

Psychological Problems and Resilience among Jordanian Nurses in Critical Care Units: A Cross-sectional Study

By

Huda Anan Khaleel Al-Hanbali

Supervisor

Dr. Malakeh Malak

Al-Zaytoonah University of Jordan, 2023

Abstract

Nursing is one of the serious and indispensable professions in the healthcare system. The tasks performed by nurses require a great effort to provide the best care for the patients. The nurses experience negative psychological situations such as stress, depression, and anxiety resulting from the work environment, so critical care nurses need resilience in order to adapt to stressful work conditions, there is a lack of studies regarding these factors among critical care nurses in Arab countries, including Jordan. The study aimed to assess the relationship between psychological problems (e.g., stress, anxiety, and depression) and resilience among critical care nurses in Jordan. The study utilized a cross-sectional design to identify the relationship between resilience and psychological problems experienced by Jordanian nurses in critical care units, used DASS-42 and (CD-RISC-25) and data were collected from 260 registered nurses working in critical care units from three health sectors, including government, private and educational. Findings revealed that more than half of critical care nurses had moderate to extremely severe anxiety (57.7%) with a mean of 12.7 (SD= 9.08). Around 50.0% of critical care nurses reported moderate to extremely severe depression with a mean of 14.7 (SD= 10.02) , and 33.5%

endorsed moderate to extremely severe stress with a mean of = 15.2 (SD= 9.07). In regards to resilience, more than half of the nurses (66.5%) suffered from low resilience with a mean of 61.3 (SD= 22.47). A significant positive relationship was demonstrated between resilience and marital status ($r = 0.210, p < 0.01$), while a significant negative relationship was demonstrated between resilience and anxiety ($r = -0.128, p < 0.05$). Thus, this study can help hospital managers and healthcare professionals develop training programs and workshops to reduce psychological problems and enhance resilience among critical care nurses. Reducing these problems and enhancing resilience can help provide safe, high-quality care to patients in critical care units by well-supported nurses.

Keywords: Anxiety, Critical care units, Depression, Nurses, Resilience, Stress