EXPLORING SELF-PERCEIVED STRESS AND STRESS MANAGEMENT IN MANAGERIAL AND NON-MANAGERIAL NURSES

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Objectives

- At the end of this presentation participants will know:
  - The average level of self-perceived stress reported by nurses
  - A reliable and valid method for measuring self-perceived stress
  - How to complete two stress management exercises
  - The impact that stress management exercises, when performed correctly, can have on the self-perceived stress of nurses
THE VISUAL!!!!! AAARRRRGHHHH!
Stress

- Health Consequences
- Difficulty with recruitment of qualified nurses
- Contributes to high rates of nurse turnover in organizations.
- Contributes to the desire of nurses to leave the nursing profession.
Self-Perceived Stress

- Not stress
- A person’s view of stress
- Guides a person’s response to stress
- Few research articles dedicated to improving nurses’ self-perceived stress, as a means of reducing stress, exist.
Purpose

- To investigate the relationship between nurses’ self-perceived stress and stress management education as an intervention.
Theoretical Rationale

- Roy & Andrews (1999): humans are biological, psychological, and sociological beings that interact with the environment.
- Selye & Fortier (1950): Stress is present everyday, stress can be motivating, stress can lead to distress.
- Matta (2012) and Selye & Fortier (1950): Adaptation frees energy to respond to stress and can decrease self-perceived stress.
Method of Inquiry

- Quantitative investigation
- Participants: 109 Nurses (41 LPN/68 RN) in Lucas and Wood Counties.
- Non-random convenience sampling method
- Quasi-experimental
- Non-experimental group designed study (NEGD).
- Tool: Cohen’s Perceived Stress Scale (PSS) was used to measure self-perceived stress.
Procedure

- Inclusion criteria
- Initial PSS
- Experimental/Control Groups
- Continued Inclusion Criteria
- Post intervention PSS
Inclusion Criteria

- Nurses working at participating facilities in Lucas and Wood Counties in Ohio
- Age 25-50
- Working 16-50 hours per week for at least the 12 month period preceding the study
Perceived Stress Scale

- Cohen, 1983
- Widely used
- Used to explore how often a person has experienced stress over the previous month
- Multiple versions (14, 10, 4)...study was completed using the 10-item version
- Likert-type scale
- Scores range 0-40
Groups

- Control
  - Nothing?

- Experimental
  - Something but what?
Exercises

- Which ones? Why? When? How?
  - Deep Breathing
  - Progressive Relaxation
End of the Study

DID YOU DO IT?
Results

- **Baseline:** According to PSS scores, nurses have a moderately high self-perceived level of stress.
- **Experimental Group:** The experimental group reported a significant decrease in self-perceived stress after the intervention.
- **Overall:** Mean scores of participants suggested that nurses who participated in the study reported decreased perceived stress scores.
Conclusion

- Stress is present daily
- High stress without relief can lead to distress
- Stress recognition is part of stress management
- Stress management is an essential part of homeostasis
- Stress trigger awareness is an important part of stress management
Conclusion

- Stress management education can lead to decreased self-perceived stress in nurses.
- Organizations that add stress management to their workplace wellness plans can positively impact the self-perception of the nurses they employ.
Questions?
References

References


