Relationship between Self Esteem and Coping Patterns toward Work Stressors among Psychiatric Mental Health Nurses

Thesis

Submitted for Partial Fulfillment of the Requirement of
Master Degree in Psychiatric Health Nursing

By

Amira Said Elsayed Mohammed

BSC Nursing Science
Faculty of Nursing – Ain Shams University (2010)

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بسم الله الرحمن الرحيم

قالوا

سبحانك لا علم لنا
إلا ما علمتنا إنك أنت
العليم الحكيم

صدق الله العظيم

سورة البقرة الآية: ٣٢

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LIST OF ABBREVIATIONS

Abbreviations		Name of Abbreviations
PMHN	**:**	Psychiatric mental health nursing
PMHNs	**:**	Psychiatric mental health nurses
RSE	**:**	Rosenberg self esteem
JCS	**:**	Jalowiec coping scale
SD	**:**	Standard Deviation.
SPSS	**:**	Statistical package for social science
PT	**:**	Patient
ED	**:**	Emergency department

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Abstract

This study aimed at determine relationship between self esteem and coping patterns toward work stressors among psychiatric mental health nurses. **this study was a descriptive study** conducted on 210 psychiatric mental health nurses at Elkhanka psychiatric mental health hospital. At El-khanka, City Qalubia, Governorate **data were collected used** in this study consisted of **four tools** as the following; **Tool I;** Interview questionnaire sheet used to assess psychiatric mental health nurses socio-demographic characteristics, **Tool II** Rosenberg self-esteem scale to assess self-esteem level for psychiatric mental health nurses, **Tool III** work stressors scale to measure work stressors for psychiatric mental health nurses and **Tool IV** Jalowiec coping scale to measure coping pattern toward work stressors for psychiatric mental health nurses. **The study results** revealed that, nearly three quarter of psychiatric mental health nurses have moderate level of self esteem**,** more than two third of them have high work stressors level and higher percentage of them have effective coping pattern. Moreover, the study findings revealed that, there was positive correlation and highly significant relation between psychiatric mental health nurses self esteem level and total coping pattern **conclusion** of the study revealed that there are positive correlation and significant relation between self esteem and coping pattern toward work stressors among psychiatric mental health nurses. **Recommendation**, The study recommended that Reconsider instructional program for psychiatric nurses on how to reduce the job stressors. The future research should be done with a larger sample size in several psychiatric hospitals and in a broader geographical area.

Keywords: psychiatric nursing, self esteem,work stressors, coping pattern.

Introduction

Psychiatric nursing is the most stressful occupation in the world. Psychiatric nurses face several stressors in their daily work continuously, including poor working relationships between Psychiatric nurses with doctors and other health care professionals, communication and relationships with Psychiatric patients and relatives, emergency cases in which Psychiatric patients may be extremely aggressive, violent, unpredictable and dangerous behavior to themselves or others, high workload, understaffing and lack of support or negative feedback from senior of nursing staff ***(Coker & Omoluabi, 2018).***

Psychiatric mental health nurse (PMHNs) may carry a daily sources of stress related to medical accident and caring for both the mental and physical health of the psychiatric patient is especially important for psychiatric nurses thus; their role have continued to expand over the years, in association with increases in level of stress ***(Mathew, Ram, Bhattacharjee & Sharma, 2014).***

Psychiatric nurses face difficult situations which cause negative impact on their health. If their mental and physical health is not protected they often experience mental health problem, which may have a negative influence on health care services ***(Alidosti, 2016).***

The challenges that nurses face in practicing healthy behaviors are exacerbated. The fact that nurses have many competing demands for their time, energy, and attention. Nurses must focus on the health of their patients, the needs of patients' family members, the demands of physicians and supervisors, their own needs, and the concerns of their own family members ***(Rose & Glass, 2014).***

Self-esteem affects the reaction of psychiatric nurses to stressful events and the way that nurses cope with stress. At the same time, stressful events negatively affect self-esteem, which is a psychological resource against psychological disorders ***(Nayak, 2014).***

Self-esteem influences how psychiatric mental health nurses think, feel, and motivate themselves and impacts on the care patients receive. Undoubtedly nurses with low self-esteem have an effect on the level and the quality of patient care in a negative direction. Nurses' with high level of self-esteem are confident, take pride in their work, and demonstrate respect and concern for patients and colleagues ***(Sadoughi, and Ebrahimi, 2014).***

Coping is the continuous adaptation of cognitive and behavioral attempts of individual to manage the demands of the external environment. Although the individual interacts with the environment, the individual who make the appraisal of being threatened. Transactional coping is regarded as the transaction between a person and the environment.this transaction may differ due to personal resources or