

## **Factors Affect Nursing Students Affiliated at Psychiatric Hospital Saudi Arabia, A Mixed Method: Basis for Program Orientation**

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### **Abstract**

The study identified the exposure of nursing students both male and female in a psychiatric hospital that is Madinah, Kingdom of Saudi Arabia. In this study the data has been analyzed by considering demographics of the respondents and inferential statistics. The discussion of this study has been done by considering the results concerning age, gender, and other demographic features of the study. The study identified that nurses of 31 or more age mainly males face more stress. Further, nurses with 5 children are facing more stress while effectively managing the work-life balance. The study concluded that the role of nurses is very crucial hence they must be continuously trained and monitored to manage the stress level for their wellbeing as well as the well-being of the hospital.

**Keywords:** Nursing Students, Psychiatric Practices, Stress Management, Saudi Arabia

### **Introduction**

To complete their nursing degree, nursing students have a number of requirements. In order to develop their knowledge and skills gained from their classroom conversation, clinical practice is a must. One of the daunting experiences is exposure to a different hospital, but for them, exposure to a psychiatric ward is more complicated. For certain students, psychiatric patients have erratic habits that are upsetting.

Psychiatric ward students need a lot of training and instruction about what kind of patients they will interact with how to connect with them and the atmosphere in which they will function. They will control their clinical skills, talents, and understanding of this form of patient to minimize the tension they will face as Galvin et al. cited (2015). Training providers should aim to provide students with sufficient resources to assist them in handling stress during training. In addition, the student responses differ in length and intensity in their academic training from Criollo, Escohedo, and Ruiz (2018). The final result depends on the mechanism of coping, individual resources, and the climate of the hospital.

Identification of the students' clinical learning difficulties and efforts to eradicate or change them by Baraz, Memarian, and Zohreh (2015) will create more learning opportunities, also enhance the achievement of educational objectives, and provide nursing students with training and skills required to meet diverse demands for treatment in psychiatric hospitals.

Labraque (2013) Students in nursing have mild stress, but it can have an effect on the students' physio-psycho-social wellbeing. Awareness of the stress level of student nurses, as well as the causes and stress responses, will serve as a significant insight in the identification and preparation of appropriate approaches and methods to minimize or avoid stress in nursing education and training, thereby promoting their learning in both academic and clinical settings.

In addition, Alsaqri (2017) said that there was a high level of stress among nursing students. Problem-solving was the most common coping method used by the students, while avoidance was the least commonly used one. The most prevalent stressors were connected to activities and workload.

There are four major stress factors before students had experience, as cited by Vilella et al. (2014), it is recognized as, difficulty delivering nursing care for the patient with a mental illness, understanding how to respond in a new environment, lack of awareness of mental health resources, and the likelihood of patient violence, but despite the situation, students are

pleased with it. Similarly, during mental health student preparation, Galvin, Suominen, Morgan, and O Connell (2015) encounter tension due to unrealistic demands during blocks, mental health job challenges during early phases of training, low staff support due to shortages. Most students fear two big situations before beginning their psychiatric clinical rotation, such as treating attack patients and dealing with psychiatric patients, according to Abraham, Cramer, and Palleschi (2018). Student nurses frequently experience anxiety prior to their psychiatric clinical experience, as reported by Williams (2016), and this anxiety can adversely affect their learning experience and ability to provide adequate nursing care for clients with psychiatric diseases. To reduce the anxiety of student nurses prior to their psychiatric clinical experience, a structured Orientation Program for Psychiatric Clinical Experience (OP-PCE) was created.

With this the interest of the researcher is to decide what factors affect students associated with a psychiatric hospital in Saudi Arabia and to be able to determine the optimal orientation before exposure to minimize the stress they can experience during exposure to clinical practice.

### **Statement of the Problem**

This study aims to determine the factors that affect students affiliated in a Psychiatric hospital in Saudi Arabia.

