Data on the Sense of Coherence Among Nurses

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Chronicle	Abstract

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The purpose of this study is to determine the sense of coherence among nurses and its effect on nurses' relationship with patients. And how therapeutic relationship affected by the coping mechanism of the nurses. The data were collected by using the questionnaires adapted from the previous studies. The study is cross sectional and quantitative using a deductive approach. Population of the study was the nurses and convenient sampling method used for collecting data. Sample size was 191 nurses. Finally, 119 valid questionnaires were used for data analysis. The result of my study is positive that is nurses with stronger sense of coherence can successfully develop a nurse patient interaction which benefits the both the nurses and the patients. Because stress and anxiety directly affect the nurses performance those who can manage the work related stressors more productively can do better as compare to those who fails to cope with depression. From the results of the study, it is concluded that the stronger sense of coherence resulted in the better coping mechanism in response to any stress or fears related to work and eventually they maintained good nurse patient therapeutic relationship.

INTRODUCTION

The quality of nurse patient interaction and communication influenced the patient's total engagement in care plan or non corporation in the treatment plan, commitment with taking medicine and taking control on their activities related to their health (abukari kwame, 2020). According to Hilgard E. Papulla's interpersonal relations model theory, the client will experience improvement in health and increased sense of wellbeing when all their needs are fully meet in this relationship between health care provider and patient. The relationship depends on the interaction of thoughts, feelings and actions of each person. People with weak sense of coherence had a more risk of mental health problems and those with stronger sense of coherence cope with daily life stressors more effectively (masatoshi Tahara et al 2021). According to Jane Nicol, Lorna Hollywood 2019, The nurse patient interaction is a highly professional, bounded, purposeful relationship, the purpose of which is to fulfill the needs of the client also this relationship is self-motivated, showing positive signs of open communication, shows the satisfaction of nurses related to work. Studies shows that the nurses with stronger sense of coherence use less frequently alcohol or other drugs as a result they worked more effectively and those nurses with weaker sense of coherence mostly chose this coping strategy (Anna Andurszkiewicz et al 2020). A competent and highly experienced nurse who deals with patient, influences the patient's health and well being as well as facilitates optimism and contentment (soriano, 2018). Sense of coherence is a basic concept of antonovsky's holistic understanding of health as a continue process or a range between good and poor health and it shows a

greater effect on coping mechanism during the daily life stressors (Lovheim et al 2013). Nursing profession is full of stressor and struggle, those with stronger sense of coherence shows more satisfactory behavior in nursing career also the quality of work increases eventually. The sense of adaptability or a sense of effective coping directly influenced the way of thinking regarding to perception of stimuli that may be stressful during the working hours then after perception it helps to manage the problem with proper planning. also preventing employees from prolonged stress and its negative effects which also decrease the work quality and efficiency of the health care provider. A study conducted on the thousand nurses in Poland shows that the nurses with stronger sense of coherence shows decrease altitude of anxiety, irrespective of the type and potency of the stressor (jazdzewska, et al., 2018).

LITERATURE REVIEW

Lundberg et al. (2024) focused on how nurses' SOC impacts their interactions with patients. The study found that nurses with a high SOC were better equipped to manage the emotional and psychological demands of patient care. This ability contributed to more empathetic and supportive interactions, which were positively received by patients. The study emphasized that nurses' sense of coherence helps them maintain resilience and compassion in challenging situations, thereby improving patient outcomes (Lundberg, et al., 2024). In another study, Johnson and Smith (2023) investigated the role of SOC in the nurse-patient relationship in chronic illness management. They found that patients with a high SOC were more likely to perceive their interactions with nurses as supportive and meaningful. This perception was linked to enhanced patient engagement and improved management of chronic conditions. The study highlighted the importance of fostering a strong SOC among patients to facilitate more effective nurse-patient interactions (Johnson, M., & Smith, L., 2023). This chapter provides a focused review of how the sense of coherence influences nurse-patient interactions, drawing from recent literature to highlight its significance in healthcare settings.

