

STRESS AMONG LADY HEALTH WORKERS OF DISTRICT JACOBABAD

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ABSTRACT:

AIM OF THE STUDY: To improve the working environment of the Lady Health Workers in Sindh.

OBJECTIVES: To assess stress among the Lady Health Workers and to find out the association in between stress and demographical variables.

STUDY DESIGN: Quantitative Cross sectional study was done during the Nov; 2016 to March 2017, in Jacobabad District (Garhi Khairo, Thul and Jacobabad Taluka) among the Lady Health Workers working or attached with MCH centers. Simple random sampling technique were used and sample size calculated on prevalence rate, N=78. SRQ-20 (WHO inventory) questionnaire were used to collect data. SPSS 21.0 were used to analyses data and frequency tables and logistic regression were analyzed.

RESULT: Response rate was 96%. The mean age of the LHWs was calculated age was 35.59 ± 7.995 years, monthly income mean was 20500 ± 438 and mean of job experience were 4.87 ± 3.599 years. Marital status only found significant p-value 0.04.

CONCLUSION: Nature of Job of Lady Health Worker is mentally stressful which is altering the regular rotation of the human as well productivity of work.

KEYWORDS: Lady Health Worker, Maternal Health, Primary Health Care, Stress.

INTRODUCTION:

National program of Family planning and Primary Health program (NFP&PHP) was introduced in 1994. This program of Lady Health Workers (LHWs) is working for provision of health services to mothers and child at primary health care level^[1]. People who are stressed are often tense, anxious, distressed and depressed even as most of them cannot cope while the environment^[2]. Job of LHW has been identified as a very stressful. In context of LHWs, stress is defined as process rather than a stimulus or a process. Visiting the homes, communities and

fields, with multiple, complex and distracting problems can be overwhelming for even the most experienced person^[3]. Research has shown that LHW is a high-risk occupation in respect of stress-related disorders like depression etc. Stress can reduce the hopeful events of the life, leads to hypertension, cardiac

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problems, weaken immunity, contribute to addiction, unhappiness, irritability and reduce the overall status of behavior, cognitive and physiological well being^[4]. Different situations have been reported as major stressors especially for the LHWs in their initial stage of career while they have lesser experience^[5]. There has been almost 100% rise in the incident of mental disorder, particularly stress and depression. In the country over the past 10 years, mainly due to the personal insecurity, poverty, illiteracy, inflation and ram shackle power supply^[6]. Job stress referred as negative emotive and physical responses occurs when role conflict initiated. Physical, chemical and biological risks are the main factors among them in the working environment. WHO called it epidemic, The International Organization of Labor lobbied as it carries negative impact on the national gross production^[7]. Workplace environment, organizational factors and utilization of EAPs are the workplace stressors^[8]. Job stress on community Health Workers conducted in 2008 in which a quarter of health workers were reported to have significant occupational stress^[3].

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METHOD AND MATERIAL:

Cross sectional quantitative study was conducted in Jacobabad District among the Lady Health Workers working and attached with MCH Centers of District Jacobabad, Sindh. Study was completed in 5 months (Nov 2016-March 2017). Data sources were cross sectional survey. 75 samples were taken through Simple Random Sampling based on their prevalence rate (1). The LHWs selected by balloting from the complete list of LHWs of District Jacobabad provided by District Co-coordinator of LHW Program. Unavailable and unwilling to participate in study were excluded. A p-value of ≤ 0.05 was taken a statistically significant.

Specificity, sensitivity, reliability and validity of SRQ-20 WHO tool:

Workplace stress was assessed as expressed in the form of psychological stress, using the Self reporting Questionnaire, briefly known as SRQ-20. The SRQ-20 is an instrument to identify mental distress including psychological and somatic symptoms in the general population. It is consisted of 20-items and yields YES/NO answers^[1]. Scale has been validated^[9,10,11]. SRQ-20 questionnaire were used which is open access WHO reliable and validated tool as well translated into many languages.

