



## Stress Among Health Care Workers.

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### Abstract

*The present study was design to study of stress among health care workers. The sample consist of total 100 subjects including two groups first group gender i.e. male (n=50) and female (n=50) and second group area i.e. rural (50) and urban (50) health care workers. The two way analysis of variance was used for compare the group of area and gender. Personal Stress Source Inventory is use for data collection. The result shows that there is significant difference between male and female health care workers on stress. There is significant difference between rural and urban health care workers on stress.*

**Keywords:** *Stress and Health Care workers*

### INTRODUCTION:

The term “Stress” refers to the psychological state which derives from the person’s appraisal of the success with which he or she can adjust to the demands of the society environment. When students appraise their education as challenge, stress can bring them a sense of competence and an increased capacity to learn, when education is seen as threat, however, stress can elicit feelings of helplessness and a foreboding sense of loss (Lazarus, 1966). The Yerker-Dodson Law (1908) Postulates that individual under low and high stress learn the least and those under moderate stress learn the most.

Taking into considerations of several articles published on the emotional intelligence and psychological distress of college students, one can safely conclude that 20 to 30 percentage of student population worldwide suffering from psychological stress. Stress is any situation that evokes negative thoughts and feelings in a person. Stressful events can be appraised by individual as “Challenging” or “threatening” (Lazarus).

Health care workers play a vital role in maintaining and improving public health. They encompass a broad range of professions, including but not limited to: Doctors - Physicians who diagnose and treat illnesses. Nurses - Registered nurses (RNs), licensed practical nurses (LPNs), and nurse practitioners (NPs) who provide direct patient care and support. Medical Assistants - Professionals who assist physicians in clinical settings, handling administrative tasks and basic patient care. Pharmacists - Experts in medication who dispense prescriptions and offer advice on drug interactions and health management. Allied Health Professionals - This category includes a variety of roles such as physical therapists, occupational therapists, radiologic technologists, and respiratory therapists. Clinical Laboratory Technicians - Specialists who perform tests and analyze bodily fluids to aid in diagnosis. Mental Health Professionals - Psychiatrists, psychologists, social workers, and counselors who focus on mental health



care. Public Health Workers - Individuals working on health promotion, disease prevention, and health policy at community or governmental levels. Present study only nurses are included as health care workers.

Work in healthcare often involves: Intensely stressful and emotional situations in caring for those who are sick. Unique pressures from relationships with the patient, family members, and employers. Health care workers face a unique set of stressors that can significantly impact their mental and physical well-being. Here are some key aspects surrounding this issue: Many healthcare professionals experience long hours and heavy patient loads, leading to physical and emotional exhaustion. Constant exposure to suffering, illness, and death can create significant emotional stress and lead to feelings of helplessness or burnout. High-stress environments, such as emergency rooms or intensive care units, can contribute to anxiety and stress among healthcare workers. Insufficient staffing, inadequate supplies, and limited support can exacerbate stress levels. Healthcare workers may face scrutiny or unrealistic expectations from the public and media, which can heighten stress.

**OBJECTIVES OF THE STUDY:**

1. To study the stress of male and female health care workers.
2. To study the stress of urban and rural health care workers.

**HYPOTHESES OF THE STUDY:**

1. There will be significant differences among male and female health care workers on stress.
2. There will be significant differences among rural and urban female health care workers on stress.
3. There will be a significant interaction effect of independent variable gender and area on stress.

**METHODOLOGY:**

**Participants:**

For this research work a simple random sampling technique was used. Present study only nurses are included as health care workers. The sample consist of total 100 subjects including two groups first group gender i.e. male (n=50) and female (n=50) and second group area i.e. rural (50) and urban (50) health care workers. The age level, educational status and nativity of the subjects had controlled to a certain extent i.e., age ranges between 22-28 years, educational status below graduation.

**Variable:**

**Independent variable**

1. Gender
2. Area

**Dependent variable**

1. Stress

**Research Design**

To reach out the objectives of present investigation 2X2 factorial design is used as depicted below;

**2 X 2 Factorial Design**

Area (B)	Gender (A)	
	Male (A1)	Female (A2)
Rural	A1B1	A2B1
Urban	A1B2	A2B2

**Psychological Devises:**

The following psychological devises were used in the present research work.

**1. PERSONAL STRESS SOURCE INVENTORY (PSSI):**

In order to assess the stress of teacher educators, many types of scales have been used by the researchers. For the present study, Manual for Personal Stress Source Inventory PSSI was used for measuring the stress of teacher educators. The important factor for using this scale was the basic concept of stress level adopted by this scale. Another reason for using this test was that it is available both in Hindi and English languages. It can be easily administered and scoring is very simple.

The scoring of PSSI is very simple. Eve is given a score of 1, marked 'Sometimes' 'frequently' a score of 3. Unmarked items scores earned by the testers on every marked item are added together to yield a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. The maximum score on PSSI is 105.

PSSI has both test-retest reliability and internal consistency reliability. For calculating test-retest reliability the inventory was administered twice with a gap of 14 days on an unselected sample of 200. The test-retest reliability was found to be .79 which was not only high but also statistically significant. The coefficient of concordance (correlation), among the ranking of 10 judges was .62 which, in terms of chi-square test of significance, was significant ( $X^2 -K(N -1) W$ ). Therefore, the PSSI also possessed a sufficient degree of content validity.

**Result and Discussion:**

The mean (with graphical representation) and standard deviation for stress level were analyzed. Looking to the objectives of the present investigation analysis of collected data was done by employed 2X2 way ANOVA with the help of SPSS, in order to study the effect of various independent variables on stress.

**Table No. 1****ANOVA Table of health care workers on stress**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Gender	1317.69	1	1317.69	11.08	0.01
Area	506.25	1	506.25	4.25	0.05
Gender * Area	3.61	1	3.61	0.03	NS
Within	11415.04	96	118.90		
Corrected Total	13242.590	99			

In the above table the main effect of gender F value was found 11.08 which is a significant on 0.01 Level. The F value denotes the male and female health care workers differ significantly each other on stress level. Another main effect of area F value is 4.25 which is a significant on 0.05 Level. The F value denotes the rural and urban health care workers differs significant than the each other on level of stress. And the interaction effect between gender and area F value is 0.03 which is not significant.

**Table No. 4 shows that mean and SD of health care workers for stress**

	Male	Female	Rural	Urban
<b>Mean</b>	61.34	54.08	55.46	59.96
<b>S.D.</b>	10.88	11.17	59.96	12.01
<b>N</b>	50	50	50	50

The result in the present study shows that the mean score of stress for male and female, rural and urban health care workers was found 61.34, 54.08, 55.46 and 59.96 respectively. The difference between means score of male and female health care workers is different with each other. And the second independent variable in the study is area. The figure shows that there is a significant difference of rural and urban health care workers with respect of stress.

According to hypothesis one that is, “There will be significant difference among male and female health care workers on stress” is accepted. The second hypothesis in the study that is “There will be significant difference among rural and urban health care workers on stress” is accepted. The second hypothesis in the study that is, There will be a significant interaction effect of independent variable gender and area on stress is rejected.

**Conclusion:**

- There is significant difference among male and female health care workers on stress.
- There is significant difference among rural and urban health care workers on stress.

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