

The anxiety levels in Polish hospital nurses experiencing various emotional disturbances

Żuralska R.^{1*}, Anand JS.², Mziray M.³, Schetz D.²

1. Medical University of Gdansk, Gdansk, Poland

2. Department of Clinical Toxicology, Medical University of Gdansk, Gdansk, Poland

3. Institute of Health Sciences in Słupsk, Słupsk, Poland

ABSTRACT

Introduction: Nurses experiencing a high level of anxiety have an impaired capability of coping with dangerous situations which require long-term effort.

Purpose: The objective of the present study was to determine the relationship between the level of anxiety, satisfaction with life, style coping with stress, and personal and environmental factors, such as: age, material status, education and place of residence of participants.

Materials and methods: The study included 113 women working as nurses, employed by the hospital of Medical University of Gdansk. The methods used to gather the data were: Trait Anxiety Inventory (STAI) by Wrześniewski et al., Scale of Satisfaction with Life by Juczyński, and The Miller Behavioural Style Scale by Miller.

Results: In the group of nurses experiencing various emotional disturbances, the level of anxiety as a state exceeded the normal limits.

The place of residence of study participants determined the anxiety level as a state. The general increase of the anxiety level confirmed that the perceived satisfaction with professional life decreased.

Conclusions: The study showed that in case of Polish hospital nurses, personal and environmental factors such as: age, material status, education level and place of residence, have influence on response to stress factors and the choice of style coping with stress. In order to reduce professional-related stress there is the need to implement organizational changes. The nurses should receive psychological and social support in the form of care given by the co-workers, attend courses preparing them to cope with work-related stress and their own negative emotions, learn the principles of assertiveness and styles of coping with difficult situations.

Key words: Anxiety, life satisfaction, cope with stress, nurses
