

Psychological Well-Being among the Nurses Working In the Hospitals

Mr. Vinayak A. Chauhan^{1*}

ABSTRACT

The present study aimed to know the psychological well-being among the nurses working in the hospitals. “The Psychological Well-being Scale” prepared by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012) were used. The sample constituted total 120 nurses out of which 60 were from male nurses working in the hospital (40 day shift and 40 night shift) and female nurses working in the hospital (40 day shift and 40 night shift) from Gujarat State. The data was scored, analyzed as per the manual. ‘t’ test was being calculated. The result showed that (1) There is no significant difference in the mean score of psychological well-being among the male and female nurses working in the hospital and (2) The nurses working in the night shift have more psychological well being than nurses working in the day shift.

Keywords: *Psychological, Well-Being, Nurses, Working, Hospitals*

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 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 favorable situation. It is related to nut not dependent upon the physical/ physiological conditions.

Thus defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively

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

[*Responding Author](#)

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related with neuroticism, psychoticism, and such variables. However, the degree of overlap with such variables should not be high if this concept a separate independent entity is to be considered as a valid one. Also, it should show relative stability over time (reasonable time gap without any significant life events intervening). Its utility will depend upon these relationships/ a net work of relationship with other variables.

Levi (1987) defined 'psychological well-being as a dynamic state characterized by reasonable amount of harmony between individual's abilities, needs and expectations, environmental demands and opportunities'. Psychological well-being has more to do with the management of the existential challenges of life such as having meaning in one's life growing and developing as a person.

According to Diener (1999) Psychological well-being is 'how people evaluate their lives, these evaluations are may be in the form of cognitive or affective'. The cognitive part is an information based appraisal of conscious evaluative judgments about one's satisfaction with life, and the affective part is a hedonic evaluation guided by emotions and feelings such as experience of pleasant/unpleasant moods in reaction to their lives.

Ryff (1995) Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. These facets include the following: There are six components of psychological well-being. having a positive attitude towards oneself and one's past life (self acceptance), having goals and objectives that give life meaning (purpose in life), being able to manage complex demands of daily life (environmental mastery), having a sense of continued development and self realization (personal growth), possessing caring and trusting ties with others (positive relation with others); and being able to follow one's own convictions (autonomy) (Khan 2009).

Objective

The objectives are,

1. To assess the psychological well-being is more among male and female nurses of working in the hospital.
2. To assess the psychological well-being with regards to nurses working in the day shift and night shift.

METHODOLOGY

Sample

The sample of the present study constituted total 120 nurses out of which 60 were from male nurses working in the hospital (40 day shift and 40 night shift) and female nurses working in the hospital (40 day shift and 40 night shift) from the Gujarat State.

Variable

Independent Variable

Gender: Male and Female nurses.

Shift : Day shift and Night shift

Dependent Variable

Psychological well-being Score.

Tool

The Psychological Well-being Scale prepared by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012) was used. The scale consists of 50 statements each having five alternative 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.

Hypotheses

1. There is no significant difference in the mean score of psychological well-being among the male and female nurses working in the hospital.
2. There is no significant difference in the mean score of psychological well-being among the nurses working in the day shift and night shift.

Procedure

The permission was granted from various hospitals for data collection from the Gujarat State after the establishment of rapport, the 'Psychological Well-being Scale' were administered the data was collected, scored as per the manual and analyzed. To analyze the data mean, SD and "t" value was computed.

RESULT AND DISCUSSION

Table : 1 Showing mean, SD and "t" value of PWS of male and female nurses working in the hospital.

Group	N	Mean	SD	"t" - value	Sign. level
Male	60	141.62	32.69	1.08	N.S.
Female	60	148.07	32.87		

As can be seen from the above table that "t" value of 1.08 is not significant at 0.05 level. This means that the two groups under study does not differ significantly in relation to psychological well-being. The mean score of the male nurses working in the hospital group is 141.62 and SD is 32.69 as against the mean score of 148.07 and SD is 32.87 of the female nurses working in the hospital. The hypotheses no.1 that "There is no significant difference in the mean score of psychological well-being among the male and female nurses working in the hospital" is accepted.

Table : 2 Showing mean, SD and "t" value of PWS of nurses working in the day shift and night shift

Group	N	Mean	SD	"t" - value	Sign. level
Day Shift	60	139.82	27.44	3.80	0.05
Night Shift	60	158.20	25.55		

As can be seen from the above table that "t" value of 3.80 is significant at 0.05 level. This means that the two groups under study differ significantly in relation to psychological well-being. The mean score of the nurses working in the day shift group is 139.82 and SD is 27.44 as against the mean score of 158.20 and SD is 25.55 of nurses working in the night shift. It should be remembered here that, according to scoring pattern, higher score indicated good psychological well-being. Thus from the result it could be said that, the nurses working in the night shift have more psychological well being than nurses working in the day shift. The hypotheses no.2 that "There is no significant difference in the mean score of psychological well-being among the nurses working in the day shift and night shift" is rejected.

CONCLUSION

1. There is no significant difference in the mean score of psychological well-being among the male and female nurses working in the hospital.
2. The nurses working in the night shift have more psychological well being than nurses working in the day shift.

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