



GENDER DIFFERENCE IN STRESS LEVEL OF GOVERNMENT AND PRIVATE HOSPITAL NURSES

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Abstract:

The present study was undertaken to know the gender difference in stress level among Government and Private Hospital nurses. 60 Male and 60 Female nurses were selected from the Government and Private Hospital in Tumkur district (Karnataka) for the assessment of Stress level. The study revealed that there is a significant gender difference in stress level among government hospital nurses but there is no significant gender difference in stress level among private hospital nurses.

KEY WORDS:

Stress, Government And Private Hospital Nurses.

INTRODUCTION

Work plays a central role in the lives of many people, and thus the impact of occupational stress is an important issue both for individual employees and the organizations in which they work. Stress experienced at work can have adverse outcomes for the well-being of individual employees and organization as whole.

Stress is a feeling of tension or pressure that people experience when demands placed on them exceed the resources they have to meet these demands (Moore, 1995). There is a considerable debate among stress researchers about how to adequately define stress. According to Selye (1956), "Any external event or internal drive which threatens to upset the organism's equilibrium is stress." Selye has defined stress as the non-specific response of the body to any demand made upon it. Lazarus (1980) sees Stress as a result of a transaction between person and environment. Zimbardo (1988) defined stress as "the pattern of specific and non-specific responses an organism makes to stimulus events that disturbs its equilibrium and exceed its ability to cope. From the foregoing definitions it may be pointed out that the researchers explained the notion of stress from various perspectives: i) as an external force which is perceived as threatening; ii) as response to a situation demanding an individual to adapt to change, physically or psychologically; iii) as an interactional outcome of the external demand and internal resources; iv) as personal response to certain variations in the environment and v) a more comprehensive combination of all. Stress can be defined as an event that creates physiological or psychological strain for the individual (Neufeld 1990). A stressor is a tiring event or stimulus irrespective of its effect on the individual. Subjective distress is the individuals unique cognitive appraisal of a stressor being stressful a stress response is the set of psycho-physiological reaction that occur in response to stressors.

Symptoms of stress: Common symptoms of stress are as follows:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.

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- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

There is also a signs of stress in thinking, behavior, or mood.

- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.

Review of Literature

World over, there is a growing interest on “Role stress in healthcare professionals.” A number of studies have been undertaken in other countries as well as in India investigating the problem of role stress among healthcare workers. These studies have indicated that job of healthcare workers is highly stressful.

Work stress is increasingly recognized as one of the most serious occupational health hazards reducing workers satisfaction and productivity, and increasing absenteeism and turnover (Gianakos, 2001). Hospital staff in particular is subject to work related stress simply because they are severely challenged by their rapidly changing environment (Al-Aameri, 2005).

A cross-sectional study was conducted to explore factors associated with occupational stress by Li wang, Lie Jin (2008), among 2613 female nurses from 20 hospitals in China. A general linear regression model was applied to analyze the factors associated with occupational stress. Role boundary and role insufficiency were the factors that had the highest association with occupational stress.

Methodology

The Theoretical and empirical literature reviewed, underlined the need for assessing the stress level adapted by nurses. The present study is designed as follows.

Aim:

The present study aims at examine the gender difference in stress level of government and private hospitals nurses.

Objectives:

The objectives of the present study are:

1. To study the Gender difference in stress level of government hospital nurses.
2. To study the Gender difference in stress level of private hospital nurses.

VARIABLES:

1. Independent Variable: Stress
2. Dependent Variable: Response of the hospital nurses.

HYPOTHESIS:

To examine the above objectives the following hypothesis are used.

1. There is no significant gender difference in the stress level among government hospitals nurses.
2. There is no significant gender difference in the stress level among private hospitals nurses.

Research Design:

Between Group research deigns is used to examine the relationship between the stress level of nurses.

Sample: Purposive Sampling technique adapted for the study.

Demographic variables: The following table provides information of the participants with regard to Age and sex.

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	Age range	Govt.Hospital Nurses	Private Hospital Nurses	Total
Male	19-50yrs	30	30	60
Female	19-50yrs	30	30	60
Total		60	60	120

Assessment tools:

The following are the assessment tools used for the present study
 Personal data sheet
 Stress Level Questionnaire (Dr. Latha sathish 1988)

STATISTICAL ANALYSIS

A 't' test is computed to examine the difference between male and female with respect to Stress level of government and private hospitals nurses.

Results And Discussion

The present study is aimed at studying the gender differences in Stress level of government and private hospitals nurses based on the results of the Stress level Questionnaire.

Stress level and Gender :

Below table indicates the mean, SD, 't' value and level of significance of Stress Level in male and female nurses of government hospital.

Sl. No	Group	N	Mean	SD	't' value	Level of significance.
1	Male	30	21.4	6.74	4.1**	sig. at 0.01
2	Female	30	14.1	7.07		

The gender difference in Stress level of government hospitals nurses was examined using 't' value. Mean Stress level score of males is 21.4 and females had a mean Stress level score of 14.1. The obtained 't' value of 4.1 is significant at 0.01 level, shows there is a significant gender difference among government hospital nurses and thus not supporting the first hypotheses of the study.

Below table indicates the mean, SD, 't' value and level of significance of Stress level in male and female private hospital nurses.

Sl. No	Group	N	Mean	SD	't' value	Level of significance.
1	Male	30	19.9	9.28	0.71	Not sig. at 0.05
2	Female	30	18.2	9.29		

The gender difference in Stress level of Private hospital nurses was examined using 't' value. Mean Stress level score of males is 19.9 and females had a mean Stress level score of 18.2. The obtained 't' value of 0.71 is not significant at 0.05 level, shows there is no significant gender difference among Private hospital nurses and thus supporting the second hypotheses of the study.

Summary:

The present study was aimed at studying the gender difference in the Stress level. The subjects for the study consisted of Govt. and private hospital Nurses, both Male and Female aged 19 years to 50 years.

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120 Nurses were administered the Stress level questionnaire. From the findings, it can be stated that there exists significant gender difference in the Stress level of government hospital nurses but no significant gender difference in the stress level of private hospital nurses.

Conclusion:

1. There is a significant Gender difference in the stress level among government hospitals nurses.
2. There is no Significant Gender difference in the stress level among government hospitals nurses.

Limitations of the study:

A larger sample should have been considered for the study, which would have facilitated a better understanding of the chosen population.

The sample was taken from Govt. /Non Govt. Hospital in Tumkur. Hence the results can not be generalized to the larger population.

Follow up studies could not be conducted.

Suggestions for further research

- a. Studies using these variable can also be conducted on different/heterogeneous groups.
- b. A longitudinal study may be done on the Stress level of Nurses.
- c. A larger sample can be considered for the study.

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