RESULTS:

Socio-Demographical Variables

In all 75 LHWs were included in the study. The table shows socio-demographics: Table of demographical statistics age, income and job experience is shown below:

Table: 01-Demographical Statistics (N= 75)

Demographical variables	Mean	SD
Age (Years)	35.59	+7.995
Monthly income (Rs.)	20500	+438
Job experience: (Years)	4.87	+3.599

Age: The majority of the respondents' were 32-41 years (49.3%). The figure of age of LHWs is shown below;

Table 02-Age (N = 75)

Age	Frequency	Percent
22-31	22	29.3
32-41	37	49.3
42-51	11	14.7
52 <	5	6.7

Education: Almost half (44%) were educated till Intermediate. Figure of education of LHWs are shown below:

Table 03-Education (N= 75)

Education	Frequency	Percent
Matric	23	30.7
Inter	33	44.0
Graduation	10	13.3
Master	9	12.0

Marital Status: Majority of the respondents were married 43 (75.3%) while 26.7% were unmarried. Following figure shows the marital status of the LHWs:

Table 04- Marital Status (N= 75)

Marital Status	Frequency	Percent
Single	20	26.7
Married	43	57.3
Windowed	5	6.7
Divorced	5	6.7
Separated	2	2.7

Monthly income: Table of Monthly income of the respondents are as follows:

Table 05-Monthly income(N= 75)

Monthly income	Percent
Less than 20000	74.7
More than 20000	25.3

Experience in years: Appointment of LHWs was hired in phases depends upon the call of the recruitment. Such relation to this study here found experience of 2, 7 and 12 years. Majority of the LHWs were young enough in their experience 2 years (56%)

Table 06- Job Experience(N= 75)

Experience in years	Frequency	Percent
2	42	56.0
7	23	30.7
12	10	13.3

Score and Frequency of morbidity analysis of stress:

Following table # 07 shows as Respondents responded accordingly; among 75 participants the highest means score is of those who have often headache 0.57, and the lowest score is of those goes to shaking of hands 0.32, having low self image to think herself as worthless person 0.35 which is second lowest. Feeling all the times tired, appetite badly, easily frightened, feeling nervous and unhappy and difficult to enjoy daily routine are having 0.49 mean.

Following analysis of psychological stress among the respondents, an alarming sign towards psychiatric morbidity. 57.3% responded that they are having often headache, 54.7% responded that they are having poor digestion, daily work suffering and having difficulty to make decisions. 50.7% responded that they have not appetite badly, not easily frightened, feeling relax, feeling happy, enjoying in daily routine and feeling tired. Second highest in rank 65.3% denied to be worthless person .

Demographic variables and stress:

Binary logistic regression analyses of the variables were also done. The effect of age, education, marital status, monthly income and job experience assessed on stress. Only job experience has statistically significant effect on stress level with a p-value of 0.039.

DISCUSSION:

To our knowledge, this is the first study from Sindh that focused on the LHW's stress. Total of 550 lady Health Workers are working in district Jacobabad including attached MCH centers of

Table 07- Frequency and percentage distribution of each item of stress

Item #	Item content	N	YES		NO	
			Frequency	%	Frequency	%
01	Often headache	75	43	57.3	32	42.7
02	Appetite badly	75	37	49.3	38	50.7
03	Sleep badly	75	40	53.3	35	46.7
04	Easily frightened	75	37	49.3	38	50.7
05	Hands shake	75	24	32.0	51	68.0
06	Feeling nervous	75	37	49.3	38	50.7
07	Poor digestion	75	41	54.7	34	45.3
08	Trouble in thinking	75	32	42.7	43	57.3
09	Feeling unhappy	75	37	49.3	38	50.7
10	Crying more than usual	75	36	48.0	39	52.0
11	Difficult to enjoy daily activities	75	37	49.3	38	50.7
12	Difficult to make decisions	75	41	54.7	34	45.3
13	Daily work suffering	75	35	46.7	40	53.3
14	Unable to play a useful part in life	75	36	48.0	39	52.0
15	Lost interest in things	75	38	50.7	37	49.3
16	Feeling worthless person	75	26	34.7	49	65.3
17	Thought of ending life	75	39	52.0	36	48.0
18	Feeling tired all the time	75	37	49.3	38	50.7
19	Uncomfortable feelings in stomach	75	29	38.7	46	61.3
20	Easily tired	75	40	53.3	35	46.7

