



A Study to assess the level of Happiness among Nursing Officers working at JIPMER hospital

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ABSTRACT

One of the professions requiring happiness for greater effectiveness is nursing. Nurses have one of the stressful jobs in healthcare and their mental health is at risk by many occupational stressors. Pedersen suggested that nurses became depressed twice as much as ordinary people. The rate of occupational hazards are high in nurses, especially those in intensive wards because of the nature and difficulties of their job where depression is also more prevalent. Descriptive cross-sectional approach was used for this study. The population included all the nursing officers at JIPMER. The sample of the study was 275 nursing officers who fulfilled the inclusion criteria. The data was collected using standardized Oxford Happiness Scale questionnaires. After the ethical clearance the data was collected for 3 days. Both descriptive and inferential statistics were used for data analysis. All the categorical data were presented on frequencies and percentages. Analysis was carried out in SPSS version 22.0. The result of the study among 275 samples of nursing officers working at JIPMER hospital, shows that majority of the participants 56% (154) were not particularly happy or unhappy, 32.7% (90) were rather happy or pretty happy, 5.9% (16) were somewhat unhappy, and 4.7% (13) were very happy. The present study assessed the level of happiness among nursing officers between the age of 25 and above 40 years. It was found that 32.7% of nursing officers were rather happy; pretty happy and majority of them i.e. 56% were Not particularly happy or unhappy. The major factors determining happiness among nursing officers were found to be lack of adequate staffs, work overload, length of working hours, current hospital ward and work shift. Majority of the Nursing officers were found to be not particularly happy or unhappy. From this study we concluded that recreational activities or relaxation techniques can be helpful in reducing the stress level and elevating the happiness level among nursing officer.

Keywords: Level of Happiness, Nursing officer.

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INTRODUCTION

Happiness is the most basic human issue and the most central stimulus for Human response[1]. Happiness is not the opposite of depression or lack of it [2]. Rather lack of depression is needed condition to reach happiness[3]. It is an emotional or affective state that is characterized by feelings of enjoyment and satisfaction which is often equated with morale, contentment, well-being, life satisfaction, successful aging, life quality, and the good life[4]. It causes environmental stability and reduces tension and on the other hand, has a significant impact on staff morale[5]. It is the form of pleasant emotions and moods, well-being, and also positive attitudes has been attracting improving attention throughout psychology study research[7]. Happiness at work includes, but is far more than, job satisfaction. A comprehensive measure of individual-level happiness might include job satisfaction, work engagement, and affective organizational commitment. Aspects of happiness have been (and should be) conceptualized and measured at multiple levels, including stable person-level attitudes, transient experiences, collective attitudes, and with respect to multiple foci, such as the job, discrete events and the organization. At all the levels, there is evidence that happiness has more important consequences for both individuals and organizations[7]. One of the professions requiring happiness for greater effectiveness is nursing. Nurses have one of the stressful jobs in healthcare and their mental health is at risk by many occupational stressors. Pedersen suggested that nurses became depressed twice as much as ordinary people [8]. The rate of occupational hazards are high in nurses, especially those in intensive wards because of the nature and difficulties of their job where depression is also more prevalent. Working in intensive wards is

naturally more stressful for the complexity, dynamic atmosphere, and critical condition of the patients. Such nurses show considerably more depression, anxiety, irritability, and anger. Positive self-concept, physical-mental health, emotional health, increased future hope, favorable attitude towards self and others, promoting social relationships are other happiness benefits[9]

MATERIAL AND METHODS

Descriptive cross-sectional approach was used for this study i.e., including all the nursing officers working in JIPMER hospital. The population included all the nursing officers at JIPMER. The sample of the study was 275 nursing officers who fulfilled the inclusion criteria. The data was collected using standardized Oxford Happiness Scale questionnaires [10].

Section A: Socio demographic proforma: This section deals with socio demographic characteristics. It includes variables such as Age, Gender, Education, Occupation, Marital status, Family income, Type of family.

Section B: Questionnaires (Standardized)Oxford Happiness Scale ⁽¹⁰⁾ consists of 29 items. Score interpretation of instrument: Oxford Happiness Scale consists of 29 items.

Table 1. Range Of Score

Category	Score range
Not happy	1-2
Somewhat unhappy	2-3
Not particularly happy/unhappy	3-4
Somewhat happy/moderately happy	4
Rather happy; pretty happy	4-5
Very happy	5-6
Too happy	6

After the ethical clearance the data was collected for 3 days. Both descriptive and inferential statistics were used for data analysis. All the categorical data were presented on frequencies and percentages. Analysis was carried out in SPSS version 22.0 (SPSS-Statistical Package for Social Science version 22.0. All statistical analysis has been carried out at 5% level of significance and p-value < 0.05 was considered significant.

RESULTS

The result of the study among 275 samples of nursing officers working at JIPMER hospital, shows that majority of the participants 56% (154) were not particularly happy or unhappy, 32.7% (90) were rather happy or pretty happy, 5.9% (16) were somewhat unhappy, and 4.7% (13) were very happy.

