

Examining the Relationship of Ways of Coping with Stress and Casual Attributions with Psychological Well-being among Nurses Working in Zahedan Hospitals

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Abstract: The present study aimed to investigate the relationship of ways of coping with stress and casual attributions with psychological well-being among nurses in Zahedan. The statistical population of the current study included all nurses in 2015, among whom, based on the Morgan's table, 152 nurses were selected as the sample using the random stratified sampling method. The measurement tools were the Ryff Psychological Well-being Scale, the Seligman Attributional Styles Inventory and the Lazarus Ways of Coping Questionnaire, the Cronbach's alpha coefficient of which was respectively 0.875, 0.882 and 0.759.

Key words: Psychological well-being, ways of coping with stress, casual attributions, nurses, Iran

INTRODUCTION

Nursing has long been regarded among the occupations that are faced with the highest levels of occupational stress. According to the demand-control model, jobs accompanied with high levels of occupational stress and low levels of control lead to the incident of physical and mental distress. Such workplaces deplete employees' emotional and mental resources and may trigger the onset of the burnout syndrome (Ahmadi *et al.*, 2010).

Moore (2003) believes that stressful work situations arise from an organization's structure including role ambiguity, role conflict and occupational pressure. On the other hand, lack of positive conditions in the workplace has negative consequences. McGrath *et al.* (2003) state that inappropriate methods of coping with occupational stress result in serious individual and organizational consequences.

In a study conducted by Niknami *et al.* (2014), entitled "Ways of Coping with Stress among Students in Guilan University of Medical Sciences", examining male (27.9%) and female subjects (71.9%), the field of study of whom was nursing (25.1%) attempting to acquire a BA degree (61.4%), the results showed that students were more likely to apply the problem-focused coping style. In addition, coping strategies, gender and the history of not passing exams were significantly correlated. In the same line, a study was carried out by Kosha *et al.* (2014) aiming at examining the relationship between psychological

well-being and nurses' job performance and comparing them in special and ordinary wards in Ghaem and Imam Reza (AS) hospitals in Mashhad. The results of this study indicated that psychological well-being and job performance were significantly and positively correlated.

Additionally, Golparvar (2014) conducted a study entitled "Structural Modeling of the Relationship of Spiritual Bond with Psychological Capital and Spiritual Well-being among Nurses". The results demonstrated that spiritual bond was able to predict psychological capital and psychological capital and spiritual bond together were able to predict spiritual well-being among nurses. Momani *et al.* (2013) carried out a study entitled "The Role of Personality Traits and Resilience in Predicting Psychological Well-being among Nurses Working in Private Sectors in Hamedan". The data analysis revealed that personality traits significantly predicted components of psychological well-being.

Additionally, examining the relationship of personality traits and coping styles with occupational stress among nurses, Ja'fari *et al.* (2012) concluded that most of the nurses under study had a tendency towards the positive reappraisal coping style and experienced moderate to high levels of stress. Moreover, neuroticism was significantly related to occupational stress; however, no significant correlation was found between coping styles and occupational stress. The findings indicated that the escape-avoidance coping style played a mediating role in the relationship between neuroticism and occupational stress.

In this line, Kohsar and Moalem (2011) examined the relationship of coping strategies and attributional styles with depression among employers in Tehran and demonstrated that coping strategies and attributional styles were significantly correlated with depression. In another study, Le Foll *et al.* (2008) investigated the attributional feedback-induced changes in functional and dysfunctional attributional orientations, expectation of success, hopefulness and short-term persistence in a novel sport. Their findings indicated that attributional feedback improved casual attributions associated with hopelessness as well as expectation of success, hopefulness and persistence after the distress.

Campbell-Sills *et al.* (2006), in a study, showed that coping strategies played a mediating role in the relationship between stress and physical or mental disorders. They asserted that stress, compared to skills of coping with stress, played a less important role in people's well-being. In another study, Karimzade and Besharat (2011) concluded that five personality factors (neuroticism, extraversion, openness, agreeableness and conscientiousness) were significantly related to coping styles and gender played a key role in determining the coping styles. Additionally, Haren and Mitchell (2003) indicated that the positive attributional style was significantly related to discipline and order, activity, emotional stability, and extraversion and the negative attributional style was significantly correlated with extraversion and emotional stability.

