

The Efficiency of Stress Management Group Therapy in job stress and self-efficacy of nurses

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Abstract

Background & Aim: The management of job-related stress and improvement of self-efficacy in health care workers are essential for promoting health-care services. The aim of this study was to determine the efficiency of stress management group therapy in job stress and self-efficacy of nurses.

Methods: This was a quasi-experimental study conducted on 20 nurses of 9-Day hospital in Torbat Heydariyeh selected through convenience sampling and assigned into two intervention and control groups randomly. The intervention group participated in 8 sessions of stress management group therapy and the control group received no intervention. Data analyses were performed using descriptive statistics and independent and dependent t-test by SPSS 21.

Results: After the intervention, the mean and standard deviation of job stress score were 100.6 ± 5.03 and 121.1 ± 10.25 and the mean and standard deviation of self-efficacy score were 72.6 ± 4.06 and 64.5 ± 3.9 in the experimental and control groups, respectively. Moreover, after the intervention, there was a significant difference in the mean scores of job stress and self-efficacy between control and experimental groups ($p=0.0001$).

Conclusion: It can be concluded that performing stress management group therapy among nurses can reduce job stress and increase self-efficacy. Therefore, it is recommended that this useful and effective approach be employed for empowering workforce of health system.

Keywords: Nurses, Group therapy, Stress management, Job stress, Self-efficacy