the day there, in addition to the impact that work has on other aspects of life.

The total social and psychological pressures that nurses face translate into their inability to adapt to the demands of the profession and its burdens, both in terms of quantity, which is measured by the working hours of the day, and on the qualitative level, which reflects the difficulty of performing the tasks assigned to them due to their intensity and frequency.

This is the problem of the study is determined by the following question :

What are the levels of social and psychological stress in the nurses working in the public hospital institution who have become glaucoma in science ?

The following two sub-questions stem from this main question :

Are there statistically significant differences in the average sample score in the level of social stress in nurses due to the social status variable ?

Are there statistically significant differences in the average sample scores in the level of mental stress in nurses due to the age variable and the number of years of service ?

## **Second : Assumptions of the study :**

### **1. General assumption:**

Due to the stressful situations experienced by nurses working in the public hospital institution, we believe that their levels of social and psychological stress will be high.

### **2. Sub-hypotheses:**

There are statistically significant differences in the average sample score in the level of social stress in nurses due to the social status variable.

2. Statistically significant differences exist in the average sample score in the level of mental stress in nurses due to the age variable and the number of years of service.

## **Third: The importance of the study:**

The profession of nursing is one of the noble and humanitarian professions thanks to its provision of health care to patients and the alleviation of their suffering and their sense of pain, and the humanitarian role played by its workers in the various stages of treatment, from the medical point of view, this profession achieves comprehensiveness in the medical services provided and strives toward perfection. The doctor is the first person to decide the nature of the disease and decide the form and type of treatment while it falls to the nurse

Follow-up the health status of patients and follow all possible methods that will contribute to alleviating the pain and pain of patients.

The importance of this study is therefore linked to :

The nature of the phenomenon and the social and psychological problems involved have negative effects on the individual and society

Hence the need to detect levels of occupational, social and psychological pressures in order to address or at least reduce them.

- The importance of the nurses segment as they contribute to the provision of humanitarian and therapeutic services to patients, which requires ensuring the need to achieve a level of mental, physical and mental health and safety.

- Increasing sources of social and psychological stress and the complexity of professional requirements to a degree that exceeded the capabilities of the workers and their ability to withstand, which inevitably reflects on the quality of therapeutic interventions and the efficiency of performance.

## **Fourth: Objectives of the study:**

The profession of nursing is one of the most stressful professions, which practiced on its employees according to its nature levels of coercion resulting in anxiety, tension and loss of control over the working conditions and requirements, which made us seek to study the levels of professional

pressure of nurses in the public hospital institution and therefore the case study aims to achieve the following:

- To disclose the levels of social and psychological stress experienced by nurses working in the public hospital institution in Al-Alamah.
- Finding the relationship between the levels of social and psychological stress of the nurses in some variables (marital status, age and number of years of work)

### **Fifth: Presentation of the concepts of study:**

#### **1. Psychological pressure :**

The term stress has been defined by researchers and professionals in the field of mental and occupational health at length, but there was no agreement on a comprehensive definition of it, although all definitions share the fact that stress does not have the same meaning for them. As for stress, Fontan defines it in 1995 as " a set of cognitive responses the functionality, membership and mobility issued by the individual in front of stimuli that exceed his ability to manage his affairs and the inability to adopt acceptable behaviors. (R.fantastic : 1995,41)

**Baron also defines** it as " the outcome of psychological reactions that translate into unpleasant feelings that an individual experiences due to occupational and social pressures.

(Askar Ali:2000, 91)

Psychological stress is expressed as" the combination of conditions associated with the emergence of anxiety and distress resulting from requirements beyond the ability to perform and the resulting physical and psychological effects such as frustration " (Farouk Al-SayedOsman : 2001, 96).

**Procedurally:** Stress in this study means the stress, anxiety and inability of nurses working in the institution to conform to the requirements of the profession.

#### **2. Social pressure :**

It refers to the social and material conditions that surround the individual in his or her workplace or place of residence and that cause him or her some kind of distress and tension.

**The IHS team defines it** as «responses and emotions that harm the individual and occur when there is no match between the demands of the work and the abilities of the worker" (NoSIH :1998,29).

