

A Study on Psychology of Nursing

Ganga Sharma¹

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Abstract:

Health is one of the significant and important aspect in today's life which signifies the wealth of the country. The serving of nurses is relevant and plays a major role in the hospital services as nurses are crucial partner of any health care system. The present paper study about the psychological aspects of nurses and their interrelationship between the patient and nurses and aimed at viewing the issues of stress management in a manner of enhancing the health of their nurses and altering their behavior of working. The paper also focused on the key sources on which nurse's faces disturbance in hospital and health care institute and the importance of dealing with the psychology of nurses working and behavior covering the strategies and personal coping skills so as to represent as the support system. The study also cover the emotional balance between the patient and their relatives as they were in high in their stress and frustration. The paper also conclusively relate the psychological problems conquer by staff nurses both internal and external health care treatment and prevention for the sake of proper care.

Keywords: Nurse, Interrelationship, Psychological Aspects, Stress Management

Authors:

1. Ruxmaniben Deepchand Gardi College of Nursing, Ujjain, Madhya Pradesh, INDIA

Introduction

Nursing is one of the occupation which is helpful in sharing a personal relationship with the patients. It is very important to understand the behavior of human and their mental process with the involvement of emotional reactions in the relation with physical illness. The psychology of nurses plays a very significant role in dealing with the patient caring and maintenance issue. It is well-known fact that the patient reach the hospital are already in a mode of major degree of stress which is being difficult to manage as it is more frightening, traumatic and offended. The role of the psychology in the practice and education nursing which became more important and rapid in the recent years and are being a cover all the nursing and healthcare practitioner studies (Upton, 2013).

The psychology word contain a great attention and death-dealing with the individual mindset and its related connections. People always used to consider and focus on the study of mind and mystery behind the human mental life and subjected as well to predicting the behaviors of people. The psychology term is derived from the psyche which means 'soul' and logos which means the 'systematic and scientific study'. This study is focus on the evolution of the physiological ideas and the strong beliefs regarding the mindset of an individuals. Hence it simply define as the study of mind. It consist of the factors listed structuralism, functionalism and behaviorism which are completely define with the respect of the person psychological behavior and the way of action by them towards numerous different situations.

The nature of psychology is dependent on the scientific aspects and can be analysed on the basis of eminent psychologist and related thinkers. It is one of the positive and natural phenomenon which comprises the ethics that should depend on behavior of an individual and discovering the examination of it. It is also helpful in dealing with the prediction and control measure towards the behavior and some point of extent and general laws experiments and observing. The factor of psychology is relevant as well as important in the nursing from all the relevant task. In the case of process of nursing it is important to analyze the huge range of all the nursing activities. In the case of differences in patient related skills and the knowledge the nurses also need to vary in their working and behavior features (Babu, 2018).

The work of nursing is considered under the service sector and is predominantly and nicely performed by

the women with the use of the knowledge from the other sciences and conclusively from the nursing itself where the expertise related the knowledge with the health care. The staff nurses working in the hospitals response with the growing sense of frustration and irritability. When the doctors are not available, the major duty is conducted by the nurses and have to see the verbal abuse from the frustrated patient. The aggressiveness and physical violence is also one of the characteristics in patients which is increased at their peak time. Not only the patient but also their relatives shows the imbalance in the psychological aspects due to stress and care towards their known ones. There are always high expectations from the nurses in hospital and some of the times it is also observed that they became unreasonable and later relate with the condition of stress. Stress in nurses is one of the significant issue as it alter the health of nurse and the quality of care and precautions provided so as to fulfill the desire for an individual's consisting of loss of highly trained staff from the clinical environment and can highlight the type of burden on the other staff member as well. If we discuss about the recent global economic situation consist of many healthcare systems and showing the major financial and structural changes (Srinivasan and Samuel, 2014).

