



Effect of information booklet on knowledge regarding stress and its management among security guards

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Abstract

Problem statement

“Effect of information booklet on knowledge regarding stress and its management among security guards”

Background of the study

Stress is a Universal experience. Stress is part of being alive. Stress is the person environment interaction Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situation. Stress may be viewed as an individual's reaction to any changes that requires an adjustment or response, which can be physical, mental and emotional.

Materials and Methods

The Research Method adopted for the present study was Quasi-experimental Approach, which was quantitative research design. Non-probability convenient sampling technique was used. The study aimed at assesses the effectiveness of information booklet on knowledge regarding stress and its management among security guards and determining its effectiveness statistically. Sample size is 60. Information booklet was used as tool.

Result

In this study, 60 samples were used, in pre-test 10% security guards having poor, 70% average and 20% security guards' good level of knowledge level regarding mental health awareness. After information booklet, this score is increased by 58% security guards having average and 42% security guards having good level of knowledge regarding stress management in post- test.

Keywords: Depression, workload, emotional pressure, crisis management, job performance

Introduction

Stress in individual is defined as any interference that disturbs a person's healthy mental and physical well-being. It occurs when the body required to perform beyond its normal range of capabilities. Stress is the way that people react physically, mentally and emotionally to various conditions, changes and demands in personal life. The results of the stress are harmful to individuals, families, society and organizations. This study analyzed the employees who are working in public and private sector as security guards. This paper was an attempt to identify the level of stress and the techniques to reduce the stress among the security guards. This study helps to fulfill the expectation of the security guards.

Background of the study

Stress refers to the strain from the conflict between our external environment and us, leading to emotional and physical pressure. In our fast-paced world, it is impossible to live without stress. The previous study analyzed the stress level of security guards who are working in public and private sectors as employees. The study has been found that maximum no of security guards suffer from depression at their work place, some of them has of feels that they do not have time to enjoy their personal life, back pain and head ache are the major symptoms of stress, financial motivation is being a more preferred method to control the stress and subsequently changes in work load and spending time with family are to be best methods to control the stress among the security guards.

According to P. Kannan, Suma.U(2019) “Managing Stress among Co-Operative Bank Employees in Palakkad district”

the International Journal of Scientific Engineering and Applied Science (IJSEAS) - Volume-1, Issue-7. Stress is a Universal experience. Stress is part of being alive. Stress is the person environment interaction Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situation. Stress may be viewed as an individual's reaction to any changes that requires an adjustment or response, which can be physical, mental and emotional.

Need of the study

Security guards are facing many of problems during their duty schedule in their working place like covid-19 hospitals and wards, violence in working place, crisis management, staffing and training, insider threat, fight of civilians, shift duties, lack of manpower, heavy workload. We saw the level of stress of security guards was very high, so that providing knowledge about management of stress was very useful to them. Stress was a physical or emotional reaction that was always present in all people as a result of their existence on this planet. It is the result of an irrational response to internal or external environmental changes or danger. Stress was the black plague of the 1980s, wreaking has on individual health, workplace productivity, and societal well-being. From an artist to a surgeon, or a commercial pilot to a sales executive, stress has become a common factor in almost every profession. Job stress has a negative impact on one's health and performance.

According to Van Wyk, the word "stress" comes from the Latin word "strictus," which means "tightly strung". People experience pressures in their own lives, which can be defined as stress. Workplace stress is defined as a reluctance

to come to work and a constant feeling of pressure, as well as general physiological, psychological, and behavioral stress symptoms. As a result, stress is defined as the harmful physical and emotional responses that occur when the job requirements do not match the worker's capabilities, resources, or needs, and he/she stated that job stress can lead to poor health and even injury. Many experts believe there was a distinction between what we perceive as positive stress and what we perceive as negative stress. However, we frequently use the term "stress" to refer to negative situations. Many people mistakenly believe that all stress was bad for us, which is not the case. Stress, according to Selye, is "the body's nonspecific response to any demand". Stress is then defined as a set of symptoms that are "non-specific" in that they follow the same pattern regardless of the stressor. Indeed, stress has been linked to a variety of symptoms ranging from physiological reactions to psychological and behavioral consequences:

- Anxiety, depression, job dissatisfaction, emotional exhaustion, fatigue, boredom, reduced organizational commitment;
- Lower job performance, turnover, absenteeism, substance abuse.