**Procedurally:** We mean the total social, family and professional conditions that hinder the normal course of work of nurses in public hospital institutions.

#### **3. Nursing :**

Nursing is one of the medical specialties that take care of the patient's health and alleviate his pain, nursing is also considered one of the auxiliary specialties of the medical profession, where the nursing specialist helps the doctor in providing the means of treatment to the patient such as needles and medicines, in addition to monitoring his health condition and providing the doctor with the necessary medical examinations and the health file for each patient. this specialization requires many conditions and qualities to be practiced formally and professionally.

The **World Health Organization defines nursing** as "helping an individual, whether sick or healthy, to improve his or her health, restore his or her health in case of illness or leave life safely, based on the concept of palliative care provided by a nurse to patients, especially those who are seriously ill and in the final stages of their lives."

(C. Davis : 2001, 59)

The profession of nursing is also defined as "a job in the medical field that requires receiving this knowledge and practice to obtain experience, and has its own rules and rules, which includes a range of medical and psychological methods to deal with the patient and help him to heal and recover. a student of the profession of nursing needs a license from the Ministry of Health and the concerned authorities to practice this profession" (Al-SabbaghZuhair : 121, 1999).

Nursing can also be defined as "providing a direct service to a person with a particular health problem to improve his or her health condition and to assist in his or her recovery, focusing on all aspects of physical, mental and spiritual". nursing may also aim to prevent the infection of a disease or extend a helping hand to diagnose, treat and prevent a particular disease, and over time the nurse has become an integral part of the staff of hospitals and can not be dispensed with by any hospital.

According to the International Health Assembly, nursing is "a science, art, humanity, and takes care of the individual as a whole body, mind and soul and works to provide and preserve the individual spiritually, mentally and physically and to help him recover when he is sick and the attention to the individual patient extends to his family and community, including care for his environment and health education." (C.Davis :2001, 63)

We can therefore say that nursing is a direct service aimed at meeting the needs of the individual, family and community in health and illness.

So there are many definitions of nursing, but they all agree that nursing is the sum of services given to individuals and their families for the purpose of helping them to maintain their normal state or to help alleviate their physical and psychological pain of complications.

In order for the nurse to do his work well, he needs the foundations of medical and social sciences to help him deal with sick individuals as he deals with newborn children, children, youth and the elderly so when preparing the staff of the nursing staff must pay attention to the requirements and duties of the health services available in the country and focus in the preparation of the nurse in the country nursing schools and institutes:

To maintain and promote health to the highest level.

Prevention of illness among the individual and the family, including all services provided to the mother and child.

Care of the sick and disabled and rehabilitation of living in their beds and care for the elderly. (Al-WailiMohsen : 1998, 59)

#### **4. The Nurse :**

We mean a nursing worker who holds a degree in this professional field, and is scientifically and technically qualified from specialized institutes that enable her to provide general and uncomplicated nursing care.

#### **Sixth: Previous studies:**

In the time limits of the current study, we found several relevant studies and selected some of them for the prominent relationship to the variables of the case study, including:

#### **1. Foreign studies:**

##### **A. McCoy study (1998) :**

She described the stress of nurses working in emergency departments in a city and applied the questionnaire to 52 nurses.

The results pointed to the existence of multiple sources of psychological stress, the most important of which are the administrative organizations of the hospital and the many requests of patients as well as family and social obligations.

### **Study of Eulerich (1990) :**

The study showed that the pressures in the sample members are largely related to the sensitivity of cancer disease and the inability to cope with the pathological conditions in psychological and social terms, in addition to the difficulty of dealing with patients and difficult working conditions.

## **2. Arab studies :**

### **A Study of the past (1991) :**

The study, which aims to find out the psychological pressures that guide nurses working in the city of Jerusalem, showed that the sample members suffer from negative societal and family views of the nursing profession and that married women suffer more from stress.

## **3. Local studies :**

### **A. Study of Muhammad Meziyan and ZwaiAmal:**

The study aimed to reveal the levels of burnout among nurses working in the hospital TidjaniDemirji University Hospital in Tlemcen due to the severity of the pressures they are under, and an attempt by the study owners to change the society's view of the nursing profession and provide a truer and more humane picture.