Kadivar as cited in Uliondo (2004), showed that predictors of psychological well-being, social daily activities and individual performance were correlated. This study demonstrated that psychological well-being was significantly and positively related to academic performance, progress for achieving personal goals, better health and an increase in job satisfaction. Corr and Gray (1995) revealed that the positive dimension of attributional style was negatively related to anxiety, low levels of extraversion and high levels of neuroticism and psychosis. In this regard, the current study aimed to examine the relationship of ways of coping with stress and casual attributions with psychological well-being among nurses working in Zahedan hospitals.

MATERIALS AND METHODS

Considering the main objective of the present study, this study was practical and with regard to the method of conducting it, this was a descriptive-survey study following a correlational-predictive design.

Table 1: The results of the Pearson correlation coefficient between ways of coping with stress and psychological well-being

Variable	Ways of coping with stress	
	Correlation coefficient	Sig.
Psychological well-being	-0.447	0.000

Statistical population: The statistical population of this study included all nurses working in several public hospitals in Zahedan in the first, second and third shifts (N = 250).

Sample, method of sampling and method of determining the sample size: In this study, the sample was selected using the stratified sampling method. These classifications were made based on the shifts and through considering nurses' gender. Finally, 152 nurses (97 females and 55 males) were chosen based on the Morgan's Table.

Measurement tools and data collection methods: To assess the ways of coping with stress, casual attributions and psychological well-being among nurses, respectively the Lazarus Ways of Coping Questionnaire (Jafarnejad *et al.*, 2005), the Seligman Attributional Styles Inventory (Firozi, 2008) and the Ryff Psychological Well-being Scale (Khanjani *et al.*, 2014).

RESULTS AND DISCUSSION

First hypothesis: There is a significant relationship between ways of coping with stress and psychological well-being among nurses. To examine the relationship between ways of coping with stress and psychological well-being among nurses in Zahedan, the Pearson correlation coefficient was applied, the results of which are presented in Table 1.

Therefore, there is a significant and diverse relationship between ways of coping with stress and psychological well-being. This means that, according to nurses' viewpoint, the more the level of psychological well-being, the less the level of stress.

Second hypothesis: There is a significant relationship between casual attributions and psychological well-being among nurses. To test the relationship between casual attributions and psychological well-being among nurses, the Pearson correlation coefficient was applied, the results of which are presented in Table 2. Therefore, there is a significant and direct relationship between casual attributions and psychological well-being.

Table 2: The results of the Pearson correlation coefficient between casual attributions and psychological well-being

Variable	Casual attributions	
	Correlation coefficient	Sig.
Psychological well-being	0.499	0.000

Table 3: The results of the Pearson correlation coefficient between ways of coping with stress and casual attributions

Variable	Casual attributions	
	Correlation coefficient	Sig.
Ways of coping with stress	0.145	0.074

Table 4: The summary of the model

Model	Coefficient of determination	Correlation coefficient
Regression	0.78	0.89

Table 5: The results of the analysis of variance

Variances	Sum of squares	df	Mean of squares	F-value	Sig.
Regression	24853.54	5	4969.910	112.26	0.000
Residual	6446.34	146	44.153		
Total	31295.88	151			

Table 6: The results of regression coefficients

Variables	Standardized coefficients		Non-standardized coefficients		Sig.
	B	SE	β	t-values	
Problem-focused	1.92	0.220	0.7500	8.700	0.000
Emotion-focused	0.24	0.320	0.0580	0.750	0.450
Avoidance	-1.40	0.200	-0.6080	-6.860	0.000
Pessimistic attributions	1.60	0.090	1.1200	16.700	0.000
Optimistic attributions	-1.70	0.208	-0.6200	-7.710	0.000

Third hypothesis: There is a significant relationship between ways of coping with stress and casual attributions among nurses.

