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EMOTIONAL CONTAGION, PERCEIVED STRESS AND COPING STRATEGIES AMONG NURSES

Saumya Hariharan & Mr. Gautham Krishnan

ABSTRACT

Title: Emotional Contagion, Perceived Stress and Coping Strategies among Nurses.

Background: Previous studies have examined stress and coping among nurses. There is also growing evidence for contagion of emotions, prevalent among healthcare professionals. This was an exploratory study as to which variables among emotional contagion, perceived stress and coping strategies can best classify nurses who are novice and nurses who are experienced. It had three objectives, which are to explore which variable of emotional contagion can best define a novice or experienced nursing professional and the same exploration between the level of perceived stress and coping strategies.

Methodology: A total sample of 120 nurses (60 novice and 60 experienced), from Kasturba Medical College, Mangalore, participated in the study from more than 20 departments, by filling the required scales and checklists. Independent sample tests and a discriminant analysis was executed.

Results: Among the variables of emotional contagion, perceived stress and coping strategies, the “love” contagion, and the emotion -focused coping strategies of denial, blame and negative distraction has been found to best define the two groups of nurses, but in different levels

Conclusion: There is a need to explore more factors that contribute to negative distraction and coping with denial/blame among nursing professionals, and for more problem focused coping mechanisms. More studies employing wider samples and varied methodologies could be implemented.

Key Words: *Emotional Contagion, Perceived Stress, Coping Strategies, Experience*

