

Proportion and Factors Associated with Moderate to High Stress Levels Among Nursing Officers in Teaching Hospital Kalutara

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Introduction - Nursing is a stressful profession that makes healthcare workers under substantial pressure, which impacts their well-being and work performance. In Sri Lanka, nurses make up the largest share of the hospital workforce, hence it is essential to keep their performance at maximum. Various factors, such as workload, socio-economic status, relationships, and family problems, contribute to higher stress levels. While previous studies mainly have been conducted at the National Hospital, limited information is available from other tertiary settings.

Materials and Methods - A descriptive cross-sectional study was carried out from November 2023 to September 2024 involving 302 nursing officers selected through simple random sampling. Data were gathered using a self-administered questionnaire that examined socio-demographic, economic, behavioral, and work-related factors. The Perceived Stress Scale (PSS) measured stress levels. Data were analyzed using SPSS with descriptive and inferential statistics, applying the chi-square test at a significance level of 0.05.

Results - Out of 302 participants, 283 (93.7%) reported moderate to high stress, while 19 (6.3%) reported mild stress. Significant associations were found with monthly income ($p = 0.038$), having children ($p = 0.000$), number of children ($p = 0.029$), domestic violence ($p = 0.018$), lack of companionship ($p = 0.015$), behavioral and sociocultural factors ($p = 0.001$), and current working unit ($p = 0.006$).

Discussion - A high rate of moderate to high stress was noted among nursing officers, driven by personal, social, and work-related factors. Improving workplace support systems and starting stress management programs are recommended to boost nurses' mental health and the quality of patient care.

Keywords - Stress, Nursing officers, Work-related stress, associated factors, Teaching Hospital Kalutara.