

Stress among Nursing Professionals in Corporate Hospitals: An Empirical Research Study with Special Reference to Telangana Region

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Abstract:-Purpose/aim:- The aim of the investigative research study is to investigate the stress factors among the nursing professionals in corporate hospitals of Telangana state. Researcher is going to collect opinion from various respondents with respect to various factors and assessment through demographical variables.

Design/Research Design:- It is a descriptive research design. The researcher has collected 200 samples from various sources followed by applied various descriptive and inferential statistical tools to assess the things in all dimensions. Researcher applied various tests like: simple correlation, ANOVA and frequency tests and followed by other tests to assess the context in all dimensions.

Findings/Outcome:- The outcome of the research witnessed that there are various factors which influence on feeling stress among nursing professions in the study area. The factors like: financial, un-able to manage work-life and work-life conflict, personal, financial and other factors which influence a lot on feeling stress among nursing professionals in corporate hospitals of Telangana Region.

Research Limitations/Implications:- However, the research will have self common method bias. In fact, the outcome of the research may not generalize to the entire country as socio-economic conditions of the country will change from one place to another place.

Practical Implications:- It is a practical in nature, the outcome of the research will be applied in all contexts as it is a practical phenomenon, it can be applied to all parts of the country where stress among work-life balance will come in tot eh picture.

Social Impact:- The research it is having social impact, as the research itself related to social dimension.

Originality:- The research it is original in nature and no part of the research not copied from any sources. It is original in nature.

Index Terms:- nursing professionals, nursing employees, work-life of nursing professionals.

1.INTRODUCTION

The present research study was to know the impact of various factors on nursing professionals in corporate hospitals of Telangana State. It is a field where huge amount of stress will be generated which make them to feel more stress in their profession. The stress among the working professional will impact on many aspects like: work-life conflict, financial problems, personal problems and professional problems will makes them to feel

more stress in their work. Therefore, it is mandatory to study the work related problems and issues of women and men in their practical concern to study the various problems related to nursing professionals. There are various problems of nursing professional like: frequent head ache, appetites, chest pain, and other related problems followed by the various problems related to financial aspects which may not be sufficient to meet the both ends in the contemporary scenario. There is a huge amount of literature also witnessed that there are many sorts of problems which come across in the competitive context especially for men and women while they are in their profession.

II.LITERATURE REVIEW

Nurses' jobs are marked by heavy workloads, the need to acquire new technology, the need to work increasingly tight schedules, and the necessity to respond to emergencies. Excessive working hours, as well as shift work with its constantly changing pattern, cause stress. Stress has also been exacerbated by poor management and supervisory methods [1]. Stress has been found as a cause in poor job performance and low job satisfaction by the researchers [2][3]. According to a study conducted by Nabirye RC and his colleagues, occupational stress has an impact on job satisfaction and performance among nurses [4]. Nursing stress and job satisfaction were also found to have a substantial negative association in the research [5]. The research also discovered that job satisfaction had little to do with job performance [6].

Objectives:-

1. To review the literature related to work related stress among nursing professionals in the selected region.
2. To study the various factors which impact on nursing professions in the selected region.
3. To suggest the best factors of handling the stress factors under various circumstances.

Need & Importance:-

There is a huge importance to study the various factors which impact on performance of nursing employees in the state of selected state. As the performance of nursing professions are essential as rendering service depends on employee job satisfaction if, employees are highly satisfied then automatically work related performance also will increase.

Scope of the study:-

The research in terms of objective restricted to the assess the employee stress among nursing professionals and scope in terms of location, it is restricted to Telangana states and corporate hospitals only.

Hypothesis:-

H_a(1): There is a significant positive relationship between employee job satisfaction and job performance.

H_a(2): There is a significant difference between stress factors with respect to gender.

H_a(3): The all stress factors are positively correlated with each other.

Statement of the Problem:-

The title entitled to "Stress among Nursing Professionals in Corporate Hospitals: An Empirical Research Study with Special Reference to Telangana Region" which explains the stress factors of men and women employees in the selected state.

3. RESEARCH DESIGN AND METHODOLOGY

It is a descriptive research design. The researcher has taken the advantage of both primary and secondary data sources for analyzing the data in a systematic manner.

Data Sources:- The researcher has collected both primary and secondary data sources. The primary data sources include survey methods of questionnaire. The secondary data sources include: articles, government reports.

Sample Size:- The researcher has taken 200 sample size to collect from various respondents on the basis of stratified random sampling.

Sampling Techniques:- The researcher used ANOVA, Chi-Square and frequencies to perform the tests in a systematic manner.

Normality:- The data normality has done through histogram and which has shown and data has shown normal distribution.

Sampling Frame:- The sampling frame include the nursing professionals in the corporate hospitals of Telangana State.

DATA ANALYSIS AND INTERPRETATION

Table1: Stress Factors (Vs) Gender

		N	Mean	t-Statistics	Sig
Finance Problems	Male	120	4.280	.211	.578
	Female	80	4.184		
	Total	200	4.150		
Professional Problems	Male	120	3.630	.321	.541
	Female	80	3.611		
	Total	200	3.224		
Personal Problems	Male	120	3.254	.237	.125
	Female	80	3.245		
	Total	200	3.127		
Family Problems	Male	120	2.147	.257	.112
	Female	80	2.478		
	Total	200	2.288		

From the above Table.1 shows that out 200 sample respondents the majority 120 respondents are belongs to male and they opined that they are facing Finance Problems and the corresponding Mean value is 4.280 followed by professional problems are 3.224 and the

