A Study to Assess the Knowledge Regarding Emotional Exhaustion and Its Prevention among Staff Nurses in Selected Hospital, Kanpur, U.P.

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ABSTRACT

A quick and unpredicted state of health care puts nurses at risk of injury and illness. Nurses have big responsibilities and great challenges. Nurses are exhibit to many pressing needs and pressures and are therefore at greater risk for a wide range of health, safety and other problems. Emotional exhaustion is a chronic illness caused by exhaustion. **Methods:** Evaluative research approach was used for this study and it aims to assess the knowledge regarding emotional exhaustion and its prevention among staff nurses. Structured knowledge questionnaire regarding emotional exhaustion and its prevention were used. Non probability convenient sampling technique was used to select the sample. **Result:** This revealed that 59% of the staff nurses had inadequate knowledge and 41% had moderately adequate and no one having adequate knowledge regarding emotional exhaustion and its prevention. The chi squared test value was found to be statistically significant at p-value. **Conclusion:** Based on the findings of the study, the following conclusions were drawn that highest percentage of staff nurses having inadequate knowledge and lowest percentage of staff nurses having moderately adequate knowledge and no one having adequate knowledge regarding emotional exhaustion and its prevention. Therefore knowledge of staff nurses can be further improved by providing in-service education, educational programmes, or health education in this aspect.

KEYWORDS: Emotional exhaustion, Prevention, Staff nurses, Knowledge

INTRODUCTION

Nurses are exposed to lots of stressful situations and are therefore at bigger risk for a broad range of health, welfare, and other issues.[2] Nurses are appeared to be more liable to evolving stress than other health professionals.[3] Nurses as well as nursing students may occurrence susceptibility to emotional exhaustion due to their working experiences. Other vital problem of nursing stress has been increased including; more work, disputes between professionals, job ambiguity, and excess-monitoring and complexity of role roles are often spotlighted. One study specifically reported that emotional exhaustion was associated to the time spent by nurses and their patients, with poor patient prediction among socio-social age was always associated with emotional exhaustion.[4]

The principal signs and symptoms of emotional exhaustion among nursing staff include tiredness, problem in concentrating, bad coordination, multiple faults, decreased work quality, helplessness (both at work and elsewhere), anxiety and irritability.[5], stress at job has always been an big issue in nursing, influencing persons and institutions. For each nurse, whether stress is positive or negative, the neuroendocrine response generate a physiologic effects that could ultimately affect the patient.[6] In a health care institutions, work stress can contribute to unemployment and reimbursement, both of which influence the standard of care.[7]

Emotional exhaustion has become major problem in health organizations because of emerging

employment conditions and linked problems. It has been establish that an unhealthy exercise such as increased workloads, rates of incompetent nurses and patients, and bad human resources and material resources is a major threat to the well-being of workers especially in a condition of emotional exhaustion among nursing staff; and any organizational culture that does not bear its employees has the cost of fatigue. Emotional exhaustion, which is one of the pillars of 'Burnout Syndrome', is defined as a syndrome characterized by a less motivation and is thought to be a response to the differences between work-related types and resources presented by feelings of emotional exhaustion.[8]

According to the World Health Organization, many companies worldwide in medicine, where it is recommended that they should invest more in the protection and improvement of the quality of the workplace, to protect the welfare and health of workers.[9]

STATEMENT OF THE PROBLEM
A study to assess the knowledge regarding emotional exhaustion and its prevention among staff nurses in selected hospital, Kanpur, U.P.

Objectives of the study
1. To assess the knowledge regarding emotional exhaustion and its prevention among staff nurses.
2. To associate the pre-test knowledge with selected demographic variables.

Hypothesis
H1:- There is a significant association between knowledge with selected demographic variables.

METHOD AND MATERIALS
Quantitative research approach was used to assess the level of knowledge emotional exhaustion and its prevention among staff nurses. A descriptive research design was adopted in this study was under taken in L. L. R. Hospital. Target population for study includes staff nurses. The sample for the study was staff nurses. The non-probability convenient sampling technique was used for data collection. The data collection was done in two weeks in L. L. R. Hospital. Data was collected from 100 samples that fulfilled inclusion criteria. The data was analysed on the basis of objectives of the study by using descriptive and inferential statistics.

TOOLS
Demographic data-
It contains seven items for obtaining information regarding Age, Gender, Religion, Educational qualification, Working experience, any knowledge regarding emotional exhaustion, Source of knowledge.

