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# The Effect of Mental Health on Resilience and Hope among Nurses Working in Hospitals

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## A B S T R A C T

The health of nurses, as care providers, influences the quality of care received by patients. The aim of the present study is to investigate the impact of nurses' mental health on their resilience and hope. This is a descriptive-correlational study carried out on 100 nurses working at hospitals in 2017-2018. Instruments used to measure the variables of the study included General Health Questionnaire (GHQ-28), the Connor-Davidson Resilience Scale and a Schneider's Hope Inventory. The findings indicated that 23.35% of nurses working in hospitals of Zahedan were suspected of mental disorders and there was a significant difference between male and female nurses' mental health. The results showed that there was a significant negative correlation between nurses' mental health and their resilience. Also, there was a significant negative relationship between nurses' mental health and hope. Mental health promotion can increase resilience and life expectancy among nurses and the effect of mental health on resilience and hope is indirect.

**Keywords:** Mental Health, Nurses, Resilience, Hope.

## INTRODUCTION

World Health Organization (WHO) has put the mental health, as one of the principles of primary health care, on the agenda of member countries. Physical, mental and social health is necessary for human growth and development (Townsend & Morgan, 2017; Videbeck, 2010). Mental health considered as the health of mind has various definitions from different perspectives. In 1974, WHO defined "health" as the complete physical, mental and social welfare and not merely the absence of disease or infirmity/disability (B. J. Sadock & Sadock, 2011)? In recent years the inclusion of being able to have a useful life in terms of economic and social affairs has improved the definition (B. Sadock & Ruiz, 2015).

Resilience is the positive adaptation in response to adverse conditions (Leipold & Greve, 2009). However, resilience is not only the stability against damage or dangerous situations, but it is the active and productive participation in the surrounding environment. Resilience can be defined as one's ability to strike a bio-psycho balance in dangerous conditions (Anderson, 2009). From psychological perspective, hope indicates individuals' perception of their ability to achieve the goals, developing strategies to achieve the goals and maintaining the motivation to achieve the goal (Schetter & Dolbier, 2011).

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Although the idea of hope has existed from the beginning of human creation, the scientific study of hope in human life is in its own infancy. Understanding one's achievement of goals was the common thread of trying to scientifically define hope in 1950 to 1960. Hence, Frank conceptualized hope as a therapeutic approach. Given the importance of nurses' mental health which is a segment of the health care system and the lack of background studies on the effect of nurses' mental health on their resilience and hope during the working shifts, the study present study is aimed at providing those involved in the health system with applicable information in order to make use of the results to enhance nurses' efficiency, resilience and hope while preventing their feeling of tiredness, exhaustion and job performance slump. In a study entitled "An Investigation into the Relationship of Students' Mental Health and Spiritual Intelligence with Resilience in Kermanshah University of Medical Sciences?"

The results of a study conducted by Karamipour, Hejazi, and Yekta (2015), indicated that there was a significant positive correlation between participants' scores on resilience and psychological well-being. Moreover, there was a significant negative correlation between participants' scores on resilience and psychological distress, depression, anxiety, and general health problems. Varying degrees of resilience are associated with health indices and psychological vulnerability through influencing self-esteem, personal competence and strength, tolerance of negative emotions, avoidance and spiritual health status.

In another study conducted entitled "Hope, Life Satisfaction and Mental Health among Women in the Republic of Turkey", findings suggested that women's life expectancy rate and the general level of happiness of Turkish women had dramatically increased in the past decade, but health satisfaction was much higher among men compared to women and those who were not satisfied with their health were mostly women (Tugade & Fredrickson, 2004).

## **METHODOLOGY**

The research method was descriptive-correlational. The population of the study included all male and female nurses working in Hospitals in 2017-2018 in Zahedan. The sample size consisted of 100 nurses working at the two mentioned hospitals (50 male and 50 female nurses). Random cluster sampling was applied. For collecting data, three questionnaires were used.

**Goldberg and Hiller's GHQ-28:** Goldberg and Hiller's 28-item General Health Questionnaire (GHQ-28) is the most known screening tool to evaluate psychiatric and mental health status. The 28-item form that was used in the present study includes four scales each having seven items measuring four categories of non-psychiatric disorders, including somatic symptoms, anxiety and sleep disorders, social functions disorders, and depression and suicidal tendencies. The reliability coefficient of GHQ-28 in the present sample was 0.781, which proves its reliability.

**The Connor-Davidson Resilience Scale (CD-RISC):** The Connor-Davidson Resilience Scale (CD-RISC) is a 25-item scale that measures the construct of resilience in a five-point Likert-type from zero to four. The minimum score of subjects' score on the scale is zero and the maximum score is 100. CD-RISC evaluates one's ability to cope with stress and problems. An answer to each item is determined on a scale from 0 (completely incorrect) to 4 (always correct).

**Schneider's Hope Inventory:** Schneider's Hope Inventory is a self-report scale designed and developed by Schneider et al., to measure the level of hope. It contains 12 items, among which 4 items measure factor thinking, 4 items measure strategic thinking, and the other four items are misleading. Thus, the questionnaire covers the following scales: factor and strategy.

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Schneider's Hope inventory contains 12 items among which items number 3, 5, 7 and 11 are misleading questions that are corrected.

For data analysis, statistical tests including t-test, f-test, and correlation coefficient were used. Calculations were performed with SPSS software.