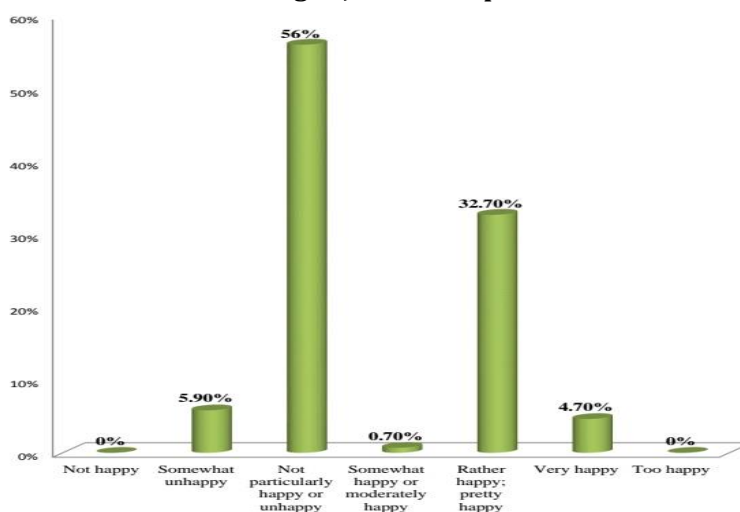
Table1:Frequency and Percentage wise distribution of demographic variables among nursing officers working at JIPMER hospital.

Demographic Variables	Frequency (%)
Age (in years)	
25-30 years	73 (26.5)
31-35 years	116 (42.2)
36-40 years	68 (24.8)
Above 40 years	18 (6.5)
Education status	
B.Sc. Nursing	191 (69.5)
M.Sc. Nursing	8 (2.9)
DGNM	72 (26.1)
PB.BSC	4 (1.5)
Gender	
Male	99 (35.6)
Female	177 (64.4)
Marital status	
Married	220 (80)
Unmarried	55 (20)
Type of family	

Nuclear family	241 (87.6)
Joint family	34 (12.4)
Occupation	
Nursing officer	275 (100)
Years of experience	
1-5 years	134 (48.7)
6-10 years	126 (45.8)
11-15 years	15 (5.5)
Income	
Rs.60000-80000	232 (84.4)
Rs.81000-100000	43 (15.6)

Table 1: Reveals the Frequency and Percentage wise Distribution of Demographic Variables among nursing officers. Out of the nursing officers who participated, majority of the nursing officers 116 (42.2%) of study population were in the age group of 31-35 years. Majority of the nursing officers comes under female gender 177(64.4%). Most of the nursing officers 191 (69.5%) had completed B.Sc. nursing in educational status. Majority of the nursing officers were married 220 (80%). In occupation, all of them were nursing officers 275 (100%). Most of them had 1-5 years of experience 134 (48.7%). Majority of the nursing officers belonged to nuclear family and most of them 232 (84.4%) had a monthly income above rupees 60000-80000 [9].

Fig 1: Frequency and percentage wise distribution of level of happiness among nursing officers working at JIPMER hospital.



DISCUSSION

Happiness the most basic human needs and the strength of human beings. It helps the individual to attain their goals, improves the ability of decision making, satisfaction and quality of life. It decreases the negative emotions, improves physical and mental health, and helps the individual to enjoy their life [10]. Happiness is essential to all professions, especially the nursing profession as nurses are in constant contact with patients which requires them to be creative, self-confident, dedicated, kind and energetic. The present study is focused on the happiness level of nursing officers. The distribution of variables was expressed in percentages and frequencies [11].

This study found that the happiness level among the nursing officers working in JIPMER hospital is not particularly happy or unhappy. There were various factors found to be influencing the happiness level of nursing officers. The present study revealed that among 275 nursing officers 56% of them were not particularly happy or unhappy. Similar results were also found in studies conducted in other countries. Khosrojerdi Z. et al conducted a study which showed that the nurses had moderate happiness i.e. 50.3%⁽⁹⁾. A study conducted by Alhakami I.Y. and others also showed that higher percentage of nurses in government hospitals (10.8%) are not too happy as compared to private hospital nurses (24.2%)⁽¹²⁾. The factors that were related to happiness level of nursing officers were lack of adequate staffs, work overload, length of working hours, current hospital ward and work shift. In this study, the Oxford Happiness scale which was used to assess the level of happiness among nursing officers working in JIPMER was found to be reliable [12].

CONCLUSION

The present study assessed the level of happiness among nursing officers between the age of 25 and above 40 years. It was found that 32.7% of nursing officers were rather happy; pretty happy and majority of them i.e. 56% were Not particularly happy or unhappy. The major factors determining happiness among nursing officers were found to be lack of adequate staffs, work overload, length of working hours, current hospital ward and work shift. Present Study focused on happiness among nursing officers. Studies can be done to assess the level of happiness among senior nursing officers and also comparative study among senior nursing officers and nursing officers with larger sample size may reveal the common psychological problems faced by nursing officers in working field. Many more studies can be conducted to identify various factors determining the happiness level among nursing officers. Qualitative studies can be conducted to explore the barriers to happiness.

Conflicts of interest

There are no conflicts of interest.

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