Table.2: Stress Factors (Vs) Age Group

personal problems are 3.127 followed by the family problems with respect to the gender of the respondents and corresponding mean value is 2.288 and the all values have shown there is no significant relationship with the gender of the respondents

Stress among Nursing Professionals		N	Mean	F-Value	Sig.
Finance Problems	<25	12	2.7150	.214	.613
	26-40	65	2.4513		
	41-50	69	2.6068		
	>51	54	2.5500		
	Total	200	2.3900		
Professional Problems	<25	12	2.3500	.277	.841
	26-40	65	2.7672		
	41-50	69	2.7315		
	>51	54	2.6200		
	Total	200	2.6250		
Personal Problems	<25	12	2.6672	.410	.410
	26-40	65	2.4315		
	41-50	69	2.5200		
	>51	54	3.2000		
	Total	200	3.1450		
Family Problems	<25	12	2.4200	.870	.314
	26-40	65	3.1000		
	41-50	69	3.3411		
	>51	54	3.1600		
	Total	200	3.2500		
Health Problems	<25	12	2.5400	.217	.612
	26-40	65	3.3100		
	41-50	69	3.2411		
	>51	54	2.6100		

	Total	200	3.6100		
Psychological Issues	<25	12	3.4875	.019	.713
	26-40	65	2.4100		
	41-50	69	3.1110		
	>51	54	3.6800		

From the above Table.2 it is evident out of 200 sample respondents the majority 69 respondents are belongs to the age group of 41-50 years followed by 65 members are belongs to 26-40 years and >51 years age group are 54 respondents and the corresponding mean value of financial problems is 2.74150 for <25 years followed by 26-40 years is 2.4513 and 41-50 years is 2.6068 and the >51 years is 2.5500 and the total mean value is 2.3900. Therefore, it can be conclude that all the respondents are having similar opinion about the financial problems in the contemporary scenario.

From the above Table.2 it is evident out of 200 sample respondents the majority 69 respondents are belongs to the age group of 41-50 years followed by 65 members are belongs to 26-40 years and >51 years age group are 54 respondents and the corresponding mean value of professional problems is 2.3500 for <25 years followed by 26-40 years is 2.7672 and 41-50 years is 2.7315 and the >51 years is 2.6200 and the total mean value is 2.6250. Therefore, it can be conclude that all the respondents are having similar opinion about the professional problems in the contemporary scenario.

From the above Table.2 it is evident out of 200 sample respondents the majority 69 respondents are belongs to the age group of 41-50 years followed by 65 members are belongs to 26-40 years and >51 years age group are 54 respondents and the corresponding mean value of personal problems is 2.6672 for <25 years followed by 26-40 years is 2.4315 and 41-50 years is 2.5200 and the >51 years is 3.2000 and the total mean value is 3.1450. Therefore, it can be conclude that all the respondents are having similar opinion about the personal problems in the contemporary scenario.

From the above Table.2 it is evident out of 200 sample respondents the majority 69 respondents are belongs to the age group of 41-50 years followed by 65 members are belongs to 26-40 years and >51 years age group are 54 respondents and the corresponding mean value of family problems is 2.4200 for <25 years followed by 26-40 years is 3.1000 and 41-50 years is 3.3411 and the >51 years is 2.6100 and the total mean value is 3.2100. Therefore, it can be conclude that all the respondents are having similar opinion about the family problems in the contemporary scenario.

From the above Table.2 it is evident out of 200 sample respondents the majority 69 respondents are belongs to the age group of 41-50 years followed by 65 members are belongs to 26-40 years and >51 years age group are 54 respondents and the corresponding mean value of health problems is 2.5400 for <25 years followed by 26-40 years is 3.3100 and 41-50 years is 3.2411 and the >51 years is 2.6100 and the total mean value is 3.6100.

Therefore, it can be conclude that all the respondents are having similar opinion about the health problems in the contemporary scenario.

From the above Table.2 it is evident out of 200 sample respondents the majority 69 respondents are belongs to the age group of 41-50 years followed by 65 members are belongs to 26-40 years and >51 years age group are 54 respondents and the corresponding mean value of Psychological Issues is 3.4875 for <25 years followed by 26-40 years is 2.4100 and 41-50 years is 3.1110 and the >51 years is 3.6800 and the total mean value is 3.7120. Therefore, it can be conclude that all the respondents are having similar opinion about the psychological problems in the contemporary scenario.

Findings:-

1. There is no significant difference between financial problems and gender of the respondents.
2. There is no significant difference between professional problems and gender of the respondents.
3. There is no significant difference between personal problems and gender of the respondents.
4. There is no significant difference between family problems and gender of the respondents.
5. There is no significant difference between health problems and gender of the respondents.
6. There is no significant difference between Psychological and gender of the respondents.
7. There is no significant difference between financial problems with respect to age group of the respondents.
8. There is no significant difference between professional problems with respect to age group of the respondents.
9. There is no significant difference between personal problems with respect to age group of the respondents.
10. There is no significant difference between family problems with respect to age group of the respondents.
11. There is no significant difference between health problems with respect to age group of the respondents.
12. There is no significant difference between Psychological with respect to age group of the respondents.

Scope for Future Research:-

The scope of the feature research can be extended in different areas of stress among professionals of nursing in the contemporary aspects. We can perform comparative study between the different states of the country with respect to stress among nursing professionals in the contemporary world.

Conclusion:-

Therefore, it can be conclude that the stress among the nursing professionals plays a significant role while rendering the service to the society as stress among nursing professionals is high it is very tough to get the expected service from every individuals in the society. Hence, the corporate hospitals and the governments should come forward to overcome the problem of nursing professionals by providing the better aspects for the growth of nursing professionals in the contemporary world.

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