Specifically, it seeks to answer the following questions:

1. What is the profile of the respondents in terms of?
  - 1.1 age,
  - 1.2 gender,
  - 1.3 civil status, and
  - 1.4 a number of children?
2. How do the respondents assess their extent of stress on their affiliation in a psychiatric hospital in terms of:
  - 2.1 professional knowledge and skills,
  - 2.2 assignments and workload,
  - 2.3 taking care of psychiatric patients,
  - 2.4 clinical environment,
  - 2.5 teachers and nursing staff, and
  - 2.6 peers and daily life?
3. How do the respondents describe the stressful activities they experienced during their psychiatric affiliation and the reason that made them stress?
4. Is there any significant difference in the assessment of the respondents on their extent of stress on their affiliation in a psychiatric hospital when group according to their profile?
5. Based on the findings what orientation program need to emphasized before exposure to a psychiatric hospital?

### **Research Hypothesis**

**H<sub>01</sub>:** When clustered according to their profile, there is no substantial difference in the stressors of the respondents.

### **Objective of the Study**

The researchers seek to assess the magnitude of the stress of the psychiatric hospital's associated respondents and to be able to determine what orientation program needs to be proposed before the hospital's affiliation.

### **Theoretical Framework**

The research was based on Lazarus' theory of stress coping and adaptation. There are two key factors that precede stress, according to Lazarus; these are the relationship and evaluations between the individual and the environment. The relationship between the individual and the environment involves factors such as personality, values, beliefs, responsibilities, social networks, social support, demands and constraints, social cultural and life events. Main, secondary, and reappraisal are the three cognitive tests. Primary evaluation refers to the decision that a person makes about a specific event or stressor. The assessment of

how a person reacts to an occurrence is a secondary assessment. Reassessment is essentially evaluation after new or supplementary knowledge has been collected (Lazarus & Folkman, 1984).

Stress is much more complex than just relaxation and reaction, Lazarus posited. He concentrated on the principle that coping is not due to anxiety itself, but how the danger is viewed by the person. Lazarus described this perception as an assessment and clarified that the assessment of a person of a stressor or events is known as a cognitive assessment. He described stress as a specific relationship between the individual and the environment that the individual assesses as taxing or exceeding his or her resources" (Lazarus & Folkman, 1984, p. 18).

The Lazarus theory of the factors influencing stress in the person-environment relationship and evaluations in this study is the lack of technical expertise and skills,

Assignments and workload, patient care tension, clinical atmosphere, teacher and nursing staff and colleagues and everyday life. Researchers should determine the best orientation program to prepare nursing students to adjust to the atmosphere they may experience during exposure and association, thereby evaluating the stress level of students associated with a psychiatric hospital.

### **Research Methodology**

The study will use both quantitative and qualitative research mixing approaches, in quantitative, researchers will use two research models, descriptive evaluative and descriptive comparative, the descriptive evaluative will be used to assess the respondents' degree level of stress. In addition, descriptive comparative comparison will be used to describe the substantial difference in the degree of the respondent's stress as a group according to their profile. In addition, the standardized questionnaire will be used to interview ten primary informants in the qualitative part of the study.

### **Participants of the study**

The nursing students currently enrolled in Madinah, Saudi Arabia, are the study participants. Both male and female students in a psychiatric hospital who were exposed and associated are included in the report. The research does not involve other students who are actually enrolled in a psychiatric hospital but do not have any exposure.

A questionnaire adopted by Sheu et al. will be used by the researchers. It has two sections. The profile of the respondents will be part one and the evaluation of the respondents on the level of stress will be part one, consisting of six factors, namely technical knowledge and skills, tasks and workload, psychiatric patients, clinical environment, teachers and nursing staff and peers and everyday life. Three (3) ranges, 2.67 -4.00 high stress, 1.34 to 2.66 moderate stress and 0 to 1.33 low stress will be used to assess the level of stress.

