A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ON STRESS COPING STRATEGIES AMONG WOMEN LIVING AT A SELECTED SETTING

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ABSTRACT
A study was conducted in selected setting; a total of 80 women were selected using simple random sampling technique as per selection criteria. The data was grouped and analysed using descriptive statistics and inferential statistics. On assessing the knowledge on stress coping strategies among these 80 women, majority 49(61.25%) of them had inadequate levels of knowledge, 30 (37.5%) had moderately adequate levels of knowledge and only 1 (1.25%) had adequate level of knowledge. Association was found between knowledge of women and their demographic variables and that the women could be enlightened with stress coping and management strategies. The women should be taught regarding the various stress reduction techniques like meditation, yoga, relaxation exercise, exercise, music therapy etc.

Key words: Level of knowledge, Stress, Women.

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INTRODUCTION
Stress in the present millennium is not something new and not anything unknown. Stress has been experienced since time immemorial, but now it is higher than before. The term stress means pressure; in human life it represents an uneasy experience. It is an unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our capacity to cope with.
Stress is about how the body reacts to the stressor, real or imagined, a stimulus that causes stress. Stress is a state of disequilibrium that occurs when there is a disharmony between demands occurring within an individual’s internal or external environment and his/ her ability to cope with those demands.
Stress typically describes a negative concept that can have an impact on one’s mental and physical well-being, but it is unclear what exactly defines stress and whether or not stress is a cause, an effect or the process connecting the two. With organisms as complex as humans, stress can take on entirely concrete or abstract meanings with highly subjective qualities, satisfying definitions of both cause and effect in ways that can be both tangible and intangible. The events that provoke stress are called stressors, and they cover a whole range of situations - everything from outright physical danger to making a class presentation or taking a semester’s worth of your toughest subject. The human body responds to stressors by activating the nervous system and specific hormones.
The stress caused to women can eat away at a relationship in the family. And though every woman hopes that any one solution will actually help her in relieving caused stress, it is also not uncommon for a woman to feel that having another person to worry about, and another stressed out individual in the house, just makes matters worse. This study suggested that it is important to assess the level of knowledge on stress coping strategies among women and to emphasise on women having at least one or more coping strategies in handling stress.

STATEMENT OF THE PROBLEM
‘A study to assess the level of knowledge on stress coping strategies among women living at a selected setting’

OBJECTIVES
- To assess the level of knowledge on stress coping strategies among women living at a selected setting.
- To find out the association between knowledge on stress coping strategies among women with their selected demographic variables.

RESEARCH METHODOLOGY
A descriptive research design was adopted to conduct this study on the level of knowledge on stress coping strategies among 80 women in a selected setting. In the present study the population refers to women in the selected village of Vellore district in Tamilnadu. The study was conducted in Vellore district. A total of 80 women who fulfilled the sampling criteria were picked from a selected setting. Simple Random sampling technique was used to select the sample. The data was collected over a period of 10 days by using a self-structured questionnaire and the sample size was 80.

<table>
<thead>
<tr>
<th>Level of Knowledge</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate</td>
<td>49</td>
<td>61.25</td>
</tr>
<tr>
<td>Moderately adequate</td>
<td>30</td>
<td>37.50</td>
</tr>
<tr>
<td>Adequate</td>
<td>1</td>
<td>1.25</td>
</tr>
</tbody>
</table>

Table - 1: Frequency and percentage distribution of level of knowledge on Stress Coping Strategies among women

Table - 1 shows the level of stress among joint family women based on their perceived stress and coping assessment scale. This table shows that 49 (61.25%) of the women had inadequate levels of knowledge, 30 (37.5%) had moderately adequate levels of knowledge and only 1 (1.25%) had adequate level of knowledge.

