

Psychological well-being among the female nursing staff in the general hospital

Mr. Vinayak A. Chauhan^{1*}, Dr. Ashwin Jansari²

ABSTRACT

The present study aimed to know the psychological well-being among the female nurses working in the hospital. It also aimed to check psychological well-being with reference to type of education and shift. The Psychological Well-being Scale by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012) was used. The sample constituted total 120 nurses out of which 60 were from full time female nursing staff (30 day shift and 30 night shift) and 60 from contractual female nursing staff (30 day shift and 30 night shift). The data was collected from Ahmedabad District. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is significant difference in the mean score of psychological well-being among the full time and contractual female nursing staff. The full-time female nursing staff group is having more psychological well-being than contractual female nursing staff group, (2) There is significant difference in the mean score of psychological well-being among the female nursing staff of day and night shift. The female nursing staff of day shift group is having high psychological well-being than female nursing staff of night shift group & (3) There is no significant difference in the interactive effect of the mean scores of psychological well-being with regards to the type of education and shift.

Keywords: *Psychological Well-being, full time and contractual nursing staff, day and night shift.*

Well-being is one of the most important goals which individuals as well as societies strive for. The term denotes that something is in a good state. It doesn't specify what the 'something' is and what is meant by 'good'. Well-being can be specified in two ways: first by the specifying the 'what' and secondly by spelling out the criteria of wellness.

Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. These things are difficult to evaluate objectively, hence the emphasis is on the term "subjective" well-being. It may well be maintained in adverse circumstances and conversely, may be lost in favourable situation. It is related to but not dependent upon the physical/ physiological conditions.

¹Ph.D. Scholar, Psychology Department, Rai University, Saroda, Dholka Taluka. Ahmedabad.

²Professor, Psychology Department, Rai University, Saroda, Dholka Taluka. Ahmedabad.

*Responding Author

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The positive psychology, as a modern approach, emphasizes on perception and interpretation of happiness and well-being and prediction of the factors related to them as well. Psychological well-being is a multi-dimensional concept; optimism, self-control, happiness, sense on interest, free of failure, anxiety and loneliness has been considered as the special aspects of well-being (Sinha & Verma, 1992). The term “psychological well-being” can be explained through two perspectives- the Hedonic and Eudaimonic perspective of well-being, the former indicating emotional well-being and the latter indication well-being (Deci and Ryan, 2008). Research has taken place in both perspectives, making psychological wellbeing, a much-research topic.

Psychological wellbeing is a part of the mental health and healthy relationship with own self and outer world and related with there are so much aspect related with psychological wellbeing, it means psychological wellbeing explain about life of a human behavior positive life style with the adjustment with self and environment according to requirement of society usually only wellbeing is related with physical health but psychological wellbeing is related with multiple aspect of human behavior pattern according to healthy behavior pattern which way the person should be live in a routine life with society and self with positively. It means psychological wellbeing evaluate the person behavior pattern in a way with positivity According to (Diener, 1997) in the form of a cognitive form of a behavior of a person in a creative way in a it means part of a evaluation of a feeling and emotion as a part of a experience with people and pleasant and unpleasant experience analyses relationship to the context of a society demand with happiness.

“Psychological wellbeing is a somewhat malleable concepts which is to do with people feeling about everyday life activities, such feelings may range from negative mental status or psychological strains such as anxiety, depression, frustration emotional exhaustion, unhappiness dissatisfaction to a state which has been identified as a positive mental health” – Bhogle, 1995.

“Psychological wellbeing is described as a combination of positive and effective condition such as a happiness and functioning with optimum effectiveness interpersonal and social community life.” - Deci & Ryan 2008.

Dimension of psychological wellbeing : (1) Meaningfulness, (2) Somatic Symptoms, (3) Self-esteem, (4) Positive affect, (5) Daily activities, (6) Life satisfaction, (7) Suicidal Idea, (8) Personal control, (9) Social dependence, (10) Tension, (11) Wellness, (12) Satisfaction & (13) General Efficiency.

