A STUDY TO ASSESS THE EFFECTIVENESS OF GUIDED IMAGERY ON THE STRESS LEVEL OF NURSES WORKING IN ICU/CCU OF SELECTED HOSPITALS OF PUNE CITY

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Abstract

Now a day, the workload on the nurses has increased a lot. As the demand of society is increasing, responsibility on nurses are also increasing. The strenuous work load on the nurses is producing stress in the nurses. It becomes necessary to reduce the stress to maintain the work efficiency of nurses. There is a need to establish a therapy which is highly effective. The alternative therapies are best supposed to be fit in this requirement. Considering that, the present study was conducted to assess the effectiveness of guided imagery on the stress level of nurses working in ICU/CCU from selected hospitals of Pune. The objective of study focus on assessing the effectiveness of guided imagery in reducing the stress of nurses. The self structured questionnaire was used to measure the stress level of nurse and the reliability was measured and it was \( r = 0.85 \).
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