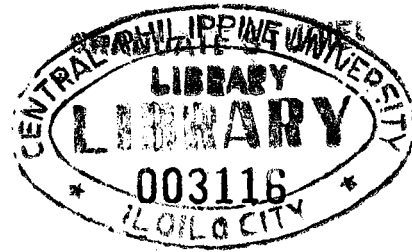


**KNOWLEDGE ON STRESS AND COPING STRATEGIES OF NURSES IN
GOVERNMENT HOSPITALS OF CAPIZ**



A Thesis

**Presented to
The Faculty of the College of Nursing Graduate Program
Central Philippine University
Iloilo City**

**In Partial Fulfillment
of the Requirement for the Degree
MASTER OF ARTS IN NURSING**

**JEFFREY D. ABUNAS
May 2017**

KNOWLEDGE ON STRESS AND COPING STRATEGIES OF NURSES IN GOVERNMENT HOSPITALS OF CAPIZ

by

Jeffrey D. Abunas

ABSTRACT

Considering the inevitability of stress in the workplace, it is imperative that nurses be equipped with proper knowledge and coping strategies to maintain quality service and ensure good patient outcomes. In view of the literature gap on this matter, particularly among nurses at the Capiz province, this study was conducted. A descriptive-correlational method was employed to determine the characteristics, knowledge on stress and coping strategies among staff nurses. It also determined the presence and degree of relationship between and among the variables. An adopted questionnaire was self-administered among 150 staff nurses who were identified through stratified random sampling among the three government hospitals of Capiz. Collected data were statistically analyzed using frequency counts by mean and percentage, as well as Chi-Square and Gamma tests with significance set at 0.05 level. The nurses of government hospitals of Capiz were mostly young adult female, single with a higher proportion working at special areas namely ER, OR/DR. They had short tenure and have not attended seminars or trainings on stress management. Their knowledge on stress was average while their coping strategies were adaptive. Among the characteristics of the nurses, only area of assignment and attendance in seminars/trainings were found to have significant relationship with their knowledge on stress in favor of OPD nurses and those who have attended seminars/trainings. Further, only age and length of service

were significantly related with their coping strategies in favor of younger nurses and those with short tenure. Their knowledge on stress had significant relationship with their coping strategies. The study has strong implications toward the Nursing Service and Hospital Administrators on enhancing nursing knowledge on stress and its management through seminars and trainings with emphasis on ward nurses as well as the older and longer tenured ones.