

A Study on Stress Management of Healthcare Professional in Hospital

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ABSTRACT - “The young doctor should look about early for an avocation, a pastime that will take him away from the patients, pills, and potions.” Medical training should include helping doctors recognize their own limitations and develop skills to better track how stress affects their well-being and professional practice. This research work is a process to study the need and techniques of stress management. It is based on all people who are working and students. The sample size used for this research is 20. The tools are used for this research are “chi-square Test, percentage analysis.”

Key words: Stress, Pressure, Health care, doctors, medical field.

I. INTRODUCTION

Stress is the “wear and tear” our minds and bodies experience as we attempt to cope with our continually changing environment. Stress is the reaction people have to excessive pressures or other types of demand placed upon them. It arises when they worry that they can’t cope. Problems with healthcare seem to be getting quite a bit of process, but one significant problem may not be receiving enough attention. This is the challenge of having a high population of overly-stressed doctors. Understanding the stress doctors face and how it affects them can help us to understand behind the scenes factors the doctors deal and raise awareness of their heavy level of stress. Stress management consists of making changes to life if women are in a consistent stress level is actually a survival, response when our body thinks that it is in danger. Every woman has a different journey when getting to the root cause of stress, symptoms of stress may include an increased heart rate, disturbances, etc.... Employee in both public and private sector experiences stress and respond in different ways today’s life is so busy and complex and stress can manifest itself in both positive and negative way. Healthcare is defined as the prevention, treatment and management of illness and the services offered by the medical and health professions. The need towards having the safest working environment and the best quality of health care delivery to patients by health care professionals overemphasized. It is therefore imperative to identify factors that promote these goals and to prevent other negative factors from impeding their achievement. Work stress has been recognized as a main issue in service delivery in every organization and in most field of works. How this work stress affects health care professionals institution, how they cope with it and the resultant effect of the coping strategies on their output forms.

II. REVIEW OF LITERATURE

Literature review focused on a research question that tries to identify, appraise, select and synthesize all high quality research evidence relevant to the question. Systematic reviews of high quality randomized controlled trials are crucial to evidence based medicine. An understanding of systematic reviews and how to implement them in practice is becoming mandatory for all professionals involved in healthcare delivery (aveyard Helen 2014)

Brendal happel (2013) nurses and stress recognizing causes and seeking solution journal of nursing management. They identify from the perspective of nurses, occupational stresses and ways in which they may be reduced.

Saijo y (2013) Australia an journal of rural health. He explained the difference in burnout status and job stress.

Maria tims, Arnold B.baker (2011) do transformations leaders enhance their followers daily work engagement the leadership quality. They look into how transformational leaders enhance their daily works engagement.

Nielson (2008) the importance of transformation leadership style for well being of employees working with older people, journal of advanced nursing. He found the relationship between transformational leadership, anticipated working conditions and employees well being job satisfaction.

Van de (2008) managing what kind of job stress in nursing what kind of resources do we need. Journal of advanced nursing discovered the different kinds of job resources and their functions for managing job stress in health care professional.

III. RESEARCH METHODOLOGY

3.1 OBJECTIVES

To analyses the stress in individuals life.
To know the importance of stress management.
To study whether stress management techniques is successful in managing stress.
To identify the different methods and techniques of reducing stress.

3.2 RESEARCH DESIGN

3.2.1 Sampling techniques

simple random technique was used for this research.
The study is focused on the healthcare professionals.

3.2.2 Sample size:

Sample size is 20.

3.2.3 Method of data collection:

“Questionnaire method” was used to collect data from the health care professionals.

3.2.4 Tools for analysis:

“Chi-square” and “percentage analysis” is used to analyse the data

3.2.5 Limation of the study:

The major problem that we faced during process of data collection is lack of response from the health care professionals.

IV. DATA ANALYSIS AND INTERPRETATION

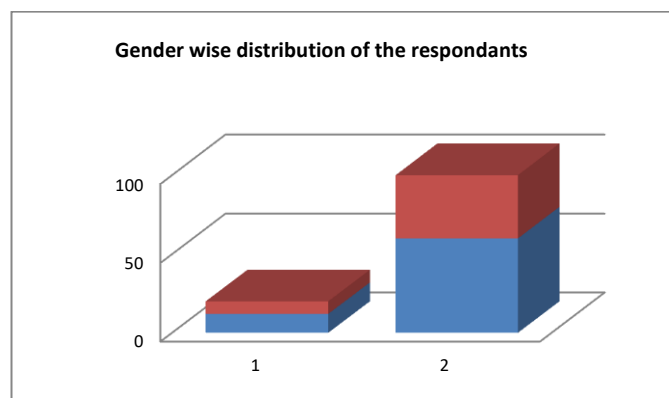
4.1 Gender wise distribution of the respondents

S.NO	PARTICULARS	RESPONDANTS	PERCENTAGE
1	Male	12	60%
2	Female	8	40%
3	Total	20	100

INTERPRETATION

The above table clearly shown that is 60% of them were male and 40% of the were female.

