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## A Comparative study of Mental Health and Occupation Stress among Doctors and Nurse

### Abstract

The main objective of this research is to test the co-relation between mental health and occupational stress of the doctors and nurse employees of medical fields. to know if there has been any significant difference between Mental Health and occupational stress indicators. The present study includes 50 Doctors and 50 Nurses of G.G. Hospital. They are chosen on random sampling basis. The Mental Health scale of Dr. D. J. Bhatt and Gita Gida (1992) and Occupational stress scale of Srivastav and Singh (1981) have been used in order to measure variables between them. In order to test the result, I have used co-relation method and "t" test. Having tested the results of this present study, it has been found that there has been negative significant co-relation between Mental Health and occupational stress. There has been significant difference found in Mental Health and occupational stress between Doctors and Nurses of Medical fields.

### Introduction :

At present all countries of the world have started a competitive revelry for obtaining material progress economic progress and stability. Under those circumstances, they acknowledge the importance of psychological background of Medical service sector for the accomplishment of above mentioned aims. Nobody can deny the importance of highly developed modern techniques and tools as the most indispensable forces. Yet one cannot ignore the factor of unit of human beings and all people associated with Medical sector are the units of service progress. Recent trend in psychological researches in to being about in cress in qualitative improvement of the totality of life of employees as parts of the organization as well as to bring about the effectiveness of Medical organizations, out of the results (of the research). Various researches have taken place in this direction and out of them, study of physical health mental health stress, occupational health, job satisfaction etc. Are of greater importance.

The aim of present study was to find out the relationship between occupational stress and organizational health and also to check the effect of the same on the ranks of employees from the two variables ? (2) The following hypotheses has been formulated for the purpose of study.

### (A) Occupational Stress :

Stress means these specific and non-specific reactions of the individual that disturb the balanced mind of an individual and the rise of those stimulating events and episodes for which individual is not competent enough to meet them according coffer and Appley (1980) "Stress is a phenomenon which taxes an organism beyond its coping capacity."

Occupational stress means reactions of individuals towards new or dangerous forces under occupational atmosphere. Different kinds of reactions can results in cases of individuals with reference to occupational stress, due to which an individual may cause impassive reactions for example, he may experience despair or anxiety, he may become angry or show negligence or experience fatigue. Stress may cause the difficulties of memory and concentration in work in cases of individuals. The individual may give reactions with reference of his physical health. The studies of Atwater (1995) reveal that occupational stress shortens the life of an individual occupational stress leads to decrease in organizational effectiveness and organizational health and may cause negative evaluations (sayeed 1991, Allen Hitt 1982).

### (B) Mental Health and Organizational health:

**Mental Health:** A person's condition with regard to their psychological and emotional well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems. Mental health problems are common but People with mental health problems can get better and many completely.

**Early Warning Signs** Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem: Eating or sleeping too much or too little, Pulling away from people, and usual activities, Having low or no energy, Feeling numb or like nothing matters, Having unexplained aches and pains, Feeling helpless or hopeless, Smoking, drinking, or using drugs more than usual, Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared, Yelling or fighting with family and friends, Experiencing severe mood swings that cause problems in relationships, Having persistent thoughts and memories you can't get out of your head, Hearing voices or believing things that are not true, Thinking of harming yourself or others, Inability to perform daily tasks like taking care of your kids or getting to work or school

### **Mental Health and Wellness**

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

**Organizational health:** The unit of life is such an organism that always makes continuous efforts to maintain individuality. The same principle can be applied to institutions one can say positively that the organization survives and keeps its existence only with reference to a particular set up of atmosphere, and for that purpose the organization has to get adjusted to the atmosphere. The organization can be called or labeled as healthy and can achieve progress it faces properly the challenges leveled by the atmosphere, In other words, we can say that organizational health means to recognize the importance of change caused by internal and external variables and simultaneous the organization should show sufficient competence of proper planning to get adjusted with it. Miles (1973) gives as a clear idea regarding occupational stress" Organizational health means combination of those permanent qualities which are useful for maintenance of effective of an organization. Taking in to consideration this criterion health institution is one that sustains its struggle against the atmosphere or environments and also makes continuous development of those capacities and capabilities for proper planning of adjustment for a long time. Its work can be effective or ineffective on any particular day but in the long run, it always makes continuous progress of proper planning and adjustment.