Knowledge level-
The structured multiple choice questionnaire regarding emotional exhaustion and its prevention was used. It consists of 30 multiple choice question. Each question has four response in a single question and score 0 was given for wrong answers.

DATA ANALYSIS AND INTERPRETATION
Section -1
Level of knowledge regarding emotional exhaustion and its prevention among staff nurses.

Table:-1 Level of knowledge regarding emotional exhaustion and its prevention among staff nurses

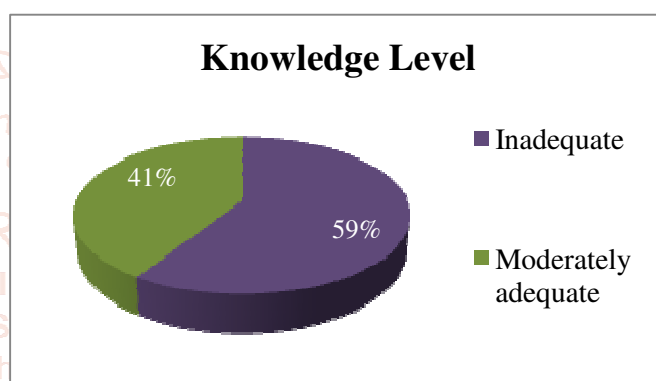| Knowledge	Frequency	Percentage
Inadequate	59	59%
Moderately Adequate	41	41%
Adequate	0	0%

Fig: - 1 Shows of knowledge regarding emotional exhaustion and its prevention among staff nurses.

(Table: - 1 fig:-1) shows that out of 100 staff nurses 59 (59 %) are having poor knowledge 41 (41 %) are having average knowledge and 0 (0 %) are having good knowledge regarding emotional exhaustion and its prevention.

Table:-2 Mean and standard deviation of knowledge level regarding emotional exhaustion and its prevention among staff nurses.

	Mean	Standard deviation
Knowledge	10.21	3.58

The above table is explains that the knowledge levels of staff nurses mean in 10.21 and SD of knowledge level score having 3.58 it show the stated hypothesis is accepted.

Section:-2
The association between levels of knowledge with the selected demographic shows no significance.

DISCUSSION
The present study was designed to assess the knowledge regarding emotional exhaustion and its prevention among staff nurses in selected hospital,

Kanpur. The sample was collected by the convenience sampling technique. The structured questionnaire was used to collected data and inferential statistics the finding were discussed in relation to the objective and hypothesis.

IMPLICATIONS OF THE STUDY
The findings of the study is an major implications to the nursing education, nursing practice, nursing administration and nursing research which provides the way towards better improvement in knowledge of staff nurses regarding emotional exhaustion and its prevention.

Nursing education
The present study emphasizes on the magnification of knowledge of staff nurses on emotional exhaustion and its prevention through education. Therefore, staff nurses must have adequate knowledge on emotional exhaustion and its prevention. Then only they can be aware of the risks & preserve mental health. The study findings would help the nurse to develop an insight into the needs and strategies for better mental health.

Nursing practice
The findings emphasize the need for implementing awareness programmes for nurses as a part of mental health programmes for improving mental awareness. If health workers are aware of the risk factors of emotional exhaustion they can maintain good mental health.

Nursing administration
The study suggests that there is an increased need for in-service educational programmes for the health personals in meeting the mental health needs. Nursing administrators can take interest in motivating the nursing personnel's especially psychiatric nurse's to improve their professional knowledge by attending health conferences, workshops, seminars on mental health. The nursing administrator should arrange regular in-service education programmes on emotional exhaustion and its prevention.

Nursing research
The findings of the present study is helpful for the nursing professionals and nursing students to conduct further research studies and to find out the effectiveness of the various methods of providing knowledge on emotional exhaustion and its prevention among staff nurses. These researches will to protect staff nurses, the most vulnerable group from mental illness.

CONCLUSION
Based on the findings of the study, the following conclusions were drawn that highest percentage of staff nurses having inadequate knowledge and lowest percentage of staff nurses having moderately adequate knowledge and no one having adequate knowledge regarding emotional exhaustion and its prevention. Therefore knowledge of staff nurses can be further improved by providing in-service education, educational programmes, or health education in this aspect it will give positive effect on mental health or well-being.

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