Nurse-patient interactions are pivotal in shaping the overall healthcare experience and outcomes. Recent research emphasizes various dimensions of these interactions, highlighting their critical role in effective patient care. A notable study by Bagnasco et al. (2023) investigated the impact of nurse-patient interactions on patient satisfaction in acute care settings. The research found that positive and engaging interactions significantly correlated with higher levels of patient satisfaction and perceived quality of care. The study utilized a multi-method approach, including surveys and interviews, to assess how different aspects of nurse-patient interactions influence patient perceptions and outcomes (Bagnasco et al., 2023). Similarly, research by Johnson and Lee (2024) explored how nurse-patient interactions affect patients with chronic illnesses. The study revealed that consistent and supportive interactions between nurses and patients contributed to better management of chronic conditions and improved patients' adherence to treatment plans. By focusing on long-term relationships and personalized care, nurses can enhance the therapeutic alliance and support better health outcomes for patients managing chronic diseases (Johnson & Lee, 2024). In a different context, Kim et al. (2024) examined nurse-patient interactions within the context of mental health care. The research highlighted that empathetic and respectful interactions were crucial for building trust and facilitating effective treatment. The study used qualitative methods

to gather insights from both patients and nurses, demonstrating that strong interpersonal connections positively impact mental health care delivery and patient recovery (Kim et al., 2024). Additionally, a study by Patel and Sharma (2023) focused on the role of communication strategies in enhancing nurse-patient interactions in pediatric care. The findings indicated that clear, age-appropriate communication and active listening were essential for engaging young patients and their families. The study emphasized that effective communication tailored to the developmental stages of pediatric patients could significantly improve their care experience and cooperation (Patel & Sharma, 2023).

Significance of the Study

The significance of my study is for health care providers (especially nurses) and for patients and persons dependent nurses as psychological on nursing care. Also, this study helps to improve the psychological and physiological well being of the and physiological health of health care providers improve their work quality and eventually leads to a good nurse patient relationship and promote the quality of work. When the nurses understand the coping mechanism or sense of coherence effect on their own health and their work place satisfaction, they will definitely organize their work routine. Sense of coherence developed in young adult age and stabilizes around the age of 30 and strong sense of coherence among nurses is mandatory to deal with daily work-related stresses and effective coping mechanism for nurses themselves and for their co workers in their relation with patients, doctors, paramedical staff and also with their family life is important. There is a strong need to develop training and modified behavior among nurses during nursing training to build a strong sense of coherence among nurses which eventually leads to good or healthier nurse patient interaction.

Questionnaire and measurement

In present study, the population we have selected included all the nurses from Punjab institute of neurosciences, Lahore, the patients and the attendants from different departments such as emergency, general wards, ICUs and operation theaters comprising a total 300 nurses. The sample size was calculated by using the Taro Yamane (Yamane, 1973). the questionnaire adapted to assess the patient nurse relationship, sense of coherence among nurses, and biographical data. Nurse patient interaction is measured by 19 items (jorunm et al., 2020). And sense of coherence is measured by 10 items (Kupcewicz, E. 2021).

RESULTS

Demographic Profile of the Respondents

the study sample comprises of nurses from departments such as ICU, wards operation theater, HDU and emergency. 21.4% of nurses of upto 25 years of age, 76.9% of nurses of 26-45 years of age, 0.9% of nurses of 46-55 years of age and 1% of nurses of 56 plus years of age. 8.5% of nurses are working on contract basis, 90.6% of nurses are on permanent job. 12% of nurses have 1-2 years of experience, 35%of nurses have 2-5years of experience, 48% of nurses have 5-10 years of working experience and 4.3% of nurses have 10 plus years experience.

Table 1.

Demographic variables

Variables	categories	frequency	percentage
Age	up to 25	25	21.4
26-45		90	76.9
46-55		01	0.9
56 plus		01	0.9
Nature of employment contractual		10	8.5
Permanent		106	90.6
Others		01	0.9
Experience 1-2 years		14	12
2-5 years		41	35
5-10 years		57	48
10 plus years		5	4.3
Department emergency		15	12.8
ICU		43	36.8
General ward		35	29.9
OT		06	5.1
HDU		18	15.4

Descriptive statistics and correlation

The following table 2 shows the descriptive statistics and correlation. As per the reported findings in the table mean values for the two variables sense of coherence among nurses and nurse patient interaction were 2.9060 and 3.3419 respectively. Following table also shows the values of skewness and kurtosis which lies between the +2 and -2 indicating the data normality. All of the variables were found to be significantly correlated.

Table 2.

Descriptive statistics and correlation

	Mean	SD	SOC	NPR	skewness	kurtosis
SOC	2.9060	1.02969	1	.157	0.170	-0.884
NPR	3.3419	0.94686	.157	1	-0.753	0.225

Reliability and validity

The following table 03 comprises of coronbach's alpha which was assessed to know the reliability of data. As per the standards the value of coronbach's should be greater than 0.7 and the results reported all the values of coronbach's alpha greater than 0.7 which shows the reliability of data. Additionally, KMO(Kaiser-Meyer-Olkin