Aim of the study

To assess the effectiveness of information booklet on knowledge regarding stress and its management among security guards working in tertiary care hospital of the city.”

Objectives of the study

1. To assess the knowledge about stress management among the security guards.
2. To assess effectiveness of information booklet on knowledge regarding stress and its management among security guards.
3. To evaluate the association of study finding with selected demographic variable

Research approach

Quantitative research was directed at the discovery of relationship as well as cause and effect. In this study Quantitative research approach was used. It helps the investigator in selection of participants, manipulation of independent variables, control, observation to be made and the type of statistical analysis to be used, to interpret the data. The present study aimed to determine effectiveness of information booklet on knowledge regarding stress and its management among security guards working in tertiary care hospital of the city.”

The research approach used in this study Quantitative research approach and Pre-experimental research design.

Sample and sampling technique

Sample: - In the present study the sample consisted of 60 security guards working in tertiary care hospital of the city. Non-probability, convenient sampling technique used to select sample

Research design

Pre- experimental one group pre-test post-test design
 01 X 02 Pre-Exp. group = Pre-Experimental Group.
 01 = Pre-test knowledge about stress and its management
 X = Structured Teaching Program on stress and its management
 02= Post-test knowledge about stress and its management.

Description of the tool

The tools used for the data collection in this study was:

1. **Section A:** - Demographic Data of participants

2. **Section B:** -Self-Structured questionnaire for assessing knowledge regarding stress and its management

1. Section A: - Demographic data of participants

The baseline Performa consists of 6 items like Age, Gender, Type of Family and Area of Living.

2. **Section B:** Structured Questionnaire for assessing knowledge regarding stress and its management, contains 25 Questions for assessing knowledge regarding stress and its management among participants used to collect the data.

Procedure for data collection

The final data collection was scheduled from the investigator obtained permission from the authorities. Informed consent was taken from the security guards of the study participants prior to the study and informed them regarding the objectives of the study and assured the subjects about the confidentiality of the data, to get the cooperation of the security guards’ orientation about the investigator's study topic and procedure was given to them. On the first day the investigators observed the setting. The investigator explained the purpose of the study to the security guards working in tertiary care hospital of the city. The security guards were given with Pre-Test to assess the knowledge regarding stress and its management. Then security guards were provided structured teaching regarding stress and its management. After completing structured teaching post-test was administered to assess the effectiveness of information booklet on knowledge regarding stress and its management among the security guards. The data collection procedure was terminated by thanking the respondents.

Result

Objective I: assessment of the knowledge regarding stress and its management

Deals with analysis of data related to assessment of the existing knowledge regarding stress and its management among the security guards in terms of frequency and percentage.

Table 1: General Assessment of Knowledge in Pre-Test

	Groups	Scores	Frequency	Percentage
Knowledge Pre-Test	Poor	0 to 8	16	26.66%
	Average	9 to 16	40	66.66%
	Good	17 to 25	4	6.66%

