

The level of life satisfaction and strategies of coping with difficult situations of intensive care nurses

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Admission: Nurse's daily work is full of difficult and stressful situations. These situations can become dangerous to the health and quality of their life when they're unable to cope with them effectively. Therefore it's necessary for everyone to know what stress is, when it starts to be harmful and how to cope with it. Stress can also indirectly affect the health. During stressful actions harmful behaviors may occur.

Objective of the work: Assessment of stress level and determining the level of self-esteem, satisfaction and standard of living of nurses working in intensive care.

Material and methods: The study was conducted at the University Clinical Hospital at Borowska Street 213 in Wrocław in the form of an anonymous survey among 100 nurses working in intensive care. The survey consisted of three parts: epidemiological and demographic, Generalized Self-Efficacy Scale (GSES) and Satisfaction with Life Scale (SWLS).

Results: Nurses cope with stress are responsible and know that their work is very demanding. They are resourceful and able to find many solutions to emerging problems and unexpected situations. They are convinced of their effectiveness at work and in life. Despite the skills and coping with difficult situations, a good education and training, they often work at more than one regular post. Such behavior makes them insufficiently satisfied with their financial situation and life.

At the turn of the years, a lot of research has appeared to determine what stress is, how it affects us and how to best deal with it. One of the subjects of research is the stress resulting from the work performed. Healthcare workers are particularly exposed to its effects. In their work, they face death, pain and suffering. In addition, shift work causes disturbances in the functioning of the body. There is fatigue, lack of sleep, which is conducive to the emergence of stressful situations and professional burnout. There is a direct connection between the work performed and stress conditions that affect the health problems of employees. In shaping the workplace, it is important that those who decide about the protection of workers' health are sufficiently aware of the seriousness of the problem.

FINDINGS

The study was conducted among one hundred nurses working in the intensive care unit of the University Clinical Hospital. The vast majority of the respondents were women (84%) aged 22-35 with higher education (72%) and living in the city (76%). 25% of nurses described their financial situation as average, 5% as bad. Persons with a completed specialization assess their financial situation better. More than half of the nurses worked one job (58%) and only 8% worked more than 2 jobs. 52% of the respondents claim that they do not eat regularly, and 16% do not have time to rest. 36% see their job as responsible but also stressful (26%). In difficult life situations, 48% of respondents declared that they had support from their family, but 42% could count only on themselves.

LIFE SATISFACTION SWLS

In the surveyed group of nurses, the level of satisfaction with life (SWLS scale) was 18.84, which is the average level of satisfaction with life in the surveyed group. It should be noted that this result is lower than the average result for adults living in Poland, which is 20.37. Most of the surveyed nurses are satisfied with their lives (72%), 50% believe that their lives are far from ideal, and as many as 30% have no opinion on this subject. It is possible that the reason for the poor assessment of the quality of life is overwork. Most of the respondents (58%) declared working two or more jobs. 52% of respondents do not see the need to change their lives, while 42% would change them if they had such an opportunity.

GENERALIZED SELF-EFFICACY SCALE (GSES)

In own research, the level of coping with difficult situations (GSES scale) was 29.34. This result is on the border of average and high. Nurses have great skills in dealing with difficult situations, but doing so requires work and effort. As many as 84% of respondents say that if they try hard enough, they are able to solve difficult problems. 66% tend to find a solution even if there are additional obstacles and 48% are able to stick to their goals. 82% of respondents are ready to face unexpected events and stay calm thanks to the ability to deal with difficult situations. Most nurses declare that they can suggest several ways to solve the problems they face.

CONCLUSIONS:

- nurses are dissatisfied with life because it differs from the ideal and perfection.
- nurses working in intensive care are very resourceful and inventive, able to find a solution to most difficult situations.
- most nurses find their job responsible but also stressful.
- nurses who cope well with stress are most often supported by family and friends.
- most nurses prefer outdoor recreation, some of them declare that they rest during housework, but there is a group that lacks free time.