

Thesis Title      The Relationship between Selected Factors and  
Stress of the Professional Nurses at Songklanakarind  
Hospital   Faculty of Medicine Prince of Songkla  
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### ABSTRACT

The objective of this research was to study the relationship between job-related factors, personality type, coping strategies and stress among the professional nurses at Songklanakarind Hospital, Faculty of Medicine Prince of Songkla University.

One hundred and ninety professional nurses working at Songklanakarind Hospital were stratifiedly and randomly selected to be the studied sample. The following statistical methods were used to analyse the relationship between stress and selected factors and to predict stress : percentage, arithmetic means, standard deviation, Pearson Product Moment Correlation Coefficient and multiple regression.

It was found that most of the professional nurses (66.7%) at Songklanakarind Hospital were moderately stressed and 18.3% were mildly stressed, about 85% had type B personality pattern. About three fourth (74.4%) and two third (68.3%) of the professional nurses had suitable job-related factors and proper coping strategies respectively. Those factors found to be related to stress were demographic factors such as age, working experience ( $r = -0.1560$  and  $-0.1713$  respectively), and job-related factors such as factors intrinsic to the job, the managerial role, relationships with other people, career and achievement, organizational structure and organizational climate ( $r = 0.4630, 0.4446, 0.3373, 0.2744$  and  $0.4195$  respectively). It was also found that intrinsic factors of the job could predict the stress professional nurses at 21.44 %. When the managerial role factor was added to the intrinsic factors of the job, the prediction power increased to 24.63% and up to 26.79% when the working experience was added to the above two factors.

The result from this study suggested that nurses , administrators and executive officers should consider the importance of/and the problems that created occupational stress and should try to treat the stress-related problem in the organization by managing a suitable job responsibility, optimal work-load, clear job description, adequate personnel, reasonable fringe benefit and more in-service training.