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A study to assess the level of stress among community health officers working in selected health centers of Jabalpur

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Abstract

Stress is one of the most fundamental problems spanning through human endeavor. Nobody is immune to stress. We can be caught up in a situation that causes or induces stress in the individual. Thus, as a part of human living the young, old, rich, poor, professionals and lay men alike are potential victims of stress. Stress is viewed as the disease of growth and development. Stress is an individual's response to change in circumstance or to a threatening situation. The study aimed to evaluate the level of stress among community health officers in selected health centers of Jabalpur. A quantitative research approach with a non-experimental descriptive research design was selected for the present study. - Non-probability purposive sampling technique was used and 100 subjects were selected. A likert scale used for assessment of stress. The results of the study have revealed that 23% of nursing officers in low stress and 71% were in moderate stress and 6% in high stress. There is no result found in no stress. The study result shows that majority of community health officers was in moderate stress.

Keywords: Study, assess, level of stress, community health officers, health centers

Introduction

Stress is one of the most fundamental problems spanning through human endeavor. Nweze (2005) ^[12] stated that for two and half decades, stress phenomenon has become a topical issue in management development, seminars and workshops in Nigeria. He further stated that the popularity of stress stems from a number of obvious reasons. First, nobody is immune to stress. We can be caught up in a situation that causes or induces stress in the individual. Thus, as a part of human living the young, old, rich, poor, professionals and lay men alike are potential victims of stress. Second, because stress is viewed as the disease of growth and development, there is the search for the stress virtue in modern life. Sisk (1977) ^[13] defined stress as a state of strain, tension or pressure and it is a normal reaction resulting from interaction between the individual and the environment. Strain means to make great demand on something; tension is a mental or emotional strain that makes natural relaxed behavior impossible; and pressure is a powerful demand on somebody's time, attention or energy. Beehr and Newman (1978) ^[14] perceived stress in an occupational setting to mean a condition wherein job-related factors interact with workers, to change their psychological and physiological conditions such that the person's mind and body are forced to deviate from normal functioning. The similarity in the foregoing definitions reveals that there must be an interaction between the environment and the individual before stress can occur. The interaction arises when man is trying to deal with the problems that his environment produced. It could be in his place of work or marriage which makes it impossible for man to relax his nervous system.

Types of stress

1. Acute stress.
2. Episodic acute stress.
3. Chronic stress.

Acute stress: Acute stress disorder is an intense, unpleasant, and dysfunctional reaction beginning shortly after an overwhelming traumatic event and lasting less than a month.

If symptoms persist longer than a month, people are diagnosed as having posttraumatic stress disorder.

Episodic acute stress: Episodic acute stress is when a person experiences acute stress frequently. If you have episodic acute stress, you may feel like you are always under pressure or that things are always going wrong. This can be exhausting, both physically and mentally.

Chronic stress: A consistent sense of feeling pressured and overwhelmed over a long period of time. The existence of stress depends on the existence of stressor. Stressor is specific response by the body to the stimulus that disturbs normal functioning. A stressor is any person or situation that produces anxiety responses. Stress and stressors are different for each person. What is extremely stressful for one person might be relaxing to someone else. There are much type of stressors-Environmental stressors, physiological stressors, physiological stressors, social stressors and thoughts stressors.

Types of stressors

There are many kinds of stressors. What makes a stressor a stressor is our experience of how much demand for adaptation that an event or situation puts upon us. Some stressors are different for different people. Print the download and write down your own examples of different types of stressors.

Ripple Effect Stressors: These are stressors that, like a stone thrown into the water, ripple off in response to a change or life event. One occurrence can continue to cause other daily stressors. Example: Divorce.

Chronic Stressors: These are long-term stressful situations that have no resolution in sight. Example: Constant deadlines, overcrowded working conditions.

Acute Stressors: These are short-term stressful situations that will soon be resolved. Example: Car runs out of gas; short term illness.

Not Knowing Stressors: These stressors are due to not knowing the who, what, when, where, or how of a situation. Example: Traveling in an unfamiliar city; being new on the job or project.

