

Perceived Occupational Stressors and Coping Strategies to Predict the General Health of Critical Care Nurses during COVID-19 Pandemic

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Abstract

The purpose of this study to identify the levels of occupational stress, coping strategies, and general health of critical care nurses during COVID-19. Descriptive, cross-sectional design used. Convenience sample of 150 Jordanian critical care nurses filled the study questionnaires. The overall mean scores of General Health Questionnaire-28 was 44.39 (SD=13.10). The overall mean scores of Nurses Occupational Stressors Scale was 60.83 (SD=9.74). The most using coping strategy by nurses was confrontive coping, whereas the escape avoidance was the least using coping by nurses. Being female, young, living with elderly, living with persons having chronic diseases, little nursing experience, and little experience in critical care units could increase psychological distress of critical care nurses. The high level of occupational stress and psychological distress among critical care nurses warrant additional efforts from health care systems to present psychological support services for critical care nurses.

Keywords: Coping strategies, critical care nurses, general health, occupational stress.