

A systematic Review Study on Educational Interventions to Reduce Nurses Job Stress

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ABSTRACT:

Introduction: Excessive stress impairs performance and reduces the productivity of employees in organizations. Therefore, stress is one of the issues that is being explored in the field of management and organizational behavior. Therefore, organizations in their program have a lot of attention to studying, controlling and reducing stress in the workplace, in order to reduce the cost of physical and psychological damage to stress. And it also boosts the productivity of its employees. Stress management can be very important in using educational programs. This systematic review was conducted with the aim of determining educational interventions in reducing nursing job stress.G

Materials and Methods: In this systematic review using articles published in the last 25 years about educational interventions to reduce nursing job stress. It was conducted in English and Persian by searching articles in search engines, sites and authoritative scientific databases SID, Magiran, Google Scholar, Embase, Researchgate, ScienceDirect, PubMed, Springer. In the first stage, 35 papers were found. Of these, 10 related articles that have been published in the last 25 years have been reviewed.G

Results: In this study, ten articles have reviewed that show the positive effect of training on reducing the stress of nurses. One of these studies was to investigate the effect of critical thinking training on occupational stress on nurses. Revealed a significant reduction in the job stress score among the subjects of the critical thinking training group and These results were also significant in comparison with the control group.G

Conclusion: Many workplaces suffer from work stress in workplaces but they are not aware of the proper solution to prevent and manage this stress. It can be said that the implementation of vocational stress management training programs by increasing the level of employees' awareness of how to manage occupational stress, how to better manage time and also to modify work interactions to reduce job stress, this problem can be reduced among employees. And it can improve your job satisfaction day by day.

Keywords: Educational interventions, Job stress, Nurses

Introduction

Neuropsychiatric pressure is considered by physicians, psychologists, and behavioral science scientists as the most important factor in the physical, psychological and behavioral disorders of humans. The importance of stress is not only due to its economic damage, but also its negative effects on the physical and mental health of individuals. Today, it has been determined that stress is associated with many physical and mental illnesses, or contributes to its development, development, and development (1-3).

Social and psychological factors not only affect the quality of life but also often play a role in determining the outcome of coping with a chronic disease (4). Stress along with many illnesses will cause many complications, for example, stress with diabetes will increase blood sugar and further complications of diabetes. Diabetes, a chronic and metabolic disease (5-12), has always been interacting with stress. Complications of diabetes are very common among people with this condition and they will be heavily stressed (12-20).G

At the moment, stress and depression are the problems of youth and adolescents. Job stress is a very common feature of modern life and is increasing and has a bad effect on cardiovascular systems. Today it is known that stress is associated with many physical and mental illnesses or contributes to its development, development, and development. Another dimension that makes people interested in studying stress is the relationship between stress and performance (21-29). Excessive stress impairs performance and reduces the productivity of employees in organizations. Therefore, stress is one of the issues that is being explored in the field of management and organizational behavior. Therefore, organizations in their program pay much attention to the study, control, and reduction of stress in the work environment, in order to reduce the cost of physical and psychological injuries and also increase the productivity of their employees (30). Stress management can be very important in using educational programs. This systematic review was conducted with the aim of determining educational interventions in reducing nursing job stress.G

Materials and Methods

In order to achieve the goal of the study and to improve the accuracy of its study and its comprehension, this integrated overview study was conducted based on the Broome method. The method is done in the form of three steps in the search of texts, data evaluation, and data analysis, So, in the search phase, post-retention studies texts are examined in four stages in terms of inclusion criteria. After obtaining the conditions for entry into the study, the content of the study is evaluated and at the end, the analysis of the data was done.G In this systematic review using articles published in the last 25 years about educational interventions to reduce nursing job stress. It was conducted in English and Persian by searching articles in search engines, sites and authoritative scientific databases SID, Magiran, Google Scholar, Embase, Researchgate, ScienceDirect, PubMed, Springer. In the first stage, 35 papers were found. Of these, 10 related articles that have been published in the last 25 years have been reviewed.G

The criteria for entry of articles include studies published in Persian and in English, Access to their full text was possible, they were published in the last 25 years and Exit criteria include unnamed and non-scientific studies as well as articles that lacked the full text of the article.

To achieve relevant studies, a wide range of keywords including Educational interventions, Job stress, and Nurses was used as a one-to-one search, combined with the method "And" and "OR".G

Results: The results of the study on the effect of stress management training program on stress and work-life conflict showed that the stress level in the intervention group was significantly lower than the control group. Also, in the intervention group itself, the work stress was reduced compared to before the intervention. The results of the intervention showed that, by reducing work stress, the work-life conflict scores also decreased and there is a significant positive correlation between stress management and work-life conflicts in nurses (31).

