

Managing Nursing Career About Stress Management

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Abstract

Stress has been associated with every human life and is there to stay for all times to come. Right from birth every individual is undoubtedly exposed to various stressful situation. However, stress is not always bad. Some stress is always necessary to motivate and stimulate us.¹ Hence, stress of certain level is very beneficial, stress is a fact of every human life and mostly experienced by the nursing professionals; it has become a great matter of concern for the employee of health organization. The individuals working in the information nursing field face more stress because they have to update their knowledge continuously and care of the patients in every time.² In present paper an attempt is made by the authors to understand the research gap in stress management in nurses.³ Thus, it's necessary that the management of nurse field to take remedial measures to overcome the negative effects of stress on their staffs

Keywords: Stress; Stressors; Types; Effect of Stress; Stress Coping Mechanism.

INTRODUCTION

While there is no doubt that nursing is a wonderful career with many challenges and intensely rewarding experiences, it is also a fact that in their daily work nurses confront emotional

and professional demands that are unimaginable to the wider community.

Let's face it: spending your working life taking responsibility for the quality of people's lives and their deaths is a heavy burden, even for the broadest of shoulders. Nurses have a habit of putting the needs of our patients ahead of our own. The community regards us as tough, able to cope in all situations, resilient, always caring, loyal to our patients, dedicated.

We all talk about stress and feeling stressed, usually when we feel we have too much to do and too much on our minds⁴, or other people are making unreasonable demands on us, or we are dealing with situations that we do not have control over. The situation which makes us to become stress is known

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as Stressors. Signs expression of stress can be seen in people's changing behaviour. Acute responses to stress may be in the areas of feelings (anxiety, depression, irritability, fatigue), behaviour (being withdrawn, aggressive, tearful, unmotivated), thinking (difficulties of concentration and problem solving) or physical symptoms (palpitations, nausea, headaches). If stress persists, there are changes in neuroendocrine, cardiovascular, autonomic and immunological functioning, leading to mental and physical ill health (anxiety, depression, heart disease).⁵ The situations which cause stress are those that are unpredictable or uncontrollable, uncertain, ambiguous or unfamiliar, or involving conflict, loss or performance expectations.

DEFINITION

According to Selye (1956): stress is the defined as the pressure experienced by a person in response to life demands. These demands are referred to as stressors and include a range of life events, physical factors (e.g. cold, hunger, hemorrhage, pain), environmental conditions and personal thoughts.⁶

TYPES OF STRESS

- **Negative Stress:** It is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaint, insomnia and ulcers. Excessive, prolonged and unrelieved stress can have a harmful effects on mental, physical and spiritual health.
- **Positive stress:** Stress can also have a positive effects, spurring motivation and awareness, providing the stimulation to cope with challenging situations. Stress also provide the sense of urgency and alertness needed for survival when confronting threatening situations.
- **Hyper Stress:** If the person pushed beyond what one can handle, which turns in to Hyperstress. More times it occurs because workload or over worked. This type of stress occurs when constant heavy financial difficulties, work both at home and office, Continuous tension, travelling day and night etc.
- **D) Hypostress:** This is directly opposite to Hyperstress. This type of stress experienced by people when they constantly feel bored, same task over and over again, restless work and lack of Inspiration.

SIGN AND SYMPTOMS OF STRESS:

- Tiredness, fatigue, disrupted sleep patterns
- Increased pulse rate and blood pressure
- Shallow, rapid respirations
- Muscular tension
- Loss of appetite, overeating, indigestion
- Constipation, diarrhoea
- Dry mouth
- Excessive perspiration, clamminess
- Nausea
- Decreased libido
- Nail biting
- Increased use of alcohol or other drugs
- Irritability and impatience
- Frequent worry and anxiety
- Moodiness, feeling sad or upset
- Loss of sense of humour
- Poor concentration, memory lapses
- Ambivalence
- Feeling overwhelmed by even minor problems

Objective of The Study

- To understand the areas of research carried out in connections with stress management.
- To undertake a comparative study on effective stress management in TCS and Infosys.

Methodology of the Study

The study is based on secondary data. In this regard various libraries were visited and some on line journals were also reviewed in this direction.

Review of Literature

- Weiss M. (1983): The author investigated the sources of job stress that is linked to job dissatisfaction, job related tension and anxiety and reduce productivity and effectiveness. He tried to reduce sources of stress so that he can prevent the deleterious health consequences.⁷ Though his study he determined the potential of social support that alleviate the deleterious consequences of stress.

Kavitha (2012)

The article focuses on the organization role stress for the employee in the nursing field. It also highlights that women face more stress than men in the organization to be more specific married women faces more stress than the unmarried women.

Pratibha G. (2010)

The impact of distress level on the quality of life is negative that may result to serious burnout problems in private banks. The distress level in the banks can only be reduced by various stress management programmes or interventions that would also improve the quality of work life.⁸

Karthik R. (2014)

Employee's performance at work is influenced by stress that can be either positive or negative. The employees perform better if they face low to moderate amount of stress.⁹ Hence, it aims at reducing the level of stress rather than eliminating stress completely.

- Rosasa J.H.A, Blevins R.C., Gaoc H., Tengb W.Y. & White J. (2011): It reveals the levels of stress that differ by occupational position, and not by age and gender. The analysis shows that female had higher stress rates than males. The main problems faced by students due to stress are sleeping problems, depression and irritability.¹⁰

A.Y. Tatheer (2013)

- Majority of the bankers of Pakistan claim that they are highly stressed because of their jobs that not only affect their performance in banks but also declare that the organizational politics and bureaucracy are the main reasons of stress in their bank's.
- Li-fang Zhang have conducted a study on titled Occupational stress and teaching approaches among Chinese Academics (2009). Researcher suggested that, controlling the self-rating abilities of the participants, the favorable conceptual changes in teaching approach and their role insufficiency predicated that the conceptual change in teaching strategy is negative.
- Schmidt, Denise Rodrigues Costa; and et al, in their work on- Occupational stress among nursing staff in surgical settings. They aimed at evaluating the presence of occupational

stress among nursing professionals working in surgical settings and investigating the relations between occupational stress and work characteristics.¹¹

CONCLUSION

The important aspect of every organization is, Stress. Stress has become the most common cause of employees in all the industries. Stress can make an individual productive and constructive when it is identified and well managed. Positive attitude and meditation will be helpful for coping the stress. Thinking in a broader perspective of life will definitely change stress. There are many ways for managing stress, such as meditation, yoga etc. The Negative stress or distress kills the employees' positive attitude and it turns to absent, turnover, immoral, anxiety, depression, aggressive and so on. Hence, we will be successful if we make distress into eu-stress, our healthy lifestyle as well as organizational well being will change.

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