Personal or Non-Personal Stressors: These stressors are caused by things that cannot be controlled. Example: Being stuck in snowstorm.

Trigger Stressors: These are reminders of past stress that produce a renewed stress response. Example: Watching workmen on a tall building reminds you of your fear of heights.

Stress in the health profession is an ongoing worldwide problem. Of all health care professionals, health professionals have been found to have especially high levels of stress. Hospital working environments expose health officers to risks on a daily basis, especially psychosocial risks, because these persons are subject to a working process that is particularly intense in psychological terms, given the close contact with suffering and death, having to deal with high demand from patients, shift work, conflicts in

interpersonal relationships, as well as the fact the profession receives little recognition and is underappreciate.

Objective of the study

1. To study the socio-demographic characteristics of the respondents.
2. To assess the level of stress among community health officers in selected health centers of Jabalpur.

Literature Review

Sangma A.N. and Shangdiar E. (2020) ^[15] in their article titled, A Descriptive Study to Assess the Stress Levels and Coping Strategies of Staff Nurses Working in a Selected Hospital of Shillong, Meghalaya. A non-experimental descriptive survey concluded that majority of staff nurses had moderate stress level, majority had moderate coping and stress was significantly associated with age, professional qualification, daily working hours and gender.

Çelmeçe N. and Menekay M. (2020) ^[16] in their article titled The Effect of Stress, Anxiety and Burnout Levels of Healthcare Professionals Caring for COVID-19 Patients on Their Quality of Life. A random sampling method concluded that the stress, anxiety, and burnout of healthcare workers caring for COVID-19 patients affected their quality of life.

Salari N. *et al.* (2020) ^[17] in their article titled the prevalence of stress, anxiety and depression within front-line healthcare workers caring for COVID-19 patients. A systematic review and meta-regression concluded that the prevalence of stress, anxiety and depression within front-line healthcare workers caring for COVID-19 patients is high.

Kalikutay M.B. (2019) ^[1] in their article titled, Assessment of Stress among Nursing Teachers of Different Colleges in Morang. A descriptive study concluded that stress was highly prevalence in teachers and it is also affecting teachers as manifestation in different system so measures need to take for reduce stress level that is meditation, making job enrichment and others stress reduction technique for prevent burnout.

Research Methodology

- **Research approach:** Quantitative research method
- **Research design:** Descriptive design
- **Research setting:** The study was conducted among community health officers of Jabalpur.
- **Study population:** The study was carried out among community health officers working in selected health centers of Jabalpur.
- **Sample:** Sample size was 100 community health officers working in selected health centers of Jabalpur.
- **Sampling technique:** Purposive sampling technique was used in the study. Jabalpur.

Data collection tools and techniques

1. Demographic data sheet consisted of age, education, marital status and work experience.
2. It consists of likert scale to assess the stress level based on the sign and symptoms and perception (It contains 15 questions).score was assigned as: never-0, rarely-1, sometimes-2, often-3, always-4.the total number of items was 15.the highest possible score was 60 and the lowest possible score was 0. The stress level was scored as no stress 0, low stress = 1-20, moderate stress = 21-40 and high stress = 41-60.

Results and Discussion

The collected data was analyzed and interpreted in accordance with objectives using descriptive statistics. The data presented in Table 1 indicates that Among 100 respondents, 30% were between 20-30 years of age group, 50% were 30-40 years of age group and rest 20% was in between 40-50- years of age group. 40% community health officer's education were M. Sc. Nursing and rest 60% was B.Sc. Nursing. 70% nursing officers were married while remaining 13% was unmarried and 17% were separated. 48% nursing officers were in 0-2 years of work experience and remaining 52% was in 2-4 years of work experience. The data presented in table 2 indicates that 23% of community health officers in low stress and 71% were in moderate stress and 6% in high stress. There is no result found in no stress.