To investigate the relationship between ways of coping with stress and casual attributions among nurses, the Pearson correlation coefficient was used, the results of which are presented in Table 3.

As Table 3 demonstrated, the significance level of the relationship between ways of coping with stress and casual attributions is 0.074 which is >0.01 . Therefore, there is no significant relationship between ways of coping with stress and casual attributions at the 99% confidence level. The Pearson correlation coefficient between these two variables is equal to 0.145.

Fourth hypothesis: Casual attributions and ways of coping with stress can be predicted by psychological well-being among nurses. To examine this hypothesis, the regression analysis was used, the results of which are presented in Table 4-6. Therefore, it can be stated that all components of attributional styles and problem-focused and avoidance coping styles (components of ways of coping with stress) are significant.

In relation to the main research hypothesis, i.e., ways of coping with stress and casual attributions are significantly correlated with psychological well-being among nurses working in Zahedan hospitals, it can be mentioned that psychological well-being determined nearly 50% of the variances in ways of coping with stress and attributional styles. Moreover, ways of coping with stress and attributional styles were significantly related. These findings are in line with the results obtained from a study conducted by Kosha *et al.* (2014) aimed to examine the relationship between psychological well-being and nurses' job performance and comparing them in special and ordinary wards in Ghaem and Imam Reza (AS) hospitals in Mahshad. The results of this study indicated that psychological well-being and job performance were significantly and positively correlated. Moreover, the findings are consistent with the results by Kohsar and Moalem (2011) who examined the relationship of coping strategies and attributional styles with depression among employers in Tehran and demonstrated that coping strategies and attributional styles were significantly correlated with depression.

Considering the first secondary hypothesis, i.e., there is a significant relationship between ways of coping with stress and psychological well-being among nurses, the results indicated a significant relationship between ways of coping with stress and psychological well-being at the 99% confidence level. Additionally, the Pearson correlation coefficient obtained for the relationship between these two variables was negative. This means that according to nurses' viewpoint, the more the level of psychological well-being, the less the level of stress. These results are in line with the results obtained from a study carried out by Akuchekian *et al.* (2008) entitled "The Relation of Social Support with Strategies of Coping with Stress among Nurses in Psychiatric Wards" which indicated that scores on social support were significantly and diversely correlated with gender and work experience and they were significantly and directly related to the subjects' level of education.

With regard to the second research question, i.e., there is a significant relationship between attributional styles and psychological well-being among nurses, the results indicated that casual attributions and psychological well-being were significantly correlated at the 99% confidence level. Considering the third research question, i.e., there is a significant relationship between attributional styles and ways of coping with stress among nurses, the results indicated that casual attributions and ways of coping with stress were not significantly correlated at the 99% confidence level. This finding is in line with the results obtained from a study conducted by Kiani and Aghapour (2010) aimed to examine the

relationship of personality factors, attributional styles and coping styles with mental health among female students of Ahar Islamic Azad University which demonstrated that there was no significant relationship between coping styles and attributional styles.

In relation to the fourth research hypothesis, i.e., attributional styles and ways of coping with stress can be predicted by psychological well-being among nurses, the results showed that psychological well-being determined almost 78% of the variances in ways of coping with stress and attributional styles. In addition, all components of attributional styles and problem-focused and avoidance coping styles (components of ways of coping with stress) were significantly related to psychological well-being. This finding is consistent with the results obtained from a study conducted by Momani *et al.* (2013) entitled "The Role of Personality Traits and Resilience in Predicting Psychological Well-being among Nurses Working in Private Sectors in Hamedan". The data analysis revealed that personality traits significantly predicted components of psychological well-being.

CONCLUSION

The obtained results indicated that psychological well-being determined nearly 50% of the variances in ways of coping with stress and attributional styles. Moreover, psychological well-being was significantly related to ways of coping with stress and casual attributions; however, no significant correlation was found between casual attributions and ways of coping with stress.

LIMITATION

This study was faced with all limitations and issues associated with conducting a survey research.

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