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„Analiza porównawcza obciążenia psychicznego wśród pielęgniarek pracujących na oddziałach zachowawczych i zabiegowych na podstawie trzech szpitali powiatowych województwa lubelskiego.”

Summary

Nurse's work is considered to be difficult one, it is complex and characterized by multitasking nature. This kind of work is often associated with time pressure. Numerous unpredictable situations lead to progressive fatigue, decrease in work efficiency and, as a consequence, they reduce psychological comfort. Nurses, in the current health care system, are among the most vulnerable to stress professional groups.

Hospital wards are filled with patients with different disease entities and various mental and physical states. Nurse's work varies depending on the conditions of hospitalized people, their age, and the nursing actions resulting from them. Each and every ward sets different goals and requires solving various difficult problems. Unquestionably, working conditions do have a significant impact on the possibility of severe stress occurrence, but also individual factors matter in this field. The study also raises the issue of stress personality, which is the cause of somatic diseases occurrence, cardiovascular diseases in particular, and it is essential to perceive the prone-to-stress environment. The nursing professional group environment often mentions the phenomenon of burn-out. It is characterized by the loss of job satisfaction, especially in the case of working with others. Hence, nurses belong to the professional group that is most vulnerable to the occurrence of this phenomenon.

The main objective of the study was a comparative analysis of psychological burden among nurses working on medical and surgical wards on the basis of the data obtained from three county hospitals in the Lublin Region.

The specific objectives are:

1. Finding the relationship between stress and burn-out in the analyzed groups of nurses.
2. The evaluation of stress intensity affecting nurses from the surgical and medical wards.
3. The evaluation of typical ways of responding and feeling in the situations of experiencing severe stress among the nurses from medical and surgical wards in the surveyed medical facilities.

4. Measuring the overall feeling of burden resulting from psycho-social factors which are the source of occupational stress in the surveyed groups of nurses.

The research was carried out among female and male nurses working on medical and surgical wards in the county hospitals in Międzyrzec Podlaski, Radzyń Podlaski and Bełżyce situated in the Lublin Region.

Having obtained first the written consent of both the directors of the surveyed medical facilities and the Bioethics Committee in Białystok, the research was being carried out from April to October 2016.

The research involved the use of the author's questionnaire concerning the socio-demographic characteristics of the surveyed nursing respondents as well as several standardized research tools, commonly used in psychological research in the field of health psychology used by the author such as: the type D scale (DS14), the Burn-out Questionnaire - LBQ, Perceived Stress Scale- PSS-10 and the questionnaire for the subjective work assessment (KSOP).

The following conclusions have been drawn on the basis of the research and obtained results:

1. Most surveyed female and male nurses were in the group of high level stress.
2. The analysis of the subjective work assessment has indicated a high level of stress among the surveyed nurses. The factors which induce high levels of stress among nurses comprise: social contacts, a sense of danger, a sense of responsibility and no rewards at work.
3. The research has indicated a significant effect of the workplace on the level of perceived stress.
4. Type D stress personality occurs in almost half of the responding nurses and midwives.
5. It has been indicated that there exists the influence of the perceived stress level on each of the analyzed burn-out areas.
6. It is recommended to counteract the effects of stress in order to improve the employees' motivation and efficiency.
7. It is necessary to draw attention to the problem of burn-out in terms of prevention and to implement a preventive programme in the professional group of nurses.

