

ABSTRACT

A CROSS SECTIONAL STUDY TO ASSESS THE PREVALENCE OF OCCUPATIONAL STRESS AND ITS ASSOCIATED RISK FACTORS AMONG THE VILLAGE HEALTH

NURSES,TAMIL NADU, INDIA – 2016.

DR.MAHESHWARI.V, DR. R.ARUNMOZHI

**INSTITUTE OF COMMUNITY MEDICINE, MADRAS MEDICAL
COLLEGE, CHENNAI 600 003**

BACKGROUND : The prevalence of Occupational Stress has been on the rising trends now in india.It occurs in each and every profession, but has been severe in certain profession one being among in the Community Health Workers(CHWs).The CHWs in Tamil Nadu are called as Village Health Nurse(VHN) .They are the grass root level workers of the health care system. They are the bridging gap between the government interventions for the people and the general population. hence they are burdened with many responsibilities to be executed which is responsible for the Occupational Stress among them. Furthermost their work keeps on adding along with existing responsibilities which adds on to their stress level.

AIM : To assess the prevalence of Occupational stress among the Village Health Nurses in Tamil Nadu.

METHODOLOGY : A community based cross sectional study was conducted among the Village Health Nurses in Tamil Nadu. Study tool used was self administered questionnaire and Professional Life stress scale by David Fontana was used for grading of Occupational Stress. Multi stage sampling was used to select the study participants. A sample of 106 study participants were administered with questionnaire.

RESULTS : The prevalence of Occupational Stress was found to be 79.2%, 92.8% of them had moderate stress where as 7.2% had severe stress, single earning member. duration of sleep less than 6 hours at night, travel time more than 1 hour to work, salary satisfaction, chronic illness, number of chronic illness and study participants taking regular treatment for chronic illness were all significantly associated with the Occupational Stress.

CONCLUSION : Community Health Worker Policy should be reframed in order to maintain their interest and also provide them with incentives and allowances for their performances as an encouraging activity and also they should be educated with various stress relieving methods like practicing yoga, meditation, involvement in physical activity.

Key words : Occupational stress, VHNs, CHWs,