Another study (32) found that there was a positive correlation between work stress and work-life conflict in investigating the relationship between work stress and work-life conflict.

Another study quoted (33), aimed at determining the effect of stress relief program on perceived stress by nurses, showed that training in the test group significantly decreases the stress score but there is no difference in the control group. Also, comparing the scores of both groups before and after the intervention showed a significant difference after the intervention, indicating a decrease in the stress level of the subjects



in the intervention group. This indicates the effect of stress-relief immunization program on the stress of nurses working in the mental health sector.

Another study showed that the average stress of legal students who received four weeks of stress relief training received 6.6% of the post-intervention phase and 4.6% at the follow-up stage (34).

In another study, there was a significant difference between the mean of work-life conflict before and one month after the intervention in the experimental group. Also, there was a significant difference in the mean of stress before and one month after the intervention in the experimental group. There was also a significant difference between the mean of work stress and work-life conflict before and after intervention and intervention in the two groups (35).

In another study, the effect of the educational program on functional relaxation based on the PRESSED model was studied on the reduction of nurses' anxiety. The intervention design was based on the PRECEDE model that for the predisposing and enabling factors of the classes, three classes were segregated for 7 weeks, each week, one day and every day, between one and one and a half hours. And applied relaxation techniques were considered as objective behaviors that using short-term lectures with questions and answers, group discussions, practice shows, and pamphlets were taught. After the end of the 7 training sessions, the recall was carried out through a short message of up to one month and an instructor's attendance. Findings of the study after 6 months showed a significant difference between the mean score of the apparent and hidden anxiety in the intervention group compared to the pre-intervention group (36).G

The study to investigate the effect of critical thinking training on job stress on nurses revealed a significant reduction in the job stress score among students of critical thinking education group and these results were also significant in comparison with the control group (37).

In another study quoted in a study (33), in order to investigate the effect of a focus-based training program and deep breathing exercises to reduce the symptoms of stress on the nurse, the novelty of this study was to measure serum cortisol levels which were examined before and after an intervention. The results showed a positive effect of training on the level of work-related stress in the test group and the comparison of the scores in the test group was significant compared to the control group.G

In a study (38), the effect of training based on the stress-relief model on emergency department and trauma nurses was done. In this study, the stability model was used against stress conditions and four areas of occupational safety and health and care in the mental and environmental conditions that were also observed in the training. The results indicated a reduction in the stress score due to exposure to stressed materials and stressful conditions in the test group. Also, the knowledge and awareness of the nurses in the intervention group were increased in advance and the results of this study coincided with similar studies in the field of education, occupational stress and the nature of nursing to reduce stress (39, 40).G

Discussion: Some researchers have focused on stress-related work stressors in these high-profile jobs, and some on the individual's individual situation. Considering the relatively high prevalence of stress and since the initial failure, early diagnosis and timely control of this disorder, initiates and persists, the use of preventive methods includes training methods in recognizing stress in the early stages and coping with it is important (43). Stress management training programs increase individuals' ability to reduce stress and adapt to stressful situations (44).G

Therefore, the use of appropriate instructional theory (as the basis of educational work) helps these people to recognize symptoms of stress and to deal with the first signs of stress correctly (45). According to study (31), we can say the application of stress management skills in work and family life by nurse's better time management, work and individual stress, proper dieting, Correct way of working in the family and working environment helps to balance work and life.G

According to the results of another study quoted in (33), which aimed to determine the effect of the program of immunization against stress on nurses' perceived stress that the training in the test group significantly reduces the stress score, it can be said that since the stress management program is a cheap, effective and safe way to reduce the perceived stress of nurses, therefore, it is recommended to use nurses' effective coping with job stress and improve the quality of care.

According to the results of the study (36), it can be said that the findings confirm the effect of an educational program based on the PRECEDE pattern to reduce the anxiety of nurses. It seems that the use of educational interventions based on the PRECEDE model, especially physical and mental health education, can help to improve the health of the target community in specific communities and the community as a whole.G

Conclusion: Many workplaces suffer from work stress in workplaces but they are not aware of the proper solution to prevent and manage this stress. It can be said that the implementation of vocational stress management training programs by increasing the level of employees' awareness of how to manage occupational stress, how to better manage time and also to modify work interactions to reduce job stress, this problem can be reduced among employees. And it can improve your job satisfaction day by day.

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