### **Ethical Consideration**

For the examination of ethical concern, the research will be presented to the Institutional Ethical Review Committee (ERC).

### **Results and Discussion**

The study identified the exposure of nursing students both male and female in a psychiatric hospital that is Madinah, Kingdom of Saudi Arabia. As a consequence, psychiatric nurses get an uncommon job atmosphere that involves closed ward doors, the possibility for patient aggression and the resulting danger of abuse committed by violent patients, both physical and emotional risk, and the necessity to segregate or detain patients to deter them from injuring themselves or anyone (Elsayed, Hasan, and Musleh, 2018). In this study, only those psychiatric department nurses are taken into consideration high had some experience regarding their job, so that the results can be identified effectively. The answers are identified in two phases that is one is relating to the demographic features of the respondents and another is relating their job with the stress levels. Based on these few questions have been asked from them and results are presented most concisely and productively.

### **Reliability Statistics Table**

**Table 1: Reliability Analysis**

Statements	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
1	.885	.894	3
2	.919	.918	5
3	.946	.951	8
4	0.767	.806	3
5	.959	.960	6
6	.912	.911	4

Separately on every question of the study, the Cronbach's Alpha test had been applied. It has been identified that the accumulated data was reliable and fit for further testing as most of the standard values of Cronbach's Alpha varied between 0.8 to 0.9. The alpha of Cronbach is a factor of internal continuity, that is, as a collective, how tightly connected a collection of things are. It is called an indicator of the reliability of a scale. The basic rule of thumb is to get the alpha regarding Cronbach. 70 and above are fine, 80 and above are great, and so forth. 90 and higher are the highest. Hence with the results of this study, it can be said that the data is effectively scalable further.

**Table 2: Age**

		Frequency	Percent
Valid	18-24 Years	36	35.6
	More Than 31 Years	65	64.4
	Total	101	100.0

**Table 3: Gender**

		Frequency	Percent
Valid	Male	39	38.61
	Female	62	61.39
	Total	101	100.00

**Table 4: Number of Children**

		Frequency	Percent
Valid	1.00	33	32.7
	2.00	11	10.9
	3.00	14	13.9
	4.00	17	16.8
	5.00	20	19.8
	6.00	6	5.9
	Total	101	100.0

The first section covers the analysis of the demographic features of the respondents. It has been identified that among 101 respondents most were of age 31, among them females are more, which have 5 number of children. Additionally, the mean and standard deviation are identified. It has been seen that respondents which are unfamiliar with medical history and terms are not that stressed from lack of professional knowledge as their mean score is 2.3. further the same goes for respondents which are unfamiliar with the professional nursing skills and diagnoses of patients. According to the study of Labrague, there is not that high level of stress among psychiatric department nurses because of their lack of professional knowledge or experience. As psychiatric department nurses are in daily touch and regular physical interactions with psychiatric clients and their friends, psychiatric nurses are commonly regarded as a group at risk for stress. In the transition of mental health services to individuals and their communities, tension arising from their jobs plays a major impact for them in terms of quality of life, well-being, self-efficacy including career frustration, as well as in terms of organizations (Labrague, 2018).

It has been seen that there is quite more stress among the respondents when they encounter more assignments and workloads. They are moderately worried about their poor grades, quality of clinical services they provide, meeting teacher’s expectations, the link between family a work-life, and enduring the demands of clinical practices both physically and emotionally. As per the study of Dwi, it has been seen that excessive workload can lead to a disturbance within the personal life of psychiatric department nurses, which further can cause stress among them relating to workloads (Dwi, 2018).

