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RESEARCH ARTICLE

DEMOGRAPHIC CHARACTERISTICS OF THE NURSES IN DINDIGUL DISTRICT

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ABSTRACT

Terminalia Nurses play a vital role in the healthcare system, providing care to patients across various settings. Understanding the demographic characteristics of nurses is crucial for effective workforce planning, education, and policy development. This study aims to describe the demographic characteristics of nurses working in Dindigul district, Tamil Nadu, India. A cross-sectional study was conducted using a self-administered questionnaire distributed to nurses working in various healthcare facilities in Dindigul district. The questionnaire collected data on nurses' age, gender, education, experience, marital status, and place of residence. It provides insights into the demographic profile of nurses in Dindigul district. The higher proportion of female nurses is consistent with national trends. The majority of nurses are young and relatively inexperienced, indicating a potential need for mentorship and professional development opportunities. The high prevalence of married nurses suggests the importance of considering family-friendly policies in the workplace.

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INTRODUCTION

Nurses play a vital role in the healthcare system, providing care to patients across various settings. Understanding the demographic characteristics of nurses is crucial for effective workforce planning, education, and policy development. Demography characters include any statistical factors that influence population growth or decline. Moreover the demographic factors consists of age, sex, marital status, educational, designation, family size, religion, employment level, rank, income, experience, nature of job and department/ward and shift timings. It helps to generalise about a group of people and assuming that the group have a special characteristic. Moreover there are two ways to think about the demographic characteristics positively and negatively. In the study, in a positive sense demographic characteristics tell about what might motivate or interest the nurses to look after the patient. In a negative sense the demographic characteristics might tell what subjects or approaches is needed to avoid stress among the nurses. Understanding between nurses and patient is not a game of defensive tic-tac-toe, but it is relating to health of the patients and the stress level of nurses.

Objectives: To study the demographic characteristics of the Nurses in Dindigul district.

METHODOLOGY

This was considered as the most appropriate design since their views and opinions were sought on the perceived causes of stress and sources of stress among the job satisfaction of the Dindigul district.

The sample used was 300 Nurses who were randomly selected from both hospitals to participate in the study.

RESULTS AND DISCUSSION

Moreover a demographic factor includes gathering data on hobbies, life styles and impact of their family and working place. Thus the basic demographic characteristics of the nurses will reflect to study the causes and effects of stresses among the Dindigul healthcare unit. In table reveals the important demographic characteristics of nurses. All the 300 questionnaire were correctly completed making a 100 per cent response rate. Age is one of the most common demographic segmentation, every age groups has particular characteristics. Every age group has a specific requirement so that the healthcare system can develop stress relief strategies based on these required to obtain valid results. Out of 300 respondents 77 (25.7 per cent) were in the age group of ≤ 30 and 108 (36.0 per cent) were in the age group of 31-40 and 65 (21.7 per cent) were in the age group of 41-50 and 50 (16.7 per cent) were in the age group of ≥ 51 . Gender is quite a primary category. Every gender has specific characteristics that are distinct and instrumental in stress making. It is very natural that males and females have stress maker and stress taker. Females are usually sensitive characters based on these characteristics they are more indulged in stress. The respondents of the nurses 292 (97.3 per cent) were females and 8 (2.7 per cent) were males. Marital status includes single, married, divorced, widowed and never married. It is showed that about 94 (31.3 per cent) were single among 99 (33.0 per cent) were married, Most of them are in the child bearing age, getting married and having babies which leads to conflict with work. The above table also indicated that 37 (12.3 per cent) were divorced and