Figure 4.1



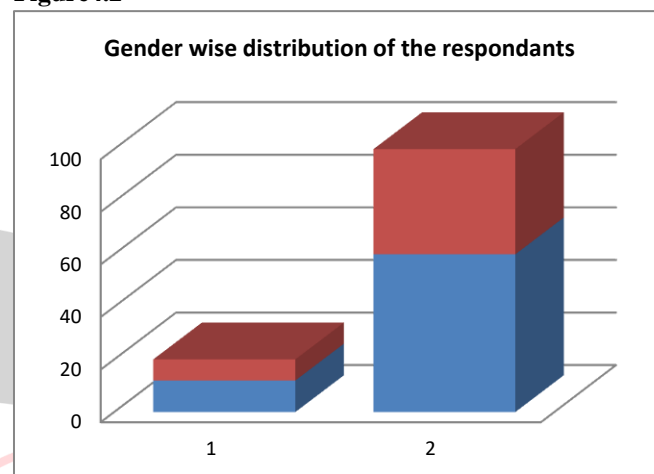
Nature of job wise distribution of the respondents

S.NO	PARTICULAR	RESPONDANTS	PERCENTAGE
1	Permanent	6	30%
2	Temporary	14	70%
3	Total	20	100%

INTERPRETATION

From the above it is clearly shows that 70% of the respondents were temporary and 30% were only permanent employees.

Figure 4.2



4.3 Marital status distribution of the respondents

S.NO	PARTICULARS	RESPONDANTS	PERCENTAGE
1	Married	9	45%
2	Unmarried	11	55%
	Total	20	100%

INTERPRETATION

From the above table it is clearly shown that 55% of the respondents were unmarried people and 45% off married.

Figure 4.3

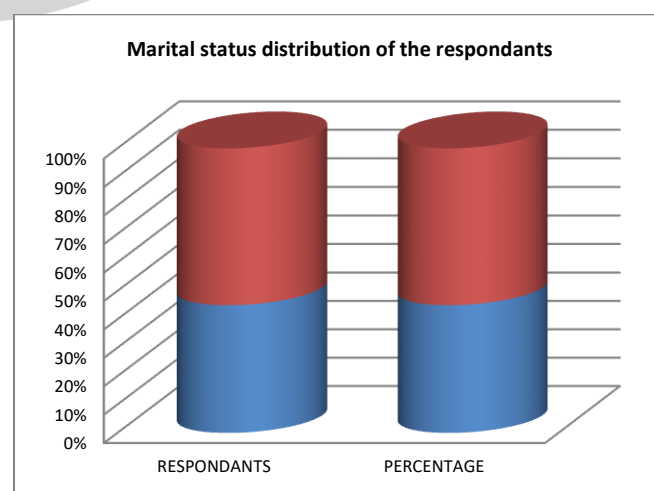


Table 4.3 Association between gender and their satisfied with provident fund provided by the institution with the stress management of healthcare professionals at hospital.

Null Hypothesis (Ho): There is no significant relationship between gender and provident fund provided by the institution.

Alternative Hypothesis (Ha): There is significant relationship between age and provident fund provided by the institution.

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.002 ^a	1	.964		
Continuity Correction ^b	.000	1	1.000		
Likelihood Ratio	.002	1	.964		
Fisher's Exact Test				1.000	0.658
Linear-by-Linear Association	.002	1	.965		
N of Valid Cases	20				

a. 3 cells (75.0%) have expected count less than 5. The minimum expected count is 4.05.

b. Computed only for a 2x2 table.

V. RESULT

Calculate the value = .658

Degree of freedom = .649

Therefore, the table value at 5% level of significance is .658 as, calculated value < tabulated value, null hypothesis is accepted.

Hence there is no significant association between gender and provident fund provided by the institution with the stress management of stress management of health care professionals.

VI. CONCLUSION

Stress is unavoidable now-a-days it can be handle positively by coordination with workers, time management, loving the professional, family support, and creating personal hobbies improves your diet ,by eating well-balanced meals and skipping junk food. Make time for exercise meditation and yoga that is a phenomenal way of dealing with stress and depression.

REFERENCE

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