



STRESS AMONG NURSES

AT

**SIX PALESTINIAN NON-GOVERNMENTAL HOSPITALS
on the West Bank**

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LIST OF ILLUSTRATIONS

Figure 1	Frame Work For Assessing Stress Among Nurses	32
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Declaration

No portion of this work referred to in this thesis has been submitted as an application for other degree or qualification of this or any other university or institute of learning.



Odette A. Abu Shanab

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ENDORSEMENT

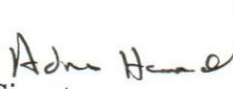
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ABSTRACT

STRESS AMONG NURSES

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This study has been undertaken in light of observation of deterioration in nursing care. A framework of underlying assumptions related to certain demographic variables such (age, sex, marital status, education, years of experience, and position) was followed. Internal environment such as (leadership, job satisfaction, and conflict). External environment (transportation, curfew, military siege, and check post) were utilized to describe the relationship of factors contributing to stress. The ultimate goal of this study was to understand factors affecting stress and thus learn how to reduce stress among nurses and to alleviate suffering and promote nurses' mental and physical health. This study was conducted in six nongovernmental hospitals selected from three different areas of the West Bank: South, Middle and North.

Descriptive correlational design has been utilized. The total nurse population targeted was 625. A stratified random sample was drawn in proportion to number and classification of nurses in each of the settings ending with 128 subjects. Participants totalled (103). Thus the response rate was 80%. Analysis of data was carried out by using Epidemiological Information Package System (EPI Inf. V. 5.0). The statistical analysis revealed the presence of significant correlation with regards to sex as a demographic variable and to the constant pressure to keep employees working, lack of upward

communication, unhealthy climate, lack of trust among employees, poor relationship between employees and the managers, job dissatisfaction, unfair assignment, uninformed staff, doctors not perceiving nurses with respect, conflict affecting the work dynamic, lack of appreciation for the good performance, all leading to stress.

Discussion and conclusion with the suggested recommendations in three areas of nursing (education, clinical practice and nursing management) were tackled.

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TABLE OF CONTENT

	Page
Chapter I	
Introduction	1
A. Statement of the problem	3
B. Significance of the problem	3
C. Purpose of the study	3
D. Research questions	4
E. Assumptions	4
F. Limitations of the study	4
G. Definition of terms	5
H. Time frame	6
I. Summary	6
Chapter II	
Non-governmental Hospitals targeted in this study.	
A- El-Muhtasib Hospital	7
B- Mount of David Orthopedic Hospital	7
C- Makassed Hospital	8
D- Augusta Victoria Hospital	9
E- Evangelical Hospital	9
F- Ittihad Hospital	10
G- Summary	10
Chapter III	
Literature Review	12
Introduction	12
A- Historical perspective	13
B- Theories of stress	14
C- Stress as relational process	18
D- Psychological appraisal of stress	19
E- Environmental factors contributing to stress	20
F- Leadership style	23
G- Job satisfaction	25
H- Conflict	26
I- Concluding discussion of literature review	28
J- Summary	29
Chapter IV	
Conceptual framework	31
Summary	33
Chapter V	
Methodology	35
A- Research Design	35
B- Identification of population and sample	35
C- Setting	35
D- Ethical consideration	35
E- Instrument	36
F- Pilot testing	36

G- Data collection	36
H- Methodological limitation	37
I- Methods of data analysis	37
J- Summary	37

Chapter VI

A- Presentaion of results	38
B- Characteristics of the respondents	38
C- Demographic data	38
D- Summary	57

Chapter VII

Data analysis and discussion	58
A- Introduction	58
B- Major findings	58
C- Summary	73

Chapter VIII Conclusion

Implication for nursing	76
Recommondations	
1-In nursing education	77
2-In nursing clinical practice	77
3-In nursing management	78
Coping mechanism	79
Coping strategies	80
Recommended strategies for managers	81
Future research	81
Summary	81

APPENDICIES

Appendix A		
	Covering letter to hospital nursing director	83
Appendix B		
	Subject covering letter	84
Appendix C		
	Demographic data	85
Appendix D		
	Work Environment scale Questionnaire	88
Appendix E		
	Stress Questionnaire	95
Appendix F		
	Arabic covering letter to hospital nursing director	98
Appendix G		
	Arabic subject covering letter	99
Appendix H		
	Arabic demographic data	100
Appendix I		
	Arabic work environmental scale	104
Appendix J		
	Arabic stress questionnaire	111
Bibliography		115

LIST OF TABLES

Table 1	Hospital utilization indicator.	11
Table 2	Distribution of respondents by age.	39
Table 3	Distribution of respondents by gender.	39
Table 4	Distribution of respondents by level of education.	40
Table 5	Distribution of respondents by country of graduation.	40
Table 6	Distribution of respondents by job title.	41
Table 7	Distribution of respondents by length of present employment in the same position.	41
Table 8	Distribution of respondents by years of experience.	42
Table 9	Distribution of respondents by years of working in the same organization.	43
Table 10	Distribution of respondents by working another job.	43
Table 11	Distribution of respondents by working hours per week.	44
Table 12	Distribution of respondents by working shifts.	44
Table 13	Distribution of respondents by country of work.	45
Table 14	Distribution of respondents by place of residence.	45
Table 15	Distribution of respondents by marital status.	46
Table 16	Distribution of respondents by number of children.	46
Table 17	Distribution of respondents by age.	47
Table 18	Distribution of respondents by introduction method to job title responsibilities.	48
Table 19	Distribution of responses related to internal environment.	49
Table 20	Distribution of respondents by reward system.	50
Table 21	Distribution of respondents by job satisfaction.	50

Table 22	Distribution of respondents by the importance of being in a hospital with ample opportunity for development.	51
Table 23	Distribution of respondents by promotion system.	51
Table 24	Participants responses related to job satisfaction.	52
Table 25	Distribution of respondents in relation to items on conflict.	53
Table 26	Distribution of respondents by the most appreciated action in relation to conflict.	54
Table 27	Distribution of respondents by conflict attitudes.	54
Table 28	Distribution of respondents by facing difficulties in arriving to their work.	55
Table 29	Distribution of respondents by indicators by stress.	56
Table 30	Relationship between age and stress.	58
Table 31	Relationship between sex and stress.	59
Table 32	Relationship between marital status and stress.	60
Table 33	Relationship between level of education and stress.	60
Table 34	Relationship between years of experience and stress.	61
Table 35	Relationship between position and stress.	62
Table 36	Relationship between supervisors' attitude and stress.	62
Table 37	Constant pressure upon respondents and stress.	63
Table 38	Relationship regarding manager's encouragement to up-ward and downwards communication and stress	64
Table 39	Relationship between employees' trust and stress	65
Table 40	Relationship between organizational climate and stress.	65

Table 41	Relationship between administration and employees regarding trust and stress.	66
Table 42	Relationship between respondents feeling about the nature of their job and stress.	67
Table 43	Relationship between work assignment fairness and ability to complete and stress.	67
Table 44	Relationship between respondents being informed of new ideas, procedures and stress.	68
Table 45	Relationship between doctors perception of nursing personnel and stress.	69
Table 46	Conflict affect on work dynamic and respondents' feeling of stress.	70
Table 47	Conflict for not being appreciated and respondents' feeling of stress.	70
Table 48	Relationship between military occupation related difficulties and stress.	72
Table 49	Stress parameter.	74