According to opinion of cloak (1969) "Organization health means processes of determination and maintenance of those healthy standards of various kinds of entanglement or perplexity and these various kinds in clued cadre of individuals up to organization."

### **Method :**

The present study is centered on Doctors and Nurses Working in the Medical Fields. First of all I have

availed the list of G.G. Hospital in Jamnagar. They were informed about the objective and importance of the study. Fifty Doctors and Fifty Nurses, in total, one hundred employees were selected on the Random Sampling Method. The employees included for the study were given necessary information and they were given tools for the purpose of this project. The employees willingly agreed to fill up the details of tools. The details received from the employees were analyzed on the basis of manual. The results were checked by using the necessary statistical technique.

### **Sample :**

One hundred employees from the Medical Fields Jamnagar and the surrounding areas were selected on the Random system.

### **Tools :**

#### **(i) Mental Hygiene Inventory :**

Dr. D.J. Bhatt and Miss Geeta Gida standardized this mental hygiene Inventory in 1992. There are total 40 statements in this inventory besides five elements are contained these 40 statements analyze all these five elements. This inventory is of two – point scale. The respondent has to select either "AGREE or DISAGREE" against every statement from this. The two types of score achieved are, 1) Part Score and 2) Total Score by adding the marks for every item, we can get mental health score. The reliability of MHI was obtained by Spear Brown method. Which is significant at the level 0.01 its validity was seen 0.63 which is significant at the level 0.01.

#### **(ii) Occupational Stress :**

Gujarati version of occupational stress scale was translated by researcher. It was originally developed by the Srivastav & Singh (1981). It was used to measure the occupational stress. The scale consists of 26 items. The respondents were given five alternatives, for example, strongly agree, undecided, disagree, strongly disagree. Its scores were 5, 4, 3, 2, 1 respectively. In this scale method minimum score obtained is 46 and maximum score obtained is 230 High score indicated more occupational stress and less score indicated less occupational stress as per the interpretation adopted. The reliability of the scale was 0.94 and 0.90 respectively by split half method and cronback method.

### **Hypothesis :**

- (1) There is no significant co-relation between the Mental Health and occupational stress.
- (2) There is no significant difference about the Mental Health between the Doctors and Nurses of Medical Fields.
- (3) There is no significant difference about the occupational stress between the Doctor and Nurses of Medical Fields.

### **Result and Discussion :**

The main purpose of the present investigation was to find out co-relationship between Mental Health and Occupation stress among Medical fields Employees. Moreover the aim was to find out whether any difference existed among employees of Medical fields with reference to Mental Health and Occupational Stress.

#### **(i) Co-relation between Mental Health and Occupational stress.**

The Statistical Method was employed to study and to know significant co-relationship between Mental Health and Occupational stress of Medical Fields employees. The results reveal that the co-relationship between Mental Health and Occupational stress was -0.62 and it is significant at 0.01 level. The results reveal that there is no oposite significant co-relationship between Mental Health and Occupational stress.

#### **(ii) The type of employees and Mental Health.**

"t" test was used to know whether there is any significant difference of Mental Health among employees of Medical Fields. The result of this test is given below.

Table No – 1

Type of employees	N	M	S.D.	t-value	Level of Significant
Doctors	50	57.35	4.50	2.10	0.05
Nurses	50	61.98	3.30		

The Table No – 1 suggests that there is no significant difference between the score of Mental Health of Doctors and Nurses ( $t=2.10$ ) i.e. there is no significant difference between score of mental health and there is a high level of in Doctors Mental Health so nil Hypothesis is rejected. (iii) The type of employees and occupational stress.

Table No – 2

Type of employees	N	M	S.D.	t-value	Level of Significant
Doctors	50	124.61	18.41	4.10	0.01
Nurses	50	130.18	21.70		

The Table No – 2 makes it clear that there is significant difference between score of the occupational stress of the Doctors and Nurses ( $t=4.10$ ) because t value is significant so nil Hypothesis is rejected.

### Conclusion :

- (1) Negative significant co-relation between Mental Health and Occupational Stress was found.
- (2) There was no significant difference found in the score of Mental Health of Doctors and Nurses.
- (3) It was found there was significant difference in the score of Occupational stress of Doctor and Nurses.

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