Discussion

The study aimed to evaluate the level of stress in 100 samples of community health officers and to study the socio demographic characteristics of them. The characterization of this study participants shows that most of community health officers were in 30-40 year of age group and the majority of their education was B.Sc. Nursing, most of respondents were married and their work experience mostly 2-4 years. The present study shows that level of moderate stress is higher than low and high stress. The level of moderate stress

among 100 community health officers was 71% and low stress was 23% only 6% community health officers was in high stress.

Table 1: Frequency and percentage distribution of socio-demographic characteristics N=100

S. N.	Variables	Frequency	Percentage	
1.	Age	20-30	30	30%
		30-40	50	50%
		40-50	20	20%
		50 and above	Nil	Nil
2.	Education	M. Sc. Nursing	40	40%
		B.Sc. Nursing	60	60%
3.	Marital status	Unmarried	13	13%
		Married	70	70%
		Separated/divorced	17	17%
		Widow/widower	Nil	Nil
4.	Work experience	0-2 years	48	48%
		2-4 years	52	52%

Table 2: Frequency and percentage distribution of stress among community health officers N=100

S. N.	Score	Range	Frequency	Percentage
1.	No stress	0	0	0%
2.	Low stress	1-20	23	23%
3.	Moderate stress	21-40	71	71%
4.	High stress	41-60	06	06%

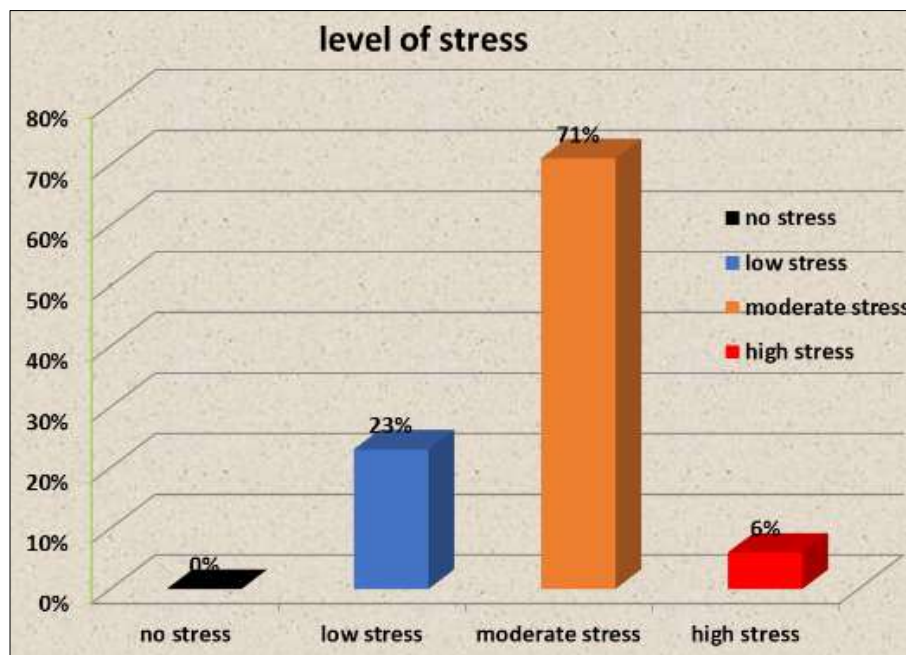


Fig 1: Distribution of level of stress among community health officers

Conclusion

Stress is a growing public health concern, affecting many individuals both physically and psychologically. There are many adverse consequences of stress. Administrative support and day offs may help preventing job stress. Patients bond, connect and relate more with health professionals, since they take care of their day-to-day needs. They support patients and their families both physically and emotionally, while their key role is obviously more relational than technical. Hence every effort should be made to help community health officers work in a stress-free environment so that they are able to deliver quality health care and improve the clientele satisfaction. Patient satisfaction, which

reflects patient's perception of care received compared to the care expected. As a researcher I observed that with the help of this study that community health officers having stressful situation they got very irritated while talking as well as while giving quality care. Therefore, level of stress can affect the community health officer's health both physically and mentally and also affect the level of quality care.

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Conflict of Interest

Not available.

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