
ASSESSMENT OF STRESS AMONG NURSES AND TECHNICIANS IN GENERAL COUNTY HOSPITAL POŽEGA

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Abstract

Introduction: Stress is an *organism's* reaction to unusual situation that we recognize as a threat to our own integrity. In the 21st century stress is an important factor that directly affects an individual's health. Nursing is a profession that by its very nature of work involves a high degree of stressful situations. The most common sources of stress are the work environment, high workloads, deadline pressure, poor interpersonal relationships or financial status.

Aim: Examine whether there are differences in total stress experience and stress perception and type of stressor in nurses and technicians.

Methods: The survey was conducted between January and March 2019 among nurses and medical technicians who are employees at the General County Hospital of Požega. The survey was carried out through a three anonymous questionnaires: socio-demographic questionnaire, a scale of stressed stress, and a questionnaire on stressors at the workplace of hospital health professionals. We conducted cross-sectional study.

Results: A total of 135 participants participated in the study: 14 (11%) are medical technicians(MT) and 121 (89%) are nurses(MS). Nurses are significantly higher rated night work ($p = 0.017$) as a cause of stress compared to medical technicians. Nurses are experiencing greater intensity of nervousness and stress ($p = 0.02$). Higher educated respondents are dissatisfied with inadequate personal income ($p = 0.006$). The respondents working in the departments were work overload ($p = 0.01$). In the age group of 51-63 years, they tend to tolerate work in rounds ($p = 0.0028$). In the group of 31-43 years respondents have greater intensity on experience of deadline pressure ($p = 0.0015$).

Conclusion: There is no significant difference in the overall experience and perception of stress and the type of stressor in the respondents' responses. Differences in factors and level of stress were identified with respect to gender, place of work, total length of service and age and level of education of the respondents.

Key words: business stress, nurse/technician, stress