

THE RELATIONSHIP OF STRESS PERCEIVED BY NURSE WORKING IN A UNIVERSITY HOSPITAL WITH SOMATIZATION DISORDER

SUMMARY

This research was conducted as a cross-sectional study to determine the relationship between the stress perceived by nurses working in a foundation university hospital and the symptoms of somatization disorder. The research was carried out between OCTOBER 2021 - DECEMBER 2021 on nurses working in the inpatient service, intensive care and emergency departments of a Foundation University Hospital on the European Side of Istanbul. In order to determine the sample in the study, it was determined that the sample should be at least 67 people as a result of the calculation made using the sample calculation formula of unknown universe. The research was carried out with 99 nurses who have been working for at least 6 months. The data of the study were collected with the nurses by questionnaire method. Socio-demographic characteristics information form, perceived stress scale and somatization scale were used to collect data. While evaluating the findings obtained in the study, IBM SPSS Statistics 22 (IBM SPSS, Turkey) program was used for statistical analysis. The conformity of the variables to the normal distribution was evaluated with the Kolmogorov Smirnov test. While evaluating the research data, in addition to descriptive statistical methods (mean, standard deviation, frequency) in the evaluation of quantitative data, Student-t test was used for comparisons between two normally distributed variable groups. The Mann-Whitney U test is used for the comparison of non-normally distributed variables between two groups. The Kruskal Wallis test was used in the comparison of data that did not show normal distribution between more than two groups. Hemşirlerin yaş ortalaması $26,71 \pm 2,77$ olup, %62,6'sı kadın, %37,4'ü erkek, %64,6'sı bekar, %35,4'ü evli ve %44,4'ü çocuk sahibi değilken, %55,6'sı çocuk sahibidir. 76.8% of the nurses are undergraduate, 13.1% are associate degree and 10.1% are high school graduates. 52.5% of the nurses are in any service, 45.5% are in the intensive care unit, 2% are in the emergency room, 38.4% are between

the ages of 1-5, 33.3% are 6 months – 1 year, 28.3% are Working more than 5 years. 85.9% of them work in day and night shifts, 10.1% only in day shift, 4% in night shift only. Considering the professional satisfaction of nurses, 48.5% are partially satisfied, 30.3% are not satisfied and 21.2% are satisfied. It was stated that 23.3% of the nurses had an individual responsible for their care, and 74.7% were not responsible. The perceived stress scale total score of the nurses was 17.84 ± 3.19 , the perceived stress as a sub-dimension was 10.34 ± 3.68 , the perceived coping score was 7.49 ± 1.49 , and the somatization scale score was 13.41 ± 5.34 . In our study, a statistically significant relationship was found between perceived stress and somatization. A statistically significant relationship was found between the age distribution of nurses and perceived stress ($p < 0.05$). However, there was no statistically significant difference in terms of demographics, working characteristics, perceived stress and somatization of nurses. As a result, the stress perceived by nurses should not be ignored, sources of stress should be evaluated, training programs for coping with stress should be planned, mental status of nurses should be evaluated at regular intervals and somatic complaints should be considered. Necessary training and support on this issue should be provided at regular intervals within the institution.

Key words: stress, nurse, somatization