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Content</th>
<th>Mean</th>
<th>S.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Level of knowledge on stress coping strategies</td>
<td>12.09</td>
<td>2.06</td>
</tr>
</tbody>
</table>

Table - 2: Association between levels of knowledge on Stress Coping Strategies among women

Table - 2 illustrates that the overall mean of levels of knowledge on stress coping strategies among women is 12.09 with standard deviation being 2.06.
RESULTS AND DISCUSSION

The aim of the present study was to assess the levels of knowledge on stress coping strategies among women. A total 80 women who met the inclusion criteria were selected by simple random sampling method from a selected setting.

- The first objective was to assess the levels of knowledge on stress coping strategies among women at selected setting.
  In the process of assessment of levels of knowledge on stress coping strategies among women residing at the selected setting, the samples who met the inclusion criteria were selected and each of them were assessed with demographic variables, each one observation score was monitored and rated on self-structured questionnaire by the investigator whereby it was found that 49 (61.25%) women had inadequate levels of knowledge, 30 (37.5%) had moderately adequate levels of knowledge and only 1 (1.25%) had adequate level of knowledge.

- The second objective was to associate the levels knowledge on stress coping strategies among women with their selected demographic variables
  The overall mean of stress levels of joint family women was 12.09 with standard deviation being 2.06. Statistically there was a significant association between the levels of knowledge of women on stress coping strategies and their selected demographic variables.

CONCLUSION

On assessing the levels of knowledge on stress coping strategies among women, it was found that the majority, 49 (61.25%) women had inadequate levels of knowledge, 30 (37.5%) had moderately adequate levels of knowledge and only 1 (1.25%) had adequate level of knowledge. Association was found between knowledge of women and their demographic variables and that the women could be enlightened with stress coping and management strategies. The women should be taught regarding the various stress reduction techniques like meditation, yoga, relaxation exercise, assertive training, problem solving skills and music therapy etc.

IMPLICATIONS

Nursing Education:
The Nurse educator can educate some responsible volunteers, and through them she can access more number of people for transmission of information. This can be expected to be very effective way of dissemination of guidance as these volunteers will be equipped to clarify queries from their own community people. This community change agent model can be used as part of IEC (Information, Education and Communication) public health approach for propagating health education in the community.

Nursing Practice:
A Nurse has the sole responsibility to provide comprehensive care for the people, especially for the vulnerable section of population such as women. It is important to create self-reliance among them towards caring for their health and there is a need for a credible source of information. Through the creation of community care agents, the nurse can make it available for the women.

Nursing Administration:
A Nurse administrator can collaborate with the governing bodies in formulating policies to employ such trained community agents for betterment of the service utilisation and realising the target of self-reliance in health. The nurse administrator can also arrange many camps and programmes on various health topics to promote their active participation.

Nursing Research:
Nursing research is a powerful means of answering questions about health care interventions and finding better ways of promoting health, prevention of illness and providing care and rehabilitation services to people of all ages and in different settings.
Nurse researcher can promote more research in these ‘community change agents approach’ and disseminate the findings through conferences, seminars, the internet, journals, and literature publications in professional journals, both national and international, to promote practice. The generalisation of the study results can be made by further replication of the study in various settings and in a larger population. Nursing research motivates other investigators to conduct further study on other aspects of this topic. This is an area which invites further innovative researches to build sound evidence based nursing practice.
ARTICLES

RECOMMENDATIONS
1. The investigator recommends the utilisation of the self-instructional module to train all the women residing at the adapted village in order to improve their self-reliance towards health of the community.
2. The investigator recommends communicating the information about the effectiveness of community change agents who can be involved in health care activities.
3. A similar study can be conducted at a different setting using larger samples for generalisation.
4. Replication of the study can be done for various age groups on a need based manner.
5. Comparative study could be conducted for assessment of effectiveness of the model in the rural and urban communities.

LIMITATIONS
1. It was little tedious for the researcher to gain support from the community change agents and women to discuss about some sensitive topics, initially.
2. The researcher found difficulty in getting extensive Indian reviews related to teaching of women on stress coping.

REFERENCES