The study involved 36 nurses, including 12 nurses and 24 nurses, using the **Maslak and Jackson scale**

(1981) in order to calculate the intensity of the burnout, the results indicate that there are statistically significant differences between males and females, as well as statistically significant differences attributable to the variable of marital status in favor of unmarried couples.

**Seventh : Study limits:** The current study has been applied within:

**Time limits :** The study was conducted during the period from April 04 to April 11, 2018.

**2- Spatial boundaries:** The current study was conducted at the public hospital institution SroubAlamma-

**3- Human limits:** Represented by 265 working nurses in the public institution of Al-Alamah Hospital.

### **Eighth: Study procedures:**

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**Eighth: Study procedures:**

**1- Study Method:**

We relied in the completion of the current study on the field descriptive curriculum of the members of the study sample to identify the levels of social and psychological stress of nurses working in the public hospital institution, an exploratory study aimed at accurately describing and expressing levels of social and occupational stress in quantitative and qualitative terms.

**2. Sample study:**

The study community included 265 nurses and a sample of 26 nurses working in the public hospital institution, or 10%, were selected randomly, so the results can only be generalized to the statistical community or communities of similar characteristics, along with a commitment to apply the same research tools so that we can be generalizable.

**3- Data collection tools:**

We relied in the collection of data on the phenomenon to be studied on the questionnaire tool, which is one of the most important means of data collection and therefore a questionnaire was designed through which the necessary information was collected related to the levels of social and psychological stress of nurses working in the public hospital institution.

**Table No 01:** The distribution of the study sample according to marital status variable, age variable and number of years worked.

Answer		Professional news	Answer		The tooth	Answer		Social situation
%	T's		%	T's		%	T's	
19.23%	05	Lessthan 6 years	11.54%	03	From 21 to 27	42.31%	11	Married
50%	13	From 7 to 12 years	15.38%	04	From 28 to 33	30.77%	08	Single
19.23%	05	From 13 to 18 years	30.77%	08	From 34 to 39	11.54%	03	Absolute
11.54%	03	More than 18 years	42.31%	11	More than 40 years	15.38%	04	The widow
100%	26	Total	100%	26	Total	100%	26	Total

Through the table showing the data of the study sample, we record a difference that serves the research variables, as for the social status variable we find that married nurses represent the dominant group (42.31%) followed by the category of single nurses (30.77%).

As for the variable age of nurses, we find that the dominant group is those over 40 years of age (42.31%), followed by the category of nurses aged 34 to 39 years of age (30.77%).

In terms of the number of years worked, the most representative professional experience is 07 to 11 years (50%).

**Table 02:** The level of social stress indicators for nurses.

Total		Low		I'mhigh		Level of pressure
%	T's	%	T's	%	T's	Indicators of pressure
100%	26	26.92%	07	73.08%	19	Labor relations
100%	26	57.69%	15	42.31%	11	Relationship with patients
100%	26	30.77%	08	69.23%	18	Family obligations
100%	26	38.46%	10	61.54%	16	Total

We note from this table that most nurses experience social stress at 61.54%, especially in relation to work relationship stress at 73.08%, followed by family obligations at 69.22% and to a lesser extent in relation to patients at 42.31%.

**Table 03:** shows the level of stress indicators in nurses.

Total		Low		I'mhigh		Level of pressure
%	T's	%	T's	%	T's	Indicators of pressure
100%	26	26.92%	07	73.08%	19	Stress and fatigue
100%	26	30.77%	08	69.23%	18	Emotion and tension
100%	26	46.15%	12	53.85%	14	Look at others
100%	26	34.61%	09	65.39%	17	Total

We note from the table above that most nurses experience psychological stress by 65.39% especially with regard to stress-related stress and fatigue% by 73.08%, and emotion and stress by 69.23%% and to a lesser degree with regard to others' perception by 65.39%.

**Presentation and analysis of the results of the terms of study:**

**First hypothesis:**

The hypothesis states that “statistical differences of average sample grades exist in the level of social pressure of nurses belonging to the changing social situation”.

