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A Survey of Tertiary Hospital Security Guards' Perceptions of their Own Stress Level

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Abstract
Background
In modern life is full of hassles, deadlines frustrations and demands. For many people stress is so common that it has become a way of life. Stress is not always bad. In small doses, it can help a person perform and motivate to do the best. Research Methodology-For the present study 79 samples are taken from the security guards in tertiary care hospital, Karad by using appropriate random sampling technique. perceived stress scale (PSS 10) by Cohen was used for this study.
Result: Majority 64.56% of security guards had moderate perceived stress level and 20.25% of security guards had mild perceived stress level. Only 15.19% of security guards had severe perceived stress level.There was significant association between socio-demographic variables such as family income, dietary pattern and smoking habit. There is no significant. Association between other socio-demographic variables such as age, sex, type of family, alcohol consumption etc. Conclusion -Specific measure to reduce stress of security guards with frequently occurring causes and measure to improve performance associated with compensation and independence with helpful to improve the standard of the employees in their job setting.

1. Introduction

A change in environment that is regarded as being demanding, threatening, or destructive to a person's dynamic balance or equilibrium can cause that person to experience stress. [1] Stress is a state that can be caused by a change in environment. The individual is unable to, or feels that they are unable to, meet the demands of the new situation. The variable or stimuli that brings about this state is referred to as the stressor. The nature of the stressor is varied; an event or change that is stressful for one person may not be stressful for another person, and an event that creates stress in one time and place may not produce stress in another time and place. Every single human being experiences stress on a consistent basis since it is a natural part of existence. It is a common condition that is well-known to all people. The English term "stress" originates from the Middle English word "stringer," which means to draw tight and was first used to express adversity in the 17th century. The concept of stress predates the beginning of recorded medical history. Since Hanesesely first proposed the idea of stress in 1936, he is often referred to as the "father" of stress study. According to the definition provided by Seleys, "stress is the non-specific response of the body to any demand regardless of the type of the demand." [2]

The individual in question, who is employed as a security guard, is put in scenarios that could put them in harm's way. It is taxing to be constantly put in situations where you could be in danger. Because of the nature of their employment, addicts' bodies are put under a significant amount of physical strain, which leads to the emergence of stress [3].

2. Problem Statement

A survey of tertiary hospital security guards' perceptions of their own stress level.

3. Objectives

The aim of the study was to
 1: To assess the perceived stress level among the security guards in tertiary care hospital, Karad. 2: To find out the association between the perceived stress level with the selected socio-demographic data.

4. Description Of Variables

Independent variables

Structured questionnaire is the independent variable in this study.

Dependent variables

Perceived stress level among the security guards is the dependent variable in this study

Attribute variables

It consists of AGE, SEX, FAMILY INCOME, TYPE OF FAMILY, DIETARY PATTERN etc.

5. Material And Method

Research Approach

A **quantitative approach** is used in the study to assess the perceived stress among the security guards.

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Research Design

The research design used in the study is evaluate design as group selected is assessed the perceived stress.

Research setting

The study was conducted at Krishna hospital and Research centre.

Sample and Sample Size.
79 security guards in Krishna Hospital , Karad.

Sampling Technique.

The sample selected was security guards working in Krishna Hospital , karad.
Who will be selected by convenient sampling technique

Inclusion Criteria

Security guards:

1) Working in Krishna Hospital , Karad.

2) With age group above 20 years.

3) Who are willing to participate.

4) Who are available at a time of study.

Exclusion Criteria

Security guards:
1) With age group below 20 years.
2) Who are not available at the time of study.

Description of tools and data collection procedure

Section I = Demographic Performa
Section II = Modified Expanded Security guards Stress rating scale.

Demographic Variable :

This section includes collection of information about sample characteristics includes **Age, Sex, Education Status, Monthly Income, Diet, Any Health Problem**.

Modified Expanded Security Perceived Stress Rating Scale

The expanded security stress ratting scale is self report questionnaires that no longer than 20 minutes to complete the expanded security stress scale was developed using factor analysis of security responses to all a list of stressful security situation that had been identified on security.

Plan of Statistical Analysis.

In this study for association between demographic variables v/s all domains we used ANOVA test and also Unpaired t-test. Here demographic variables selected by purposive sampling, those demographic really affected in this study only that are taken for further statistical test. For e.g: age group, sex, monthly income etc.

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6. Result

Table 1 : Description of socio demographic variable of security guards.

