

Stress management group therapy on job satisfaction and general health in nurses

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Abstract

Background & Aim: Stress management is one of the effective methods on health and job satisfaction of Health staff. Stress management through group therapy on health and job satisfaction of staff has been less investigated. Thus, the aim of this study is to investigate the effect of stress management group therapy on nurses' job satisfaction and general health.

Methods: This is a quasi-experimental study which conducted on 20 nurses of 9-Day hospital in Torbat Heydariyeh city. At first, two standard questionnaires of general health (Goldberg and Hillier) and job satisfaction (Linz) were completed by both intervention and control groups. The intervention group participated in 8 sessions of stress management group therapy and the control group received no intervention. After the end of the last session of group therapy, two questionnaires were completed by both groups again. Data were analyzed using descriptive statistics and independent and paired T-test using SPSS software version 20.

Results: The mean and standard deviation of participants' age was 38 ± 7.50 . Before the study, two groups were not significantly different in terms of background. At the beginning of the study, job satisfaction and general health scores of intervention and control groups were not different ($p > 0.05$). There was no significant difference between job satisfaction and general health in control group, before and after the study. However, there was a significant difference between two mentioned variables in the intervention group ($p < 0.05$). Stress management group therapy increased job satisfaction and general health of nurses.

Conclusion: Based on the results, it is recommended that stress management techniques should be applied to increase job satisfaction and general health among nurses.

Keywords: Stress management group therapy, Job Satisfaction, general health