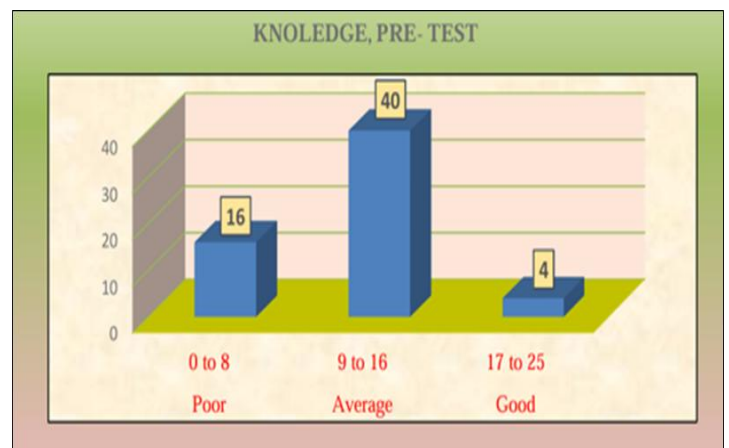


Fig 1: General Assessment of Knowledge in Pre-Test

Table no 4.7 and figure no 4.7 shows that as majority of security guards are gone through the higher secondary education, many (67%) of Security guards are having average knowledge. As only 7% of subjects were having good knowledge and 26% in the poor knowledge scores in pre- test, Security guards requires more education regarding stress and its management. Deals with analysis of data related to assessment of the knowledge regarding stress and

its management among the security guards in terms of frequency and percentage.

Table 2: General Assessment of Knowledge in Pre-Test

Knowledge Pre-Test	Groups	Scores	Frequency	Percentage
	Poor	0 to 8	0	0%
	Average	9 to 16	14	23.33%
Good	17 to 25	46	76.66%	

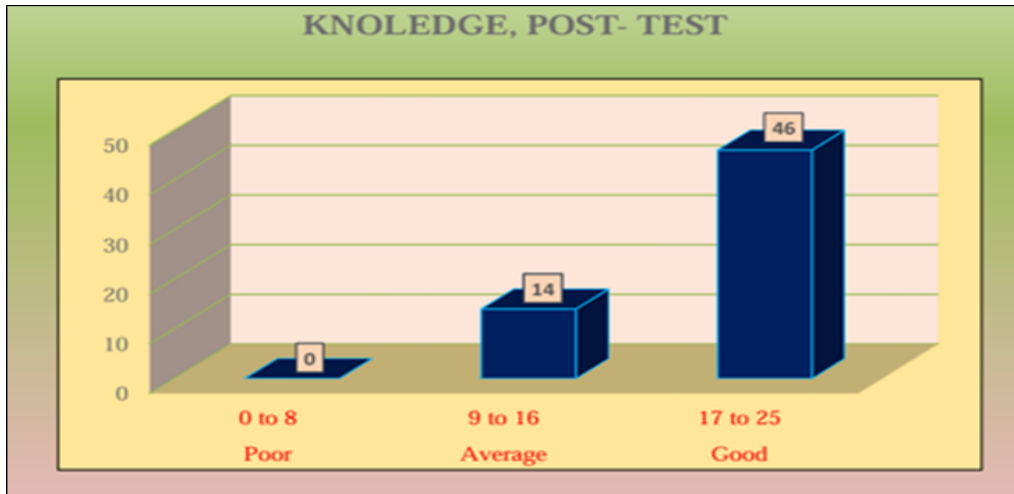


Fig 2: General Assessment of Knowledge in Pre-Test

Table no 4.8 and figure no 4.8 shows that as expected by the researcher, majority (77%) of subjects were significantly having good post- test knowledge scores, only 23% were having average knowledge and 0% in the poor knowledge category. It means the teaching that executed through this study seems to be effective.

Objective II: Assessment of effect of information booklet on knowledge regarding stress and its management.

Deals with analysis of data related to assessment of the existing knowledge and assessment of the Post- test knowledge in terms of frequency and percentage.

