

“A DESCRIPTIVE STUDY TO IDENTIFY THE MENTAL HEALTH STATUS OF STAFF NURSES IN SELECTED HOSPITAL AT VIRUDHUNAGAR”

Prof.Mrs.M.Manimehalai,¹ Mrs.S.Muthumari,² Mrs.R.Sangeetha,³ Mrs. P.Saravana Kumarai,⁴ and Mrs.S.S.Vijayalakshmi⁵

¹Vice principal - V.V.Vanniaperumal Nursing College For Women, Virudhunagar

^{2,3,4,5} Nursing Tutor, V.V.Vanniaperumal Nursing College For Women, Virudhunagar

Corresponding author e-mail: gurumehala@gmail.com

Abstract

Background : Nurses face a variety of stressors that can impact their mental health .It is necessary to make proactive choices that support mental well being .This study was done to identify the level of Mental Health Status among staff nurses . **Objective :** The aim of the study was -to identify the mental health status of staff nurses in selected hospital at virudhunagar. **Methodology:** Non probability purposive sampling technique was used and 30 samples were participated . Symptom check list 90 to assess the mental health status was used for data collection. Descriptive statistical methods were used to organize ,tabulate and analyse the data which was collected. **Results:** Major findings of the study were, among 30 staff nurses, 93.33% had good score of mental health status, 6.66% had average score of mental health status and 0% had poor score of mental health status. This study concluded that many staff nurses had good Mental Health Status where as only two staff nurses had average Mental Health Status and none had poor Mental Health Status.

Key words – Health,Mental Health, Mental Health Status, staff nurse

Introduction

Stress occurs when there is a deviation in the environment, which is recognized as a harm challenge, or warning to one's balanced situation¹. Prolonged stress can results in physical and mental burnout. It also affects individual's activity of day today living². Health care personnels are always prone to get exhausting situations and factors, which causes stress due to their duty band caring towards sick persons³. Work place highly makes the nurses to have opposed stressful situations, which sometimes harms their health⁵. Nursing is a challenging job, and mostly eighty percentage of healthcare personnels are nurses in our country, and nurses are providing eighty percentage of healthcare services to the patients^{5,6}. Nurses expose poor social media, which is the main rationale for their work tension⁷. There are few factors like Personal commitments, work place pressure and job concerns produces stress in the nursing profession⁸.

Need For Study :

The one of the valued topics of nursing research is assessing mental health status of nurses who are working in hospital . WHO says that Nursing personnels are in the 27th place in evaluation of 130 challenging jobs sorted based on their reference ⁹. There are some factors like misunderstanding with co-workers , seeing death daily , lack of supporting system , lack of time to rectify emotional and other problems of patients, and professional duties makes the nursing as a stressful job ¹⁰. Hence the researchers look at the need of nursing profession and results of job related stress on mental health and did this research was done to identify the mental health among nurses at selected government health centers of virudhunagar.

Problem Statement :

A descriptive study to assess the mental health status among staff nurses in selected government hospital at virudhunagar.

Objective

To identify the mental health status among staff nurses in selected government hospital at virudhunagar.

Methodology

The quantitative research approach is chosen for this study. The non experimental descriptive research design is chosen for this study. The setting of the study is Virudhunagar Government Medical College Hospital at virudhunagar .It is situated 5 kilometres away from the Virudhunagar .It is 600 bedded hospital in virudhuagar district. The population who were selected are nursing staff who employed in hospital at virudhunagar. All Undergraduate, Postgraduate staff nurses working in government medical college hospital at virudhunagar. The sample 30 in number in selected hospital at virudhunagar. The purposive sampling technique is used for this study. Tool consist of two sections ,section I includes demographic variables a section II includes A Symptom Check List – 90 .The questionnaire was distributed and given 15minutes to assess the mental health status. After that, investigators collected the data from staff nurse in person.

Results :

The findings were organized in the following section.

Section 1 :Classification of subjects based on the demographic characteristics.

Section 2: Distribution of subjects based on the mental health status .

