

# **Stressors among Nurse Interns and Their Perception Regarding Coping Strategies**

**Thesis**

**Submitted in Partial Fulfillment of the Master Degree in  
Nursing Sciences (Nursing Administration)**

**By**

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*Marwa Abd EL-Rahman*

## Contents

<b>Title</b>	<b>page</b>
<b>Introduction.....</b>	<b>1</b>
<b>Aim of the Study.....</b>	<b>6</b>
<b>Review of literature</b>	
<b>1. Stress:</b>	
– Concept of stress. ....	9
– Causes of stress. ....	10
– Theoretical Models of stress:	
- Stimulus Based Models ....	14
- Response Based Models.....	15
- Transaction Based Models.....	16
– Stress signs and symptoms. ....	18
– Stages of stress. ....	19
– Types of stress. ....	21
– Factors that influence stress tolerance. ....	23
– Stress among nurse interns. ....	26
– Role of internship program for nurse intern.....	28
<b>2. Stressors :</b>	
– Concept of stressors. ....	31
– Types of stressors (General stressors). ....	32
– Types of stressors among nurse interns.	
- Types related to the clinical environment.....	37
- Types related to the role in organization.....	40

## Contents (cont...)

<b>Title</b>	<b>page</b>
<b>3. Coping:</b>	
– Concept of coping. ....	43
– Kinds of Coping strategies:	
- Problem focused coping strategies. ....	47
- Emotional focused coping strategies. ....	48
– Types of Coping mechanisms:	
- Constructive coping.....	48
- Destructive coping.....	49
– Stress management. ....	49
– Stress management techniques. ....	53
 <b>Subject and Methods.....</b>	 <b>63</b>
 <b>Results.....</b>	 <b>76</b>
 <b>Discussion.....</b>	 <b>112</b>
 <b>Conclusion .....</b>	 <b>133</b>
 <b>Recommendations .....</b>	 <b>134</b>
 <b>Summary.....</b>	 <b>135</b>
 <b>References.....</b>	 <b>139</b>
 <b>Appendices.....</b>	 <b>160</b>
 <b>Arabic summary</b>	

**List of Tables**

<b>Table No.</b>	<b>Title</b>	<b>Page No.</b>
<b>Table (1):</b>	Distribution of nurse interns at Ain Shams University Hospitals .....	65
<b>Table (2):</b>	Validity and reliability of stressors scale.....	70
<b>Table (3):</b>	Demographic characteristics and work characteristics of nurse interns.....	76
<b>Table (4):</b>	Stress levels among nurse interns .....	78
<b>Table (5):</b>	Stressors ranking among nurse interns .....	79
<b>Table (6):</b>	Preference of coping strategies as perceived by nurse interns .....	80
<b>Table (7):</b>	Association between the nurse interns' stress levels and their demographic characteristics .....	81
<b>Table (8):</b>	Association between demographic characteristics and nurse interns' stressors related to taking care of patient.....	83
<b>Table (9):</b>	Association between the demographic characteristics and the nurse interns' stressors related to assignments and workload.....	84
<b>Table (10):</b>	Association between the demographic characteristics and the nurse interns' stressors related to lack of professional knowledge and skills.....	85
<b>Table (11):</b>	Association between the demographic characteristics and the nurse interns' stressors related to clinical environment.....	86
<b>Table (12):</b>	Association between the demographic characteristics and the nurse interns' stressors related to peers and daily life .....	87
<b>Table (13):</b>	Association between the demographic characteristics and the nurse interns' stressors related to hospital staff.....	88