Mostaffa Ahmeda Arefa & Mervat Wagdy, Abou Nazel & Nahla Khamis Ibruhim (2003) had studied the predictor of psychological wellbeing of nurses in Alexandria, Egypt. The sample was 412 nurses represented working in five different health organization of Alexandria, The G.H.Q. General Health Questioner was used to collect data according to socio demographic, and occupational level. The result shows that the full participants nurses has a mean age of 27.7 years, and more than half were single while the rest were married.

Objective

The objectives are:

1. To assess the psychological well-being of the full time and contractual female nursing staff.

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2. To assess the psychological well-being with regards to female nursing staff of day and night shift.
3. To assess the interactive effect of Psychological Well-being with regards to type of education and shift.

METHODOLOGY

Hypothesis

1. There will be no significant difference in the mean score of psychological well-being among the full time and contractual female nursing staff.
2. There will be no significant difference in the mean score of psychological well-being among the female nursing staff of day and night shift.
3. There will be no significant difference in the interactive effect of the mean scores of psychological well-being with regards to the type of education and shift.

Sample

The sample of the present study constituted total 120 nurses out of which 60 were from full time female nursing staff (30-day shift and 30-night shift) and 60 from contractual female nursing staff (30-day shift and 30-night shift).

Research Design

A total sample of 120 nurses equally distributed between type of education and shift from Ahmedabad District selected for the research study.

Showing the table of Sample Distribution

Shift	Type of Education		Total
	Full time female nursing staff	Contractual female nursing staff	
Day Shift	30	30	60
Night Shift	30	30	60
Total	60	60	120

Variable

Independent Variable

1. **Type of Education:** Full time female nursing staff and Contractual female nursing staff.
2. **Shift:** Day shift and Night shift.

Dependent Variable: Psychological Well-being Score.

Tools

The Psychological Well-being Scale conducted by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012) was used. The scale consists of 50 statements each having five alternatives as completely agree to completely disagree. It consists of five parts: satisfaction, efficiency, sociability, mental health and interpersonal relations. The split-half reliability of the test is 0.87 and the consistency value for the scale is 0.90 and the validity of the test is 0.94.

Procedure

The permission was granted from full time and contractual female nursing staff of general hospitals for data collection in Ahmedabad District after the establishment of rapport,

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significant at 0.01 level. This means that the two group interaction effect under study differ significantly in relation to psychological well-being and shift. It should be remembered here that, according to scoring pattern, higher score indicates higher psychological well-being. Thus, from the result it could be said that, the female nursing staff of day shift group is having high psychological well-being than female nursing staff of night shift group. Therefore, the hypothesis no.2 that, “There is no significant difference in the mean score of psychological well-being among the female nursing staff of day and night shift” is rejected.

Table: 4 The Table showing the interactive effect of the Mean Score of Psychological Well-being of type of education and shift.

			A		‘F’ value	Sign.
			A ₁	A ₂		
M	B	B ₁	188.03	181.30	1.05	N.S.
		B ₂	177.67	159.83		
N			60	60		

The above table shows the interactive effect of the psychological well-being of the type of education and shift. The result was found to be not significant from table no.4 shows that ‘F’ value 1.05 is not significant at 0.05 level. The mean score is 188.03 for the full time female nursing staff of day shift, the mean score is 177.67 for the full time female nursing staff of night shift, the mean score is 181.30 for the contractual female nursing staff of day shift, and the mean score is 159.83 for the contractual female nursing staff of night shift. Therefore, the hypothesis no.3 that, “There is no significant difference in the interactive effect of the mean scores of psychological well-being with regards to the type of education and shift” is accepted.

CONCLUSION

1. There is significant difference in the mean score of psychological well-being among the full time and contractual female nursing staff. The full time female nursing staff group is having more psychological well-being than contractual female nursing staff group.
2. There is significant difference in the mean score of psychological well-being among the female nursing staff of day and night shift. The female nursing staff of day shift group is having high psychological well-being than female nursing staff of night shift group.
3. There is no significant difference in the interactive effect of the mean scores of psychological well-being with regards to the type of education and shift.

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Conflict of Interest

The author declared no conflict of interest.

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