**Table 5: ANOVA**

		Stress from lack of professional knowledge and skills	Stress from assignments and workload	Stress from taking care of patients	Stress from clinical environment	Stress from teacher and nursing staff	Stress from peers and daily life
Age	<b>F</b>	14.109	11.502	39.604	43.036	59.927	71.113
	<b>p-value</b>	.000	.001	.000	.000	.000	.000
	<b>VI</b>	S	S	S	S	S	S
	<b>DECISION</b>	R	R	R	R	R	R
civil status	<b>F</b>	8.631	7.702	23.766	25.835	32.708	41.464
	<b>p-value</b>	.000	.001	.000	.000	.000	.000

	<b>VI</b>	S	S	S	S	S	S
	<b>DECISION</b>	R	R	R	R	R	R
Number of Children	<b>F</b>	6.943	5.605	13.753	18.426	21.433	22.197
	<b>p-value</b>	.000	.000	.000	.000	.000	.000
	<b>VI</b>	S	S	S	S	S	S
	<b>DECISION</b>	R	R	R	R	R	R

Further, in the second section, the analysis based on stress-related questions has been done. The p-value of age concerning stress of respondents from a lack of professional knowledge and skills have been found significant. Further stress from assignments, care of patients, clinical environment, from teachers and nursing staff and peers while conducting daily operations at the job have been also considered significant as their p-value is less than 0.05. This shows the respondents of 31 years and above are experiences most differences form the same.

Apart from that same goes with the section of gender as well, where most females are experiencing stress from the respective stressors. further, the people dealing with five children are expressing most stress from the concerned parameters as their significance value also ought to be less than 0.05. According to the study of Van Hoek, Portzky, and Franck, in 2019, it was identified that many social and cultural paraments affect the working life of psychiatric department nurses. It is considered that psychiatric department nurses are the dominant human resources involved in providing hospital services. Hence their care must be considered the topmost priority (Van Hoek, Portzky, and Franck, 2019).

The results of ANOVA were based on the analysis between groups. For this study, the taken groups were age, gender, and several children. It has been identified that between groups as independent variables and stress parameters as dependent variables the identified value was significant. The significance value in all 6 stress parameters is significant which is less than 0.05. This demonstrates that within the work world, tension has become an important topic. It is recognized as a crucial element in assessing the happiness, commitment, and efficiency of employees.

The in-depth study and fruitful dialogue established that tension in the workplace is an occupational concern. In 1960, among psychiatric department nurses, researcher Menzies defined four sources of stress, including "patient care, decision making, accountability, and change." However, amid enhanced understanding of the issue, psychiatric department nurses continue to encounter increasing levels of stress to this day. Possible physical stressors are full of day-to-day care, including regular raising and shifting, changeable movements or rosters, loud work conditions, and long hours. Serving night-shift psychiatric department nurses may often suffer from disturbance of their normal circadian cycles, which might predispose them to disease in turn. Also, many psychiatric department nurses risk susceptibility daily to pathogens and harmful chemicals (Hasan, Elsayed, and Tumah, 2018).

## Conclusion

One of the most relevant treatments for workplace tension is the job atmosphere. In addition to both workplace health and safety, the value of controlling occupational tension is recognized as

it is linked not only to lack of efficiency and loss of working hours but also to the excitement of illnesses and occupational injuries. Psychiatric nursing is known to be one of the world's most demanding professions. It was seen as a daunting challenge for Nursing students physically and mentally, especially Nursing students facing specialized work demands as well as the possibility of job stress. The study identified that Nursing students of age 31 especially females are experiencing more stress. further, the Nursing students with around 5 children are experiencing more stress than other Nursing students.

The roles of Nursing students are daunting when they mainly deal with individuals' wellbeing, pain, sorrow, and death. It is also clear that Nursing students are, in general, accountable for sacrificing a lot to themselves to support others. In physically and emotionally very tiring tasks, they work long hours that can impact their well-being. Such common stressors involve weak working interactions with Nursing students and physicians and other health care personnel, demanding contact and relationships with patients and families, emergencies, heavy workload, understaffing, and lack of encouragement or supportive input from the Nursing students. Stress triggers mental health problems for Nursing students assigned in psychiatric hospital. For this purpose, the Orientation Program for Psychiatric Clinical Experience (OP-PCE) within the hospital can be implemented.

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