Table 07- Binary Logistic Regression analysis of variables

Variables	B	S.E.	Wald	df	p-value	Exp(B)
Age	.061	.057	1.160	1	.282	1.063
Education	-.529	.347	2.330	1	.127	.589
Marital	.231	.356	.422	1	.516	1.260
Income	.019	.924	.000	1	.983	1.019
Experience	-.281	.136	4.259	1	.039	.755
Constant	-.754	1.638	.212	1	.645	.470

a.Variable(s) entered on step 1: Age, Education, Marital, Income, and Experience

Taluka Thul, Garhi Khairo and Jacobabad. 96% (75) responded to scale. This study, which is aim to describe the assessment of work related stress among the LHWs of Jacobabad working in the MCH centers, has brought at front the common factors or situations that is usually describes stress. Findings of this study suggest that LHWs are working though they are stressful. The study is important to conduct in a sense that it identifies the overweight expectations or demands from the nurses as compare to their capabilities and skills what

they have acquired during their training periods and learn through experience of her job^[12]. In this study the findings show that the working LHWs are mature and young, their means age is 35.59 ± 7.995 , their average of monthly income is round about 20500 Pak. rupees and the experience of their job is 2, 7 and 12 years due to having govt job, the recruitment was done on phases depends upon the announcement of the opportunities in this discipline. The lack of service structure as well continuation of their job is not present^[13]. The findings are inter-

relating many to other studies in different settings like hospitals workers working in China, Japan, Korea, Thailand, and USA. All indicate workload and dealing with death and dying to be two most common workplace stressors^[14]. Study shows that half of the LHWs are intermediate in their previous academic record while as having graduation and masters' degrees are less in number i.e. 10 and 9. Study also reveals that married LHWs are the highest (57%), while widows, divorced and separated are also included in the study. Standard deviation of the item number 2, 4, 6, 9, 10, 11, 14, 15, 17 and 18 found in the study as 0.503, while as SD of item number 3, 13 found as 0.502. Responses in the study vary due to the environmental conditions, living standards, economic issues, biological issues, and age factor and birth order^[9]. Study reveals that 49.3%, 54.7% and 38.7% are appetite badly, poor digestion and feeling uncomfortable in their stomachs. Stomach secretes HCL which is acid in their nature and in stress it is higher secreted due to stress^[10]. 50.7% denied that they are not feeling nervous and living their lives happily. 45.3% are feeling easy to make decisions in their lives. 53.3% are not suffering from daily work. 65.3% are feeling that they are good at their self image. Study revealing that it is an alarming conditions that half of easily frightened, difficult to enjoy in their daily activities and feeling tired all the times.

CONCLUSIONS:

Stress normally portrays a negative notion that can have an impact on one's mental and physical well-being. This study indicated mean overall level of stress among Lady Health Workers working in Jacobabad district is high. Various mental health issues have been shown due to that biological or physiological health issues are arising.

Recommendation and Way forward:

- Stress management and coping the stress related training should be introduced.
- Evaluation of work stress and coping should be monitored on regular or frequent basis.
- Procedural interventions must be acted to

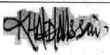
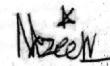

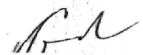
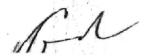
- prevent from further complications.
- Free Job stress policy must be introduced.

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Research Contribution		Author's Signature
Muhammad Ibrahim Ansari	Corresponding author, Conception and design, Final approval and guarantor of the article	
Dr. Chaudhry Muhammad Amjad	Critical revision of the article for important intellectual content, Conception and design	
Khadim Hussain Maaari	Collection and assembly of data, Statistical expertise	
Nazeer Ali Buriro	Statistical expertise, Collection and assembly of data	
Dr. Ghulam Parwer Soomro	Drafting of the article	

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“THE PERSON WHO CALLS HIMSELF LEARNED, INDEED HE IS
IGNORANT, AND THE ONE WHO CALLS HIMSELF FROM THE
DWELLERS OF PARADISE SURELY HE IS FROM THE DWELLERS
OF HELL.”

Hazrat Ali (Karmulha Wajhay)