Demographic Characteristics

Characteristics		Number of Respondents	Percentage	Mean	Std	Var
Age	≤ 30	77	25.7			
	31 – 40	108	36.0	21.434	7.145	459.5
	41 – 50	65	21.7			
	≥ 51	50	16.7			
Sex	Male	8	2.7	142	142	20164
	Female	292	97.3			
Marital Status	Single	94	31.3			
	Married	99	33.0			
	Divorced	37	12.3	94.932	23.733	9012
	Widowed	30	10.0			
	Never Married	40	13.3			
Educational Qualification	Diploma	41	13.7			
	Graduate	177	59.0	56.962	28.481	3244.667
	Post Graduate	82	27.3			
Rank	Staff Nurse	77	25.7			
	Senior Staff Nurse	85	28.3			
	Nursing Officer	52	17.3	18.187	4.547	330.8
	Enrolled Nurse	50	16.7			
	Community Health Nurse	36	12.0			
Designation of the respondents	Junior	174	58.0			
	Manager	94	31.3			
	Senior Management	32	10.7	58.126	29.063	3378.667
Family Size of the Respondents	≤ 3 Members	51	17.0	99	99	9801
	≥ 4 to 6 Members	249	83.0			
Year of Experience	≤ 2 yr	62	20.7			
	2 – 5 yrs	96	32.0	18.4662	6.1554	341
	6 – 10 yrs	52	17.3			
	≥ 10 yrs	90	30.0			
Income(Monthly in Rs.)	≤ 10,000	28	9.3			
	11,000 – 20,000	52	17.3			
	21,000 – 30,000	72	24.0	44.9333	14.9778	2019
	≥ 30,000	148	49.3			
Department/Ward	Outpatient	128	42.6			
	Critical Care Unit(CCU)	80	26.7	20.396	10.198	416
	Surgical Ward	92	30.7			
Nature of the job	Permanent	276	92.0	126	126	15876
	Temporary	24	8.0			

*Sources: Primary Data.

30 (10.0) were widowed and 40 (13.3 per cent) were never married. Educational level consist of diploma, graduate and post graduate. This is also one of the important demographic factors that determines the causes and types of stress among the nurses. The study showed that 177 (59.0 per cent) of the nurses were graduate followed by post graduate 82 (27.3 per cent) and while rest of the respondents 41 (13.7 per cent) were diploma holders. The nurses working status also influence the stress level among the healthcare unit. The result indicated that 77 (25.7 per cent) were Staff nurse and 85 (28.3 per cent) were senior staff nurse and 52 (16.3 per cent) were nursing officer and 50 (16.6 per cent) were enrolled nurse and 36 (12.0 per cent) were community health nurse. The designation of the nurses reveals that 174 (58.0 per cent) were junior and 94 (31.3 per cent) were manager and 32 (10.7 per cent) were senior manager. The analysis of the study reveals that there is a lot of variation in this family segmentation type.

A lot of families have 4-6 members. Some have single mother or father. The family size of the respondents 249 (83.0 per cent) were 4 to 6 members and 51 (17.0 per cent) were up to 3 members. In addition to that year of experience also influence the level of stress among the nurses. About 62 (20.7 per cent) of the respondents had ≤ 2 years of experience while 96 (32.0 per cent) of nurses had 2-5 years of work experience, only 52 (17.3 per cent) of nurses has 6-10 years of experience and least 90 (30.0 per cent) had ≥ 10 years of experience. One of the most straight forward demographic characteristics is family income. An individual or family income would govern the ability to categorised the stress level. A nurse who can barely provide food and shelter for her family would not cause for stress.

The result showed that 246 (82.0 per cent) of the employees belong to the monthly income of 54 (18.0 per cent) followed by 28 (9.3 per cent) were ≤ 10,000 and 52 (17.3 per cent) were 11,000-20,000 and 72 (24.0 per cent) were 21,000-30,000 and 148 (49.3 per cent) were ≥ 30,000. The department such as outpatient, critical care unit and surgical ward also influence the level of stress in the study area. The department/ward 128 (42.6 per cent) were outpatient and 80 (26.7 per cent) were Critical Care Unit (CCU) nurses often experience stress caused by fear of committing errors in highly technical and complicated nursing interventions, inadequate training on the use of technology in critical care settings, intervention with patients with complicated health conditions, ethical delimmias in relation with end-of-life care and dealing with families of dying patients. 92 (30.7 per cent) were operating room. The nature of the job whether they are temporary or permanent status also determine the level of stress in Dindigul district. Type of work of the respondents 276 (92.0 per cent) were permanent and 24 (8.0 per cent) were temporary.

CONCUSION

The demographic characteristics of nurses provide valuable insights into the nursing workforce and inform decision-making in nursing education, policy, and practice. Understanding the age, gender, race, ethnicity, education, and experience of nurses is crucial for addressing current and future workforce needs, tailoring nursing education programs, and developing policies that support diverse nursing populations. Key findings from this study highlight the need for targeted recruitment and retention strategies, particularly for underrepresented demographic groups. Additionally, understanding

the impact of demographic characteristics on nurses' experiences and outcomes is essential for promoting nurse well-being and job satisfaction, ultimately contributing to enhanced patient care. Future research should continue to explore the demographic characteristics of nurses, examining trends over time and identifying factors that influence their experiences and outcomes. By understanding the nursing workforce, we can better support nurses and ensure they are equipped to provide high-quality care for patients.

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