Table 3: General Assessment of Knowledge in Pre-Test

Variable	Groups	Scores	PRE-TEST		POST-TEST	
			Frequency	Percentage	Frequency	Percentage
Knowledge	Poor	0 – 08	16	26.66	0	0
	Average	09 – 16	40	66.66	14	23.33
	Good	17 – 25	4	6.66	46	76.66

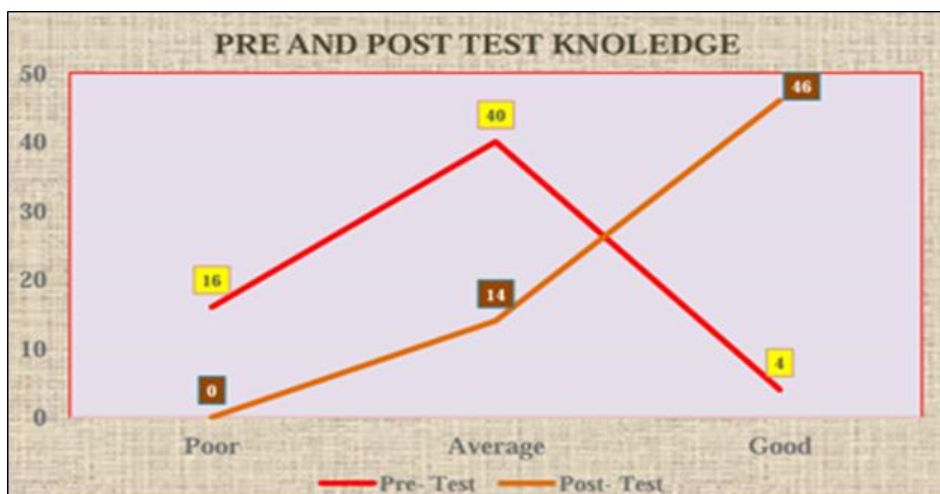


Fig 3: General Assessment of Knowledge in Pre-Test

In table no 4.9 and figure no 4.9, There are majority (67%) of samples having average knowledge in Pre- test scores that has hiked to (77%) good knowledge scores in post- test

after teaching. 7% of subject were having good and 26% were having poor knowledge in pre-test, whereas only 23% samples were remained in average knowledge category.

There was a marked increase in post teaching knowledge scores. Deals with analysis of data related to the effect of an

information booklet on knowledge regarding stress and its management among the Security guards.

Table 4: Comparison of pre and post-test Knowledge (paired t test)

Group	Frequency	Mean	S.D.	S.E.	t value	P value
Pre-test	60	10.28	2.5	0.297	20.8	0.000
Post-test	60	19.18	2.3	0.329		

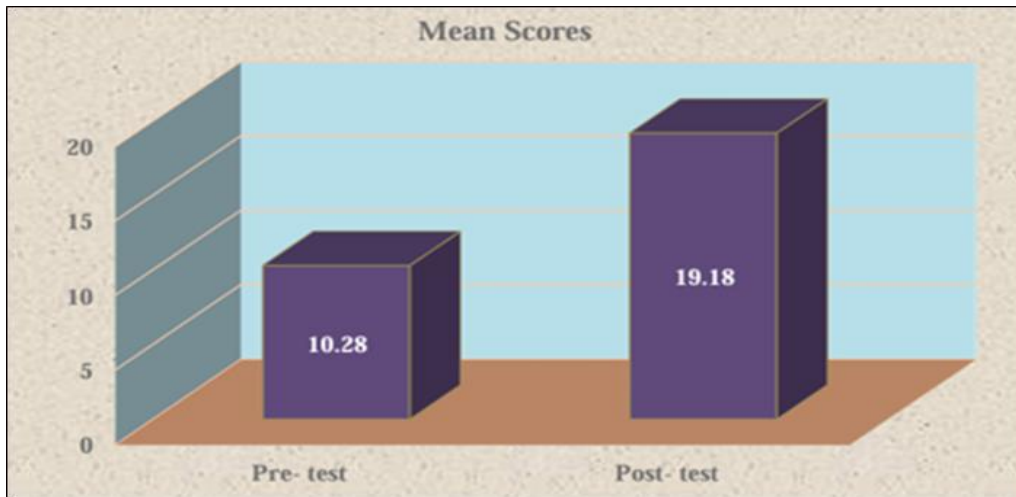


Fig 4: Comparison of average pre and post-test Knowledge score

The comparisons of the pre- test and post- test means of the knowledge were done by the paired t’ test. The pre- test average score was 10.28 with standard deviation of 2.5. The post- test average score was 19.18 with standard deviation of 2.3. The test statistics value of the paired t test was 24.8 with p value 0.00. Shows that an information booklet on

knowledge regarding stress and its management to improve the knowledge was effective.