Role of Psychology in Nursing Practice

- It is important to understand the issues of mental and health and the one related with it
- It is useful for the ability to alter the maladaptive behavior
- Depends on the stress management
- Depends on the stress management
- It consist of the ability for the communication with the clients and patients without considering their disability, needs and related health concern
- It is important to acknowledge the human behavior from the cradle to grave.
- For designing the operations and system in Operation Theater, wards, and ITU etc.
- It is important to deal with the commotion, stresses, and strains during the practice.
- It is also important to improve observance in the sense of treatment (Upton, 2013)

Factors of Personality in Nursing Care

There are various number of personality factors consist of over-involvement, self-esteem perfectionism and purpose of life. The personalities and qualities of staff nurses will be expected to create an interrelationship with the patients and distress the quality of their care. The concept behind the nursing care includes interest, empathy, sensitive body language, communication skills, self-conception and other ability factors to maintain a distance. It is seen that the one having inadequate training, poor perception, and poor valuation of oneself will likely shows more stress and commotion as compared with that of the positive self-efficacy one. It is important for someone who are working in the nursing profession to attentive towards the incidences that basically triggered the feeling of both revenge and hatred. The emotions that can easily be induced by the bodywork are influence of social relationship between staff and patients, disgust and majorly hatred etc. (Srinivasan and Samuel, 2014).

Importance of Psychology in Nursing

- The psychology in nursing is important in understanding the mind-body relationship between the physiological and mental process. The nurses need to focus on the person or patients behavior in scientific manner connection with the neuroscience perspective. It is significant to deal with the concept of neuroscience i.e. to study and analyze the issue of the relationship between the psychological and physical aspects of our functional system known as mind-body problems.
- The other useful aspects to understand the psychology not only on the basis of making nurses to go through the patients behavior but also deals with the understanding of nurses their own behavior. It is well-known fact that the self-awareness is best to show the conscious process while considering themselves. This will help in controlling the behavior and emotions so as to gather the self-discipline and their ethical nursing profession.
- It is also important to give the effective therapy to the interactive process with the psychological support which is relevant for the patients in hospitals and the community health services. They plays a vital role in providing the scientific

manner with the concept of psychological approaches.

- It is useful in dealing with the knowledge of abnormal psychology will is an advantageous point for the nurses so as to understand numerous abnormal behavior patterns of patients and show effective care and handling by the implementation of principles of psychology. It became an interesting fact for the one who are interested towards psychiatric nursing.
- The psychology also helpful in knowing the individual differences in the behavior of human and allow them to know the way of interacting with the patient. This can be analyzed by the involvement of various factors like age, gender, race etc. It is helpful in improving the relationship between nurse and patient and can easily communicate with them without any problem and hesitation and fulfilling their basic needs.

Review Literature

Fraquharson *et al.* (2013) highlight about the evaluation of effects of nursing tasks involving psychological and physiological demands and also the moderating the effects of control and measure on distress and the real-time job performances. The effects of examination of nursing tasks other physiological demands. Conclusively it highlight the changes to the NHS so as to decrease the nurse distress and improve other care of patient and also shows the development of the improved methods of the investigations and other work-related stress and patient and retention care as well.

Jahromi, Moattari and Sharif (2013) stated about the profession of nursing and it is well known that the work of nurses are always attended by the shift working and the paper discuss about the shift working of nurses in night shifts at some stages of their professional life and hence the study focused on the night shift working of Iran. Conclusively the finding reveals the major themes physical and psychological problems, organizational problems and other relevant opportunity. It basically focus on the basic understanding of novice nurses perception of working in night shifts and can managed on the basis of organizing health and treatment system.

Prochnow *et al.* (2013) stated about the connection between the psychological demands and control measure with the work and deduction in the ability

of nursing professionals. They indicate and focus on the high strain in their work and behavior. The profession of nursing involves the regular connection with the highly stressful situations for a long run and resonate in the health of workers with the extra working. Conclusively it is observed to reduce the work ability and also required the investigation and evaluation of psychological aspects of working process of nursing professionals.

Gong et al. (2014) discussed about the poor mental health between the nurses and other interference in the professional performance that affect the quality of the healthcare provider. With the improvement in the management and prevention of stress and depression among the nurses in China and also helpful in the investigation of working conditions and symptoms of depression with the study on approx. 3474 nurses with the experience of around 1 year. Their findings consist of intervention to lessen the workload of the patient and nurse relationships and also focused on the management and prevention of depression among the nurses and their inter-department difference. It also discussed about the prevention symptoms with the frequent workplace violence and the long working hours including night shifts as well.