**List of Tables (Cont ...)**

<b>Table No.</b>	<b>Title</b>	<b>Page No.</b>
<b>Table (14):</b>	Association between the demographic characteristics and the nurse interns' stressors from educators .....	89
<b>Table (15):</b>	Association between the demographic characteristics and the nurse interns' stressors related to rules and regulations .....	90
<b>Table (16):</b>	Association between the demographic characteristics and the nurse interns' stressors related to changing role.....	91
<b>Table (17):</b>	Association between nurse interns' perception of preferring transference coping strategy and their demographic characteristics.....	92
<b>Table (18):</b>	Association between nurse interns' perception of preferring staying optimistic coping strategy and their demographic characteristics.....	94
<b>Table (19):</b>	Association between nurse interns' perception of preferring problem solving coping strategy and their demographic characteristics.....	96
<b>Table (20):</b>	Association between nurse interns' perception of preferring avoidance coping strategy and their demographic characteristics .....	98
<b>Table (21):</b>	Association between nurse interns stress levels and their perception of preferring coping strategies .....	100
<b>Table (22):</b>	Association between stressors among nurse interns and their perception regarding preference of transference coping strategy .....	102

**List of Tables (Cont ...)**

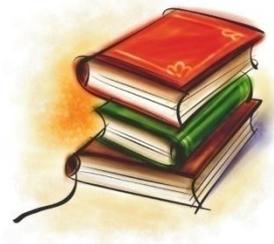
<b>Table No.</b>	<b>Title</b>	<b>Page No.</b>
<b>Table (23):</b>	Association between stressors among nurse interns and their perception regarding preference of staying optimistic coping strategy .....	104
<b>Table (24):</b>	Association between stressors among nurse interns and their perception regarding preference of Problem solving coping strategy.....	106
<b>Table (25):</b>	Association between stressors among nurse interns and their perception regarding preference of Avoidance coping strategy .....	108
<b>Table (26):</b>	The correlation between the stress and coping strategies.....	110
<b>Table (27):</b>	The correlation between the stress and types of stressors .....	111

## Abstract

Background: Stress is seen as a modern society's illness experienced by professionals from different sectors. It has effects on people's behaviors, communications and efficiency. Healthcare systems usually provide many stimulus that produce stress especially at the beginning of the nursing career due to the differences between the real world and the ideal world of nursing "reality shock". The aim of this study was to assess the stress levels among nurse interns, determining stressors facing nurse interns from their points of view and investigate nurse interns' perception regarding stress coping strategies. A descriptive design was used in this study. The study was conducted at Ain- Shams University, El-Demerdash, Pediatrics, and cardiovascular hospitals. The sample included all the available nurse interns having their training in the aforementioned settings they were 110 nurse interns. Three tools were used for data collection in this study namely, Perceived Stress Scale (PSS-14), The Stressors Scale, and Coping Behavior Inventory (CBI). The results of this study revealed that one third of the nurse interns had moderate level of stress, and the most stressor experienced by them was stressor from hospital staff and the least one was stressors from taking care of patient, regarding their perception of preferring coping strategies the avoidance was the most preferred and transference was the least preferred. In conclusion the results provided valuable information for clinical educators and clinical staff in identifying students' needs, facilitating their learning in the clinical setting and developing effective interventions to reduce the stress they encounter. The study recommended providing nurse interns with adequate orientation program in the beginning of their training period to provide guidance and help, supporting them with periodical workshops to improve their skills, and assisting them to overcome any stressors facing them during the internship year.

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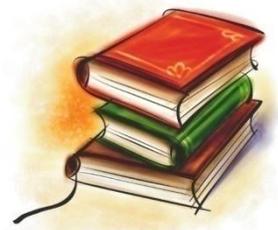
**Keywords:** Nurse interns, stress, stressors, coping strategies.



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# *Introduction*

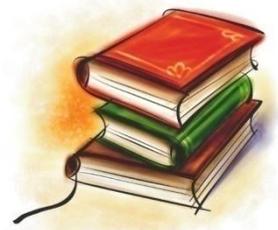
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## *Aim of the Study*

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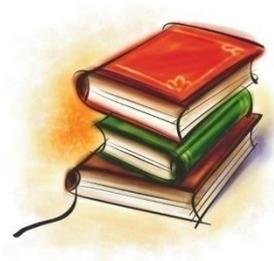
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# *Review of Literature*

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## *Subjects and Methods*

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## *Results*

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# *Discussion*

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