SOURCES AND LEVELS OF STRESS AMONG STAFF NURSES IN SELECTED HOSPITALS IN ROXAS CITY

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ABSTRACT

This is a descriptive and inferential study examining the sources and levels of stress among staff nurses in selected hospitals at Roxas City on March 2005. The theoretical basis for this investigation was anchored on Hans Selye's Theory, the General Adaptation Syndrome. Respondent's demographic characteristics as to age, civil status, position, length of service and income were determined. A population of 82 staff nurses in two selected hospital were the respondents of this study. The data were collected once through questionnaires for a period of thirty days Respondents were asked to rate the stressful events that they have experienced based on a modified Social Readjustment Rating Scale. The factors or independent variables which were administrative support and rewards, working conditions or atmosphere, relationship with colleagues and superiors, workload, hassles and uplifts in life were related with levels of stress of staff nurses.

The study revealed that most staff nurses experienced moderate level of stress based on life events. The stressors with fair or great extent of stress experienced by the

respondents were on administrative support and rewards, working conditions and relationship with colleagues and superiors. While workload contributed moderately, hassles and uplifts had high categories on stress level of nurses.

Age, civil status, position and length of service were not significantly associated with the different sources of stress. Such as administrative support and rewards, working conditions, relationship with colleagues and superiors, workload, hassles and uplifts. However, income is the only characteristics which was significantly associated with administrative support and rewards and uplifts but not with other independent variables.

On the basis of these findings, awareness of these stressors and levels of stress would enable the hospital and nursing top managers to develop and implement strategies to prevent or reduce the sources of stress. The staff nurses would acquire more ideas on possible stressors, its coping mechanisms and management, thus, their health and well being could be protected. Quality and effective nursing care for clients could be attained if staff nurses work in a less stressful or free stress environment.