

**Occupational Stressors, Coping Styles and Mental Health Problems in
Nurses of Private and Government Hospitals**



Najda Khawaja

Participant ID 12001146002

Supervisor

Dr. Zahid Mahmood

Department of Clinical Psychology

School of Social Sciences and Humanities

University of Management and Technology

Lahore

2014

DECLARATION

I, Mr. /Ms. Najda Khawaja Roll No. 12001146002 Student of Department of Clinical Psychology, session 2012-2014, hereby declare that the matter printed in this thesis is my own work and has not been printed, published and submitted in any form in any University, Research institute etc by me in Pakistan or abroad.

Dated

Signature of Deponent

Abstract

The current research was conducted on the nurses of government and private hospitals. The aim of the research was to find out the occupational job stressors, coping styles that nurses deploy to overcome the stressors and mental health problems as a result of the job stressors and faulty coping styles among the nurses of government and private hospitals. It was a comparative research and a cross-sectional research design was used to find out the differences in the occupational job stressors, coping styles and mental health problems among nurses of government and private hospitals. The total sample consisted of 300 nurses, 150 from government hospitals and 150 from private hospitals. An indigenous scale was developed to measure the occupational job stressors of the nurses known as the Occupational Stress Scale for Nurses. Cope Scale (Saleem, Irshad, & Mahmood, 2012) was adapted to find the coping styles of the nurses and General Health Questionnaire-12 (Goldberg, 1978) was used to locate the mental health problems of the nurses of government and private hospitals. The results suggested that there is a significant relationship between the job stressors of government and private hospitals, the nurses of private hospital experience more stress as compared to the nurses working in government hospitals. It was also found out that higher the level of occupational job stressors, higher the degree of mental health problems. In summary the results suggest that occupational stressors differ among different sectors. This study will lay a foundation for further researches in the area; it will also shed light on the stressors and mental health problems faced by the nurses.

Table of Contents

	Page No
Abstract	i
List of Tables	
List of Appendixes	
Chapter I	
Introduction	1
Chapter II	
Review of literature	7
Rational of the research	22
Chapter III	
Method	24
Research design	24
Sampling Strategy	26
Participants	26
Measures	26

	Procedure	27
Chapter IV	Results	29
	Sample description	30
	Hypothesis testing	41
	Summary of results	52
Chapter V	Discussion	53
	Implications	56
	Recommendations and Limitations	57
	Conclusion	58
	References	59
	Appendices	67
