

Manipal Academy of Higher Education

Impressions@MAHE

Manipal College of Nursing, Manipal Theses
and Dissertations

MAHE Student Work

Winter 8-1-2019

A study to assess the symptoms of Irritable Bowel Syndrome (IBS), dietary habits and stress among employees working in selected institutes of Udupi district, Karnataka

SANGEETA BSR

Follow this and additional works at: <https://impressions.manipal.edu/mcon>



Part of the [Nursing Commons](#)

"ABSTRACT

A research study entitled "A study to assess the symptoms of Irritable Bowel Syndrome (IBS), dietary habits and stress among the employees working in selected institutes of Udupi district, Karnataka" was conducted by Mrs. Sangeeta BSR in partial fulfilment of requirement of the award of the degree of Master of Science in Nursing from Manipal College of Nursing (MCON) MAHE, Manipal, Karnataka.

The objectives of the study were to assess the symptoms of IBS using the symptom assessment scale for IBS, assess the dietary habits of the employees who are reporting to have IBS symptoms using scale to assess the dietary habits influencing IBS, assess the level of stress among the employees with symptoms of IBS using Perceived Stress Scale (PSS) and to find the association between the IBS symptoms and dietary habits.

The conceptual framework of the study was based on the modified Engel's Biopsychosocial model for IBS. This model was used based on the assumption that history of symptoms contributes to IBS with increase in stress.

A descriptive survey design was used for the study. The sample were selected based on the stratified proportionate sampling technique. The women teaching faculty and the non-teaching staff (clerical) of MAHE were included in the study.

The tools used for data collection were demographic proforma, clinical proforma, symptom assessment scale for IBS, scale to assess the dietary habits influencing IBS and Perceived Stress Scale.

To ensure the content validity, the tools were given to nine experts from the field of Gastroenterology, Nursing, Dietetics, Clinical psychology and general medicine. Pretesting was done by administering the tools to four teaching faculty and one non-teaching (clerical) staff of Manipal School of Nursing MAHE, Manipal on 2nd December 2018. Reliability was established among 20 women employees of Manipal College of Nursing, MAHE, Manipal on 3rd December 2018. The reliability coefficient for each tool such as Symptom assessment scale for IBS, Scale to assess the dietary habits influencing IBS and Perceived stress scale was checked and was found to be $r=.99$, $.86$ and $.80$ respectively. The pilot study was conducted among 15 participants who were teaching faculty and non-teaching (clerical) staff of MCON, MAHE, Manipal from 5th December to 12th December 2018.

Administration permission was obtained for the study. Ethical clearance was obtained (IEC no.704/2018) from the Institutional Ethics Committee of MAHE, Manipal. The Clinical Trial Registry of India (CTRI) registration number obtained is CTRI/2018/12/016636. Informed consent was obtained from the participants after explaining about the purpose and usefulness of the study and assuring confidentiality of the information.

The main data were collected from Welcomgroup Graduate School of Hotel Administration (WGSHA), School of Allied Health Sciences (SOAHS), Manipal College Of Pharmaceutical Sciences (MCOPS), Manipal Institute of Technology (MIT), School Of Communication

(SOC), School of Life-sciences, Department of Commerce and Department of Statistics, MAHE, Manipal, female teaching faculty and non-teaching (clerical) staff of age between 20-50 years. Data was collected by considering each institute as a stratum, and from each strata the female teaching faculty and the non-teaching staff were considered for collecting the data and the data was analysed using descriptive and inferential statistics. The study revealed that majority 111(59%) of the participants were above 35 years of age, 124 (66%) were non-vegetarians, 107 (56.9%) were non-teaching staff and 103 (54.8%) were with <10 years of experience. Almost 15 (8%) participants reported having illness such as thyroid, arthritis, asthma, diabetes, migraine, wheezing and cold, bronchitis and neck pain. Almost 16 (8.5%) were on prescribed regular medications. Almost 19 (10.1%) of the participants reported having abdominal pain, 3(1.6%) of them had abdominal pain with bloating and abdominal pain with hard/lumpy stools, 2 (1.1%) of them reported having abdominal pain with diarrhoea, abdominal pain relieved with defecation, abdominal pain with constipation and abdominal pain with abdominal bloating/ distension. About 7 (36.8%) reported the consumption of coffee daily, 9 (47.4%) of the participants reported consumption of cabbage, oranges and garlic frequently, 16 (84.2%) reported eating patties daily and 15 (78.9%) reported milk consumption daily. Almost 12 (63.3%) had moderate level of perceived stress.

Chi-square test was used to test the hypothesis. The study showed that there was no statistically significant association between IBS symptoms experienced with the intake of coffee ($\chi^2=5.956$, $p=.114$) and intake of cabbage ($\chi^2=1.833$, $p=.608$) but there is statistically significant association between IBS symptoms experienced and the intake of milk ($\chi^2=11.329$, $p=.010$). The study revealed that there is statistically significant association between IBS symptoms and stress ($\chi^2=11.329$, $p=.010$).

"