Sr.No	socio demographic variable	Frequency	Percentage
1	Age		
	20-30Years	24	30.38
	30-40 Years	17	21.52
	40-50 Years	25	31.65
	50-60 Years	13	16.46
2	Sex		
	Male	74	93.67
	Female	5	7.33
3	Family type		
	Joint	56	70.89
	Nuclear	23	29.11
4	Montly income		
	Up-to 3000	18	22.78
	More than 3000	61	77.22
5	Disease status		
	Disease	7	8.86
	No Disease	72	91.14
6	Alcohol Consumption Status		
	Alcohol Consumption	8	10.13
	No Alcohol Consumption	77	89.87

Table 1 The age range of 20 to 30 years old is represented by 30.38% of the security personnel. Among them, 21.52% are between the ages of 30 and 40, 31.65% are between the ages of 40 and 50, and 16.46% are between the ages of 50 and 60. 93.67% of security guards are men, compared to 7.33% of women, which is the highest percentage. The fact that there are disproportionately more male security personnel than female security guards is the cause of this. All of the security guards who were questioned provided responses, and it appears that the majority of them reside in joint families, with nuclear families accounting for the remaining 29.11%. the highest percentage allowed for each income category The lowest possible percentage, 22.78%, is in the income group of up to Rs. 3000, while 77.22% of the population comes into the bracket of more than Rs. As a result, we may take the clear conclusion that just

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8.86% of security guards overall have diseases like high blood pressure, high blood sugar, or other similar disorders, while 91.14% are free of any potentially dangerous illnesses. According to the overall percentage, just 10.13% of persons are alcohol dependent, compared to 89.87% who are not addicted.

Table 2: Shows association between age group and perceived stress level

Sr.No	Age group	Mean	ANOVA	
			P-value	F-value
1	20-30Years	18.79±3.984	0.2105	1.583
2	30-40 Years	19.41±4.480		
3	40-50 Years	19.68±4.393		
4	50-60 Years	15.46±6.41		

In this table we can observed that p value is 0.2105 i.e. P>0.05 hence there is no association between age group and perceived stress level. In table we can conclude all means are slightly equal also we got ANOVA F-value is 1.583.

Table 3: Shows association between Sex and perceived stress level

Sr.No	Sex	Mean± SD	Unpaired t-test	
			P-value	t- value
1	Male	18.571±6.592	0.8546	0.187
2	Female	18.876±6.462		

In this table we can observed that p value is 0.589 i.e. P>0.05 hence there is no association between sex and perceived stress level here we get a t-value is 0.5426.

Table 4: Shows association between monthly income and perceived stress level by Unpaired t-test

Sr.No	Sex	Mean± SD	Unpaired t-test	
			P-value	t- value
1	Up-to 3000	20.889±6.833	0.0408	2.081
2	More than 3000	17.1475±6.665		

In this table we can observed that p value is 0.0408i.e. P<0.05, here we find significant difference between row and column means there is association between monthly income and perceived stress level here we get a t-value is 2.081. we can conclude that income

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is impact factor when perceived stress is   count.

Table 5: Shows perceived stress level Scale.

Severe	>=25.17206
Moderate	13-25
Mild	<=12.1439

Table 6 : Shows distribution of score.

Category	Frequency	Percentage %
Severe	12	15.19
Moderate	51	64.56
Mild	16	20.25
Total	79	100

By statistical tools we going to calculate mean and standard deviation then we find perceived stress level score i.e.

7. Discussion

30.38% of security staff are 20-30 years old. 21.52% are 30 to 40, 31.65% are 40 to 50, and 16.46% are 50 to 60. The greatest percentage of female security guards is 7.33 percent. Male security guards outnumber female ones, causing this. The majority of security guards questioned live in joint families, with nuclear families accounting for 29.11%. each income category's maximum % 22.78% of the population earns up to Rs. 3000, while 77.22% earns more. Just 8.86% of security guards have excessive blood pressure, high blood sugar, or other ailments, while 91.14 are healthy. Only 10.13 percent of people are alcohol-dependent, compared to 89.87% who aren't.

1.865±0.6514. We can state that most of security guards stress level was in the category of moderate.

The results of the survey showed that the average age of the 280 security guards who participated in the research was 37.13 years old, with a standard deviation of 9.1 years. [4] According to the information obtained from the sample characteristics, out of 79 security guards, the maximum value of percentage was found to be 31.65% in the age group of 40-50 years, and 30.38% in the age group of 20-30 years. The maximum number of male security guards is 93.67%, while the ratio of female security guards is 7.33%. According to the results of the poll, a maximum of 70.89% of security guards live as part of a combined family. 77.22% of all security guard families make more than $3,000, out of the total population of security guards. Only 8.86% of security guards are affected by ailments such as

hypertension, diabetes, and other similar conditions. The vast majority of security guards don't drink or smoke, since 96.20% of them don't do either of those things.

It was shown that the vast majority of the security guards were experiencing a considerable amount of stress as a result of their jobs. There were a total of 80 security guards, and 59 of them (or 74% of them) were experiencing a moderate level of occupational stress, while 21 of them (or 26%) were experiencing a severe level of occupational stress, and none of them had a low degree of occupational stress. The stress caused by their jobs was noticeable but not overwhelming for security personnel. [5] \sMajority There was a perceived level of moderate stress among 64.56% of security guards, while there was a perceived level of light stress among 20.25% of security guards. Only 15.19% of security guards reported having extreme stress levels in their jobs.

The average score on the PSS was 20.50 (SD 5.96). It was shown that elements relating to one's physical health, mental state, and academic performance were the primary causes of stress. [6]

The current study collects 79 different samples. There was a statistically significant connection between socio-demographic factors such family income, food pattern, and smoking behaviour. There is no statistically significant connection between any of the other socio-demographic factors, such as age, gender, the kind of family, the amount of alcohol consumed, and so on.

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