## RESULTS

**Table 1.** One-sample t-test results of nurses' mental health

Variable	Mean	Std. Devition	DF	t	Sig.
Nurses mental health	28.89	13.42	99	5.878	0.001

It is worth that scores higher than 21 indicate a transition from mental health and entrance into an initial trauma. The p-value obtained from the t-test is zero and since the value is less than 0.05. Since the sample mean is greater than 21, it can be concluded that mental health of nurses working in hospitals of is low.

**Table 2.** Independent t-test results of the effect of nurses' gender on their mental health

Variable	Mean	DF	t	Sig
Male nurses mental health	33.16	98	3.34	0.001
Female nurses mental health	24.62			

Since the p-value is smaller than 0.05, therefore, it can be concluded that there is a significant difference between male and female nurses' mental health. Given that lower scores indicate better mental health, it can be concluded that male nurses' mental health is higher than female nurses'.

**Table 3.** Spearman's test results regarding the relationship between nurses' mental health and their resilience

Variable	N	Correlation coefficient	Sig
Mental health	100	-0.894	0.001
Resilience			

Since p-value is less than 0.05. It can concluded that there is a significant relationship between nurses' mental health and their resilience. Spearman correlation coefficient is -0.894, therefore, it can be concluded that the greater the degree of nurses' resilience, the lower their mental health scores. Lower scores indicate better mental health.

**Table 4.** Spearman's test results regarding the relationship between nurses' mental health and hope

Variable	N	Correlation coefficient	Sig
Mental health	100	-0.827	0.001
Hope			

Since p-value is less than 0.05, therefore, H<sub>0</sub> is rejected. It can concluded that there is a significant relationship between nurses' mental health and hope. Spearman correlation coefficient is -0.827. Therefore, it can be concluded that the greater the degree of nurses' hope, the lower their mental health scores. Lower scores indicate better mental health.

## CONCLUSION

Examining the first hypothesis revealed that the mental health of nurses working in

hospitals is low.

In order to verify the model and answer the first research hypothesis, one sample t-test was conducted. It was indicated that the mental health of nurses working in hospitals of Zahedan is low. The results are consistent with the results of some previously conducted studies. Emami, Ghazinour, Rezaeishiraz, and Richter (2007), in a study carried out on the mental health status of the population aged 15 years and over in Iran, reported that the prevalence of mental disorders in this community is about 21%. The result of the present study (23.35%) suggested that nurses' mental health is at a greater risk compared to other people. In this case, Inzlicht, Aronson, Good, and McKay (2006), in a research study conducted on mental health among nurses working in educational hospitals affiliated to Tehran University of Medical Sciences, reported that the mean scores of mental health was 23.29. In addition, according to the results of a study examining health-workers' mental health in hospitals of Shiraz, 45.6% of employees suffered from mental disorders.

Regarding the second research hypothesis, no significant difference was found between male and female nurses' mental health. Male nurses enjoyed better mental health than women. It can be also argued that the prevalence of suspected cases with mental disorders was significantly higher among female nurses compared to male nurses. The age ratio for disorders such as depression and anxiety was higher among women compared to men. In a study carried out by the American Nursing Clinic, it was proved that women's mental disorders were twice as many as men. Most of these problems encompass depression and anxiety.

Regarding the third hypothesis of the study, it can be concluded that the relationship between nurses' mental health and their resilience was significant and that the greater the degree of nurses' resilience, the lower their mental health scores. In the case of the positive effect of resilience on mental health, Manyena (2006), stressed the characteristics of resilient individuals that promoted their mental health such as social power, ability in problem-solving, a sense of purpose and belief in a bright future. The hypothesis suggested that people with high resilience are able to maintain their mental health when they expose to job stressors, which in turn will lead to better mental health (Friborg et al., 2006).

The results are consistent with several studies carried out on resilience. Resilience is among the intrapersonal resources that can modify the level of stress and inability in horrible situation (Arnold, 2019; Manfield & Newey, 2018). Moreover, there was a significant negative correlation between psychological inability, depression, anxiety and general health problems and resilience. Varying degrees of resilience are associated with health indices and psychological vulnerability through influencing self-esteem, personal competence and strength, tolerance of negative emotions, avoidance and spiritual health status.

Regarding the fourth hypothesis, it can be concluded that there was a significant relationship between nurses' mental health and hope. Moreover, the Spearman correlation coefficient was -0.827; therefore, it can be concluded that the greater the degree of nurses' hope, the lower their mental health scores, which in turn indicate better mental health. Since people with higher degrees of mental health reflect higher degrees of hope, it is concluded that providing supportive factors in order to improve mental health can increase hope and help people resist against depression and anxiety.

To examine whether nurses' mental health can predict their resilience and hope, regression analysis was used. Considering the significance level, it can be argued that nurses' mental health can predict their resilience and hope. It is concluded that for a unit of variation in standard

deviation of mental health, resilience and hope can be predicted as much as 0.189 and 0.121, respectively.

Thus, mental health has a direct effect on resilience and hope. Negative consequences of stress, due to academic and occupational issues, have a negative effect on the quality of tasks and maintenance of an occupational position. Resilience, as an ability, helps individuals overcome and dominate difficult life situations.

Individuals with high resilience have high internal control, empathy, positive self-concept, optimism and ability to organize daily responsibilities. In addition, resilient individuals are more adaptable to change. It can be concluded that an increase in resilience involves reduction of mental and physical problems and the reduction of such problems, increases nurses' hope. According to the research findings, it can be argued that today's nurses are tomorrow's potential patients. Attention to the health of these health-workers, who carry the responsibility of patients' health, is remarkably important.

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