

'IDENTIFICATION OF PERCEIVED STRESSORS AMONG HOSPITALIZED PATIENTS'



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Abstract

There are several stimuli in the hospital environment which patients perceived as stressors. The process of recovery of patients is considered to be affected in the hospitals by the experience of stress, therefore an exploratory study was conducted to identify the perceived stressors of hospitalized patients admitted in medical unit at selected hospitals of Indore. The sample comprised of 100 patients (male & female). The researcher adopted purposive sampling technique. Modified Volicer's Hospital Stressors Rating Scale was used to identify the stressors. 69 (69%) of the samples were male and rest 31(31%) were female. The major findings of the study revealed that 25(25%) patients perceived hospitalization as severe stress, 61(61%) perceived moderate stress and 14(14%) perceived mild stress. The highly rated events were change in personal routine, worrying about family members being far away and had to stay in same bed or same room all the day. The least stressful events were hesitation in approaching nurses & doctors and weakened faith in God. There was significant association between marital status and perception of stressors ($X^2=18.67$, $p \leq 0.05$), however there were no association found with other demographic variables. The finding of the study revealed that hospitalization was a stressful experience for the patients; psychological stressors were highly rated by the hospitalized patients.

Key Words: Perceived Stressors, Hospitalized patients, Volicer's Hospital Stressors Rating Scale.

Background

Admission to hospital removes individuals from a familiar, well-ordered world and places them in an environment, which is different in every respect. In hospital, they are likely to be very dependent on others for most basic functions such as maintaining hygiene and feeding. Usually they will be restricted to one place, surrounded by totally new people, whose skills are now of vital importance to them, and it is significant that developing good relations with hospital staff is not only an important factor in adaptation to hospital life but can also be a potential source of stress for patients (Kerlinger, Fred.N. 2000)⁸.

Period of admission into hospital following illness is a stressful time requiring considerable attention. During hospitalization, apart from the strange surroundings, the smell and colors are not the same as at home. Previously the patient belonged to himself and took care of his own bodily needs and functions, he is now a "property" to be cared for, fed, washed and cleaned by others. There are several stimuli in the new hospital environment which

patient perceive as stressors, that provokes his/her limited threshold and individual becomes stressful. Every individual has unique responses to stressors. (Stuart G.2005)⁹

Need of the Study

Today, the majority of community members are frightened when they are ill and have to go to hospitals. Some express the wish to die in peace at home rather than to go to one of these health care institutions to suffer humiliation or be treated as a second-class citizen. This means that the process of recovery from illness was considered to be affected in the hospitals by the experience of stress. A person's response to stress was influenced by several variables such as mental attitude, life style, perception and heredity (Franck, S Linda, Cox, Allen, Winter 2005)⁵. With the curiosity to know the various stressors patients experience during hospital stay and to develop information booklet for them to prevent the occurrence of stress due to hospitalization, this study was taken up by the researcher.

Problem Statement

"An exploratory study to identify the perceived stressors of hospitalized patients admitted in medical unit at selected hospital of Indore."

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