

**PSYCHOLOGICAL DISTRESS AMONG NURSES  
AT NORTH OKKALAPA GENERAL AND  
TEACHING HOSPITAL, YANGON**

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## ABSTRACT

Several studies have found that high levels of job distress among nurses negatively effects on job satisfaction and job performance and also on quality of patient outcomes. The aims of this study were to describe the socio-demographic characteristics, work related characteristics, social support, job stressors, psychological distress among nurses and association between them. This study was conducted among 96 nurses working in North Okkalapa General and Teaching Hospital (NOGTH) by using hospital based cross-sectional quantitative method from September to December, 2017. Both staff and trained nurse at least sixth month services were selected proportionately as sample population in this study. Data were collected by using pre-tested structured questionnaires by face-to-face interview method. In this study, 53.1% of the nurses had job related psychological distress. It was found that socio-demographic characteristics had no effect on psychological distress statistically. Regarding to work related characteristics, there was statistically significant difference between ‘nursing services’, ‘duty rotation pattern’ and psychological distress (**p=0.04**) (**p=0.03**). In aspect of social support, there was no statistically significant association between social support and psychological distress. Regarding to job stressors, most of the respondents answered that workload was the most stressful stressor but there was no statistically effect on job distress. However, there was a statistically significant difference between ‘treatment related to patients’ and psychological distress (**p= 0.03**). Moreover, there was an association between ‘relationships with other nurses’ and job distress (**p=0.04**). The most common methods of coping for nurses were talk to family, friends and spouse, listening music, shopping out, faith and praying, sleeping and spending time with families and friends. It could be concluded that half of the nurses in NOGTH had job related psychological distress defensing with positive coping methods. Therefore, this study strongly recommended to support physically, mentally and socially to nurses.