Rawal and Pardeshi (2014) discussed about the stressful situation in the field of nursing i.e. the nursing staff are listed in the bottom of the hospital member hierarchy and hence can face major stressful situation every day. The recent time condition resembles the shortage of nursing and shows great concern because of the impact that the efficiency of one's health care delivery system. The paper focus on the professional stress of nurses and investigation regarding working behavior of nurses. It is concluded that the job stress resembles the positive relationship with the health and performance of nurses and not considered only the key indicator in forming stress on the working and psychology of nurses. The study lastly identify the fact that the job stress shows no negative approach towards the work behavior of nurses.

Srinivasan and Samuel (2014) discussed about the psychological problems which is encountered by the Staff Nurses in the hospital. The paper focus on the personality, stress, professional and other situational factors which are helpful in dealing with the psychological problems of the staff nurses working in hospitals. They also highlight the numerous cope up strategies like proactive, curative and preventive

practices. The staff nurses need to be acknowledged and encouraged. It is very important to maintain the deep respect in the society as considering the fact that the nurses do the gentle care of patients for saving their lives and helping in curing their illness.

Donato et al. (2015) analyze the relationship between the work stress and depression in the profession of nursing with the use of technical education. The highlight of the paper is a cross-sectional study on around the 310 nursing technicians and assistants. The result evaluate the high level of work stress and measured on the basis of Job stress scale. The paper focused on the basis of issues of planning specific intervention programs with the need of better management of the cases. The prevention involves reshuffle actions of working conditions. It also focused on the development of specific programs for the healthcare professionals in any health institutes and also confirm on the basis of existing cases by supervisors and other working favorable conditions.

Lima and Sousa (2015) focused on the investigation and characterization of the physiological violence practices and also shows the relationship between the patients, caregivers and also some professionals nursing staff of the public hospitals of Caxias in Brazil. The personality of the working nurses are young, experienced and predominantly females and their age is proportional to their professional experience because of the fact that the violent episodes are found be more and less frequent and intending to the proportional relationship. The study defines on the basis of reviewed study of characterization of violence in the professional environment of nursing and also focus on the basis of the criteria of responsibility, control and facing situations in the place of work. It also shows the creation of simple models and also estimated accessible strategies so as to prevent, control and decrease the action of the workplace.

Han, Zhu, and Zhao (2017) stated about the clinical psychology nursing research in China and consider the objective to provide the point of reference for the recent state of development of clinical psychological nursing and their future implications on it. The paper depends upon the frequency analysis which shows the common psychological problems in the case of psychological nursing with the involvement of negative emotions, depression and moreover anxiety. The paper focus on the care process with the consideration of clinical psychology of nursing and

shows the effectiveness of psychological nursing and its effect on patient lifespan. It is also important in the paper that research hotspots concerned with the incidence of disease and are related with individual's attitude with their health issues.

Ebrahimi, Malmoon and Zaboli (2017) specified the work load of nurses in the hospitals by the identification of safety of patient and other related stress problems. It is followed by the psychological empowerment which act as a motivational concept with the respect of the numerous dimensions i.e. self-determination, major impact, competence etc. It is observed in the paper that with the increase in the work load of nurses in the hospital there is also the increase in the stress and psychological imbalance of nurses. The paper introduced the psychological empowerment which increase the factor in nurses as the critical care department and also go through with the major crisis circumstances.

Conclusion: The nurses are considered as the backbone for any hospital and healthcare unit. It is very important to encourage and recognize the staff nurses so as to analyze the stress working and the deep dedication towards their work for caring and treatment of patient. The present study show the effect of nursing tasks on the personality of nurses including physiological and psychological demands on the performance and stress management of nurses. After the discussion and involvement of different research work and their management, it is concluded that the psychology of nurses depends on the work situation and emotional imbalance and their effect which they face regularly in their duration of work. They also focus on the improvement in the care of patient and formulate the investigation methods related with stress and other retention care. The future perspective depends upon the comparison of stress in public as well as private hospitals with difference in nature. It is also important to evaluate the major and key factor of stress on nurses in hospitals.



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