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RESEARCH ARTICLE

A Descriptive Study to Identify Perceived Performance Obstacles Faced by the Staff Nurse's working in Psychiatry Department in Government Hospital of Gujarat State

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ABSTRACT:

Background: Nurses constitute the largest group of health care professionals who care for mental health care users in the psychiatric services field. This places them at the crucial junction of providing quality care while trying to manage the challenges that arise with this patient group. Part of dealing with this requires that nursing education be aware not only of the multifaceted roles of psychiatric nurses but the unique and sometimes daunting challenges involved in nursing mentally ill patients. While the roles of psychiatric nurses have received growing attention; little research exists on the roles and challenges associated with psychiatric nursing at mental health care facilities. The current study explored the challenges associated with perceived performance obstacles of staff nurses working in psychiatric department. **Objectives:** The study's objectives are :- (1) To assess perceived performance obstacles faced by staff nurses working in government hospital of Gujarat state. (2) To identify the obstacles that affect in perform duties of staff nurse's working in government hospital of Gujarat state. (3) To associate demographic data of staff nurse's with perceived performance obstacle faced by staff nurse's working in government hospital of Gujarat state. **Material and methods:** The study was conducted among 150 staff nurses working in psychiatric department in government hospital of Gujarat state using Convenient Sampling Techniques. Descriptive survey approach was used as a research design. A collection of the data, investigator has used Self-Structured Dichotomous Questionnaire to assess perceived performance obstacles faced by staff nurses working in psychiatric department in government hospital of Gujarat state with a view to develop an information booklet. Descriptive and inferential statistics were used to calculate the analysis from the samples. The reliability of tool was determined by testing test retest method before data collection whereas the association was determined by using Chi square formula. **Results and findings:** The study revealed that majority of samples has Perceived Performance Obstacles where fully present is 44.7% and moderately present is 52.7% hence it is seen that Perceived Performance Obstacles is truly faced by staff nurse working in psychiatric department in Government hospital of Gujarat state. Significant association was found between Gender, and Type of family and perceived performance obstacles score. There was non-Significant association was found between Age, Marital Status, and Educational Status and perceived performance obstacles score. Information booklet has been developed for the nurses to help in managing and understanding of perceived performance obstacles and own mental health needs. We should try to reduce the Perceived Performance Obstacles, to achieve promotion of mental health of staff nurses to prevent stress and encourage coping, to upgrade the standard of their performed duties.

KEYWORDS: Perceived performance obstacles, Staff nurse, Psychiatric department.

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INTRODUCTION:

Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the "psychological state of someone who is functioning at a satisfactory

level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

The Performance obstacles can be defined as the work factors in the work setting that increase their workload beyond what is expected that negatively affect their quality of work life. Performance obstacles may be related to one or more elements of the work system, such as those related to tasks which include, dealing with many professional issues, and performance obstacles related to tools as unavailability of necessary equipment in a timely manner were considered among the categories of performance obstacles that prevent staff nurses from accomplishing their tasks.

Additionally, The effect of stress has been considered an important cause of decreasing health and reduction in the level of self-efficiency of nurses, decreasing nursing personnel in long-term psychiatric facilities, have displayed higher levels of stress, lower job satisfaction, and a higher propensity to quit than providers working in other types of health care settings. Caring for both the mental and physical health of the psychiatric patient is especially important for psychiatric nurses; thus, their roles have continued to expand over the years, in association with increases in the mental health services supplied by psychiatric departments. Self-efficacy is a key factor in nursing that may lead them to feel confident to perform well in complex situations.

NEED FOR STUDY:

Nursing stress is considered a problem that affects the practice worldwide. Job stress is a harmful response physically and emotionally when the nurses' skills, resources, and needs could not fulfill the requirement of the job. This study was aimed to assess job stress and self- efficacy among psychiatric nursing working in mental health hospitals at Cairo, Egypt. The study was conducted in mental health hospital and institute of Psychiatry affiliated to Ain shams university hospitals. [3]

Association between Performance Obstacles And Quality Of Work Life among Intensive Care Nurses. Performance obstacles domains as reported by the study subjects: Shows the domains of performance obstacles as reported by nurses in the two studied hospital. MGH was higher in the following domains: Physical work environment, work organization, technology and tools, nursing tasks (55.5%, 37.0%, 33.3%, 74.1% respectively) than MUCH (43.3%, 20.3%, 30.0%, 36.8% respectively). With highly statistically significance. [1]

Job Stress and Self- Efficacy among Psychiatric Nursing Working in Mental Health Hospitals at Cairo, Egypt Shows the socio-demographic characteristics of psychiatric nurses: and found that more than half of nurses were ranged from 20 to <35years and had experience between 5- 10 years constituting (53.1%). Regarding their sex, it was found that more than two-third of them (69.4%) were female. Concerning marital status (77.5%) were married. In addition to there was no one of them had master or doctorate degree, while about two third of them were a diploma nurse and working as a staff nurse constituted (64.3%) and (61.2%) respectively. [4]

