

Baseline Assessment of Perceived Stress, Anxiety, and Occupational Stressors Among Nursing Officers in Selected Hospitals in Bengaluru: A Cross-Sectional Study

Authors

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Abstract

Background

Nursing officers constitute the backbone of healthcare delivery and are continuously exposed to demanding work environments characterized by heavy workloads, long working hours, staff shortages, shift duties, emotional labour, and frequent exposure to suffering and death. These occupational demands increase their susceptibility to psychological stress, anxiety, and workplace stressors, which may adversely affect their physical health, emotional well-being, job satisfaction, quality of patient care, and organizational productivity. Understanding the baseline levels of these psychological variables is essential for planning effective workplace mental health interventions.

Objective

To assess the baseline levels of perceived stress, anxiety, and occupational stressors among nursing officers working in selected hospitals in Bengaluru.

Methods

A quantitative cross-sectional descriptive study will be conducted among nursing officers employed in selected hospitals in Bengaluru. Participants will be selected using an appropriate sampling technique based on predefined inclusion and exclusion criteria. Data will be collected using a socio-demographic questionnaire, the Perceived Stress Scale (PSS), the Generalized Anxiety Disorder Scale (GAD-7), and the Nursing Stress Scale (NSS). Descriptive statistics will summarize participant characteristics and psychological outcomes. Inferential statistics will be used to determine the association between perceived stress, anxiety, occupational stressors, and selected socio-demographic variables.

Results

The study identifies the prevalence and severity of perceived stress, anxiety, and occupational stressors among nursing officers. It is anticipated that work-related demands, shift schedules, workload, and professional responsibilities will contribute significantly to psychological distress among participants. The findings are expected to provide baseline evidence to support the development and implementation of targeted workplace interventions such as Mindfulness-Based Stress Reduction (MBSR).

Conclusion

Baseline assessment of perceived stress, anxiety, and occupational stressors is essential for understanding the mental health needs of nursing officers. The findings will provide evidence for hospital administrators and policymakers to implement preventive mental health strategies and supportive interventions aimed at improving nurses' psychological well-being, enhancing job satisfaction, and promoting quality patient care.

Keywords: Perceived Stress; Anxiety; Occupational Stressors; Nursing Officers; Mental Health; Cross-Sectional Study; Hospital Nurses; Bengaluru.