Objective III: Assessment of Association of Knowledge Regarding Stress and Its Management with Demographic Variables

Table 4.16: Assessment of association of Knowledge average score with demographic variables

Variable	Groups	df value	Chi-square	p value	Significance
Age	18–30 years, 31–40 years, 41–50 years, 51–60 years	4	6.82	.146	Not significant
Education	Primary, Secondary, Higher secondary, Graduation	2	3.08	.014	Significant
Religion	Hindu, Muslim, Christian, Other	6	9.24	.160	Not Significant
Income	Less than 6000, 6001–10000, 10001–20000, Above 20000	6	7.06	.315	Not significant
Type of Family	Joint, Nuclear, Separated	4	4.18	.381	Not significant
Duration of Work	Less than 1 year, 1–5 years, 6–10 years, Above 10 years	6	9.09	.168	Not significant
Family History	Yes, No	2	.35	.039	Significant
Marital Status	Married, Unmarried	2	.48	.083	Not Significant

1. Based on the ‘df’ test value of subjects for demographic variable age, the calculated df’ value of age 4, whereas the significance level of 0.14. Here the calculated P’ value is more than standard value of significance i.e.0.05. Thus, it suggests that there is no significant association with age.
2. Based on the ‘df’ test value of subjects for demographic variable the calculated df’ value of education is 2 at the significance level of 0.014, here calculated P’ value is less than standard value of significance i.e.0.05. Thus, it suggests that there is a significant association with education
3. Based on the ‘df’ test value of subjects for demographic variable the calculated df’ value of religion is 6 at the

4. Based on the ‘df’ test value of continuous subjects for demographic variable the calculated df value of family income is 6 at the significance level of 0.315. Here calculated P’ value is more than standard value of significance i.e.0.05. Thus, it suggests that there is no significant association with family income.
5. Based on the ‘df’ test value of continuous subjects for demographic variable the calculated df value of type of family is 4 at the significance level of 0.381. Here calculated P’ value is more than standard value of

significance i.e.0.05. Thus, it suggests that there is no significant association with duration of work.

6. Based on the 'df' test value of continuous subjects for demographic variable the calculated df value of type of family is 2 at the significance level of 0.039. Here calculated P' value is less than standard value of significance i.e.0.05. Thus, it suggests that there is a significant association with family history of illness.
7. Based on the 'df' test value of continuous subjects for demographic variable the calculated df value of marital status is 2 at the significance level of 0.083. Here calculated P' value is more than standard value of significance i.e.0.05. Thus, it suggests that there is no significant association with marital status.

Conclusion

Present study focuses on assessment of the knowledge of Security guards and effect of information booklet on knowledge regarding stress and its management. From this study researcher concluded that the information booklet was effective to improve the knowledge of Security guards regarding stress and its management.

Total 60 Security guards selected as sample at the time pre-test knowledge scores, 7% of subjects were having good knowledge, 67% were having average knowledge and 16% in the poor knowledge category. At the time of post- test knowledge scores, 77% of subjects were having good knowledge, 23% were having average knowledge and no one in the poor knowledge category. The relationship of knowledge with demographic variable calculated by using Chi-square, where age, income, type of family, duration of work calculated value were more than table value and hence there is no association of knowledge with these variables. Whereas for education, family history of illness calculated value is less than table value, which shows this factor is associated with knowledge.

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