

Predictive roles of coping and resilience for the perceived stress in nurses

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ABSTRACT

Introduction: Nursing profession is physically and emotionally demanding

Purpose: To determine the relationship between coping strategies and resilience, as well as perceived stress among nurses.

Materials and methods: The study included 173 nurses from Świętokrzyskie province. Examination material was collected using the following tools: the Perceived Stress Questionnaire (KPS), The Resiliency Assessment Scale (SPP - 25), the Brief COPE

Results: Among nurses emotion-focused strategies, such as: denial, self-blame and seeking emotions, positively correlated with the perceived stress. Resilience, and particularly personal skills to cope with and tolerate negative emotions, negatively correlated with the perceived stress.

Conclusions: Resilience, to a lesser extent than coping strategies contributed to determination of the level of perceived stress.

Key words: resilience, coping with, perceived stress, nurses