**Table 04:** The level of social pressure for nurses is illustrated by their family status.

Total		Lower pressure		High pressure		Pressure degree
%	T	%	T	%	T	Social situation

100%	11	36.36%	04	63.64%	07	married
100%	08	50%	04	50%	04	single
100%	03	%33.33	01	%66.66	02	divorced
100%	04	25.00%	01	%75.00	03	widowed
100%	26	38.46%	10	61.54%	16	Total
		Level of evidence	Wronglevel.	degrees of freedom.	C2 value	Kido test.
non-D (no differences)		0.23	0.05	03	04.22	

We note from the above table that most nurses have high pressure of 61.54 ?? , especially for widow nurses at 75.00 ?? , followed by female divorced nurses at 63.64 ?? .

It is clear to us that almost two thirds of the nurses are subject to social pressure during their work, regardless of their family status, and what is confirmed is the value of K2 ?? 04.22.

It can therefore be said that the first hypothesis is very weak and therefore rejected.

**Subsection II:**

The hypothesis states that “statistical differences of average sample grades exist in the level of psychological pressure of nurses belonging to the changing age.

**Table 5.05 shows the level of stress for nurses by age.**

Total		Lower pressure		High pressure		Pressure degree age
%	T	%	T	%	T	
100%	03	33.33%	01	66.67%	02	22. to 27
100%	04	25%	01	75%	03	28 to 33
100%	08	37.50%	03	62.50%	05	From 34 to 39
100%	11	36.36%	04	63.64%	07	Over 40 years
100%	26	34.61%	09	65.39%	17	Total
		Level of evidence	Wronglevel.	degrees of freedom.	C2 value	Kido test.
non-D (no differences)		0.97	0.05	03	0.21	

We note from the above table that most nurses have a high pressure of 65.39 ?? , especially for nurses aged 28-33, followed by the category of nurses at age 27. ☐

It is clear to us that almost two thirds of the nurses are subject to social pressure during their work, regardless of age, and what is confirmed is the amount of K2 estimated at 04.22.

It can therefore be said that the first hypothesis is very weak and therefore rejected.

**Subsection III:**

The hypothesis states that “statistical differences of average sample grades exist in the level of psychological pressure of nurses belonging to a variable professional experience.

**Table 06: The level of psychological pressure among nurses is explained by a variable professional experience.**

Total		Lower pressure		High pressure		Pressure degree Years of experience
%	T	%	T	%	T	
100%	05	20%	01	80%	04	Less than 6 years
100%	13	30.77%	04	69.23%	09	From 7 to 12 years
100%	05	40%	02	60%	03	From 13 to 18 years
100%	03	66.67%	02	33.33%	01	Over 18 years
100%	26	34.61%	09	65.39%	17	Total
		Level of evidence	Wrong level.	degrees of freedom.	C2 value	Kido test.
non-D (no differences)		0.57	0.05	03	01.98	

It can be noted that most nurses have a high rate of 65.39% , especially for women with less than 6 years professional experience.

Previous experience shows that almost two thirds of the nurses are exposed to social pressure while performing their work, regardless of the number of years of work, and what is confirmed is the value of (04.22).

It could therefore be said that the first hypothesis was too weak and therefore rejected.

**Recommendations :**

A combination of recommendations that reduce the psychological and social pressures of women and nurses can be made to ensure optimal performance and care for patients of different ages and their simple and intractable situations

- ✓ Need to create professional, social and psychological conditions for nursing professionals and That would ensure that the pressures they face, which undoubtedly have negative effects on their physical health, are alleviated.
- ✓ Define a legal framework compatible with the democratic and rational practice of nurses.
- ✓ Adopt a national strategy to improve the performance and psychological and professional care of nurses and nurses.
- ✓ Conduct meetings and training courses for nurses and nurses on how to cope with pressure on their career paths.
- ✓ The need to explain the tasks and the nature of pressure on new nurses and ensure the positive relationship with patients in the first instance, colleagues and officials, since the present study has shown that the pressure is increasing.

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