Section – 1

Table – 1

Distribution of subjects based on the demographic variables

(n= 30)

S.No	Demographic characteristics	No.of.Participants	Percentage (%)
1.	Age in years		
	A.30-40	24	80.0 %
	B.40-50	6	20.0 %
	C.>50	0	0 %
2.	Sex		
	A.Male	0	0%
	B.Female	30	100%
3.	Religion		
	A.Hindu	25	83.33%
	B. Muslim	0	0%
	C. Christian	5	16.66 %
	D.Others	0	0
4.	Residence		
	A.Urban	16	53.33%
	B.Rural	14	46.66%
5.	Marital status		
	A. Married	30	100%
	B. Unmarried	0	0%
6.	Type of family		
	A. Nuclear family	18	60 %
	B. Joint	11	36.66 %
	C. Extended	1	3.33 0
7.	Socio economic status		
	A .High	0	0%
	B. Middle	30	100%
	C. Low	0	0%
8	Family income		
	A. >10000-20000	5	16.66%
	B. >20000-30000	6	20%
	C. >30000-40000	19	63.33%
9	Monthly income		
	A. 30000-40000	16	53.33%
	B. 40000-50000	6	20%

	C. >50000	8	26.66%
10.	Qualification		
	A. Undergraduate	27	90%
	B. Postgraduate	3	10 %
11	Department		
	A. ICU	2	6.66%
	B. OPD	9	30%
	C. Medical unit	8	26.66%
	D. Surgical unit	4	13.33%
	E. ENT unit	1	3.33%
	F. Burns unit	2	6.66%
	G. Dialysis unit	4	13.33%
12	Hobbies		
	A. Yes	20	66.66%
	B. No	10	33.33%
13	Illness		
	A. Physical	10	33.33%
	B. Mental	5	16.66%
	C. Nil	15	50%
14	Interest in social media		
	A.Yes	13	43.33%
	B. No	17	56.66%

Table 1 shows that Among the staff nurses age group, most of subject age is 30-40years 24(80.0%).Regarding Sex , 30(100%) were in female .Majority of the subjects 25(83.33%)belongs to religion in Hindu. Regarding area of residence most of the staff nurse 16(53.33%) comes from Urban .Regarding marital status all 30(100%) belongs to married .Regarding type of family 18(60%)most of them in nuclear family. Regarding socioeconomic status 30(100%) were in middle .19(63.33%) of subjects family Income >Rs.30,000 .Regarding monthly income 16(53.33%) were in Rs.30,000-40,000 . Most of the staff nurse qualification 27(90%) were in under graduate . Regarding department 9(30%) were in OPD. Regarding hobbies 20(66.66%) were in yes. Regarding illness 15(50%) were in nil. Regarding interest in social media 17(56.66%) were in no.

SECTION II

TABLE 2

Distribution of subjects based on the level of mental health status

(n=30)

S.No	Mental Health Status	Number	Percentage (%)
1	Good	28	93.33%
2	Average	2	6.66 %

3	Poor	0	0
	Total	30	100%

The data presented in the table 2 shows that, out of 30 staffnurses , 93.33% had good score of mental health status, 6.66 % had average score of mental health status and 0% had poor score of mental health status.

Discussion:

Among the staff nurses age group, most of subject age is 30-40years 24(80.0%).Regarding Sex , 30(100%) were in female .Majority of the subjects 25(83.33%)belongs to religion in Hindu. Regarding area of residence most of the staff nurses 16(53.33%) comes from Urban .Regarding marital status all 30(100%) belongs to married .Regarding type of family 18(60%)most of them in nuclear family. Regarding socioeconomic status 30(100%) were in middle .19(63.33%) of subjects family Income >Rs.30,000 .Regarding monthly income 16(53.33%) were in Rs.30,000-40,000 . Most of the staff nurses qualification 27(90%) were in under graduate . Regarding department 9(30%) were in OPD. Regarding hobbies 20(66.66%) were in yes. Regarding illness 15(50%) were in nil. Regarding interest in social media 17(56.66%) were in no.

The objective is to assess the mental health status of nursing staff :

Present study represented the level of mental health status among staff nurses:

It was evident that out of 30 staff nurses, 93.33% had good, 6.66% had average and 0% had poor mental health status.

Ethical Consideration:

- Formal permission was obtained from the hospital authority.
- Oral permission was received from the study subjects.
- Anonymity and privacy was obtained throughout the study.

Conclusion:This research was done to identify the mental health status among nursing staff in selected government hospital . This present study was conducted at virudhunagar government medical college hospital at virudhunagar. Descriptive research design was selected . Non probability purposive sampling method was used and 30 subjects were participated . A Symptom Check List – 90 was used to identify the level of mental health status of nursing staff. The data which was collected are organized, arranged and interpreted by using descriptive statistics. This study concluded that among 30 staff nurses, 93.33% had good, 6.66% had average and 0% had poor mental health status.

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