Title: The effect of job stress management program based on precede model to nurses job stress

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Abstract: Background and Aim: Job stress is a problem in the work place and nursing is the most stressful job and this stress leads to a decrease in quality of nursing care and abandon occupation. The purpose of this study was to determine the effect of stress management educational program based on PRECEDE model to appoint of decrease stress level in nurses.

Material and Method: A quasi experimental study was carried out in the nurses. The sample size was 29 nurses from Fatemie hospital in experimental group and 29 nurses from Beheshti hospital of Hamedan in control group who were selected randomly. Then NSS and PSS were used to determine job stress and perceived stress and for intervention PRECEDE scale was used. Six sections intervention were done and each section was 60-180 minutes. Nurses were followed for 1.5 months. The data were analyzed by descriptive and inferential statistic (mean-chi square –t test –pair t test- Mann Withney- Wilixocon) through SPSS-13.

Results: Average score of job stress before intervention in experimental group was 113 and in control group was 109.82 and there were no significant difference between them. But after intervention average score of job stress in experimental group decreased to 94.03 and in control group was 109.2 (P=0.000).

Perceived stress Average score before intervention in experimental group was 25.17 and in control group was 27.65 and there were no significant difference between them, after intervention perceived stress Average score in experimental group decreased to 24.03 as compared to control group 29.51.(P=0.008)

After intervention predisposing, reinforcing and enabling factors rate and stress management behavior in experimental group rather than control group were increased.

Conclusion: Results showed efficacy and effectiveness of educational intervention based on PRECEDE model to decrease nursing stress.

Key words: Nursing Stress, Perceived Stress, PRECEDE model, Nursing, Educational Planning

Presentation: Poster