Staff Nurses' Performance Obstacles and Quality of Work Life at Benha University Hospital. Frequency distribution of studied staff nurses according to their general characteristics shows: clarifies that more than three fifths (63.9%) of the studied nurses were in age group less than 25 years and the majority of them (93.3%) were females. As regards to marital status of studied staff nurses; near to two thirds (65.5%) were married, as well as more than two thirds (67.2%) of them were graduates of technical institute of nursing. In relation to years of experience more than half (60.5%) of studied staff nurses had less than or equal 5 years of experience. [2]

OBJECTIVES:

The study's objectives are :-

- (1) To assess perceived performance obstacles faced by staff nurses working in government hospital of Gujarat state.
- (2) To identify the obstacles that affect in perform duties of staff nurse's working in government hospital of Gujarat state.
- (3) To associate demographic data of staff nurse's with perceived performance obstacle faced by staff nurse's working in government hospital of Gujarat state.

MATERIAL AND METHODS:

The study was conducted among 150 staff nurses working in psychiatric department in government hospital of Gujarat state using Convenient Sampling Techniques. Descriptive survey approach was used as a research design. A collection of the data, investigator has used Self-Structured Dichotomous Questionnaire to assess perceived performance obstacles faced by staff nurses working in psychiatric department in government hospital of Gujarat state with a view to develop an information booklet. Descriptive and inferential statistics were used to calculate the analysis from the samples. The reliability of tool was determined by testing test retest method before data collection whereas the association was determined by using Chi square formula. Research setting was Govt. Hospital for Mental Health,

Gujarat State. The data was analyzed by using Descriptive and Inferential Statistics.

RESULT AND DISCUSSION:

Section-I:-Demographic Variables:

The demographic variable of the samples regarding level of perceived performance obstacles faced by staff nurses. In the present study data revealed that samples. Out of 150 samples, 97 samples were distributed between 21-30 years of age (64.7%), 33 samples belong to 31-40 years (22.0%), 14 samples belong to 41-50 years of age (9.3%) and 6 samples belongs to 51-60 years of age (4.0%). As regard to Gender all 150, 43 samples were Male (28.7%) and 107 samples were Females (71.3%). According to Marital status of all 150 sample, 55 were Married (36.7%), 81 are Unmarried/Single (54.0%), 13 were separated/ divorce (8.7%), 1 is widowed/widower (0.7%). According to Type of Family, 60 was Nuclear Family (40.0%), 78 were Joint family (52.0%) and 12 were extended family (8.0%). Distribution of samples according to Educational Qualification 35 was from G.N.M. Nursing (23.3%), 17 was from Post basic B.SC Nursing (11.3%), 81 was from B.Sc. Nursing (54.0%) and remaining 17 was from M.Sc. Nursing (11.3%).

Section-II:- Level of Perceived Performance Obstacles Faced by Staff Nurse.

Frequency and percentage wise distribution of samples scores regarding level of perceived performance obstacles faced by staff nurse. Out of 150 samples, Perceived Performance Obstacles is not present in 4 samples (2.7%), Perceived Performance Obstacles is Moderately present in 79 samples (52.7%) and Performance Obstacles is Fully present in 67 samples (44.7%). It revealed that majority of samples has Perceived Performance Obstacles where fully present is 44.7% and moderately present is 52.7% hence it is seen that Perceived Performance Obstacles is truly faced by staff nurse working in psychiatric department in government hospital of Gujarat state.

CONCLUSION:

The major conclusions derived from the present study are:-

1. Perceived Performance Obstacles are faced by staff nurses working in psychiatry department in government hospital of Gujarat state.
2. Perceived Performance Obstacles is Moderately present in 79 samples (52.7%) and Performance Obstacles is Fully present in 67 samples (44.7%).
3. There is Significant association was found between perceived performance obstacles score and demographic variable like Gender, Type of family.
4. There is No Significant association was found between perceived performance obstacles

score and demographic variable like Age, Marital Status, and Educational Status.

It was also found that there is No Significant association was found between perceived performance obstacles score and demographic variable like Age, Marital Status, and Educational Status and There is Significant association was found between perceived performance obstacles score and demographic variable like Gender, Type of family. Hence, there is need of develop an information booklet for people in general so that they can be aware about perceived performance obstacles faced by the staff nurses working in psychiatry department, to help promote awareness and understanding of our own mental health needs. So, that they can learn the measures to decrease the perceived performance obstacles faced by the staff nurses working in psychiatry department, and also contribute in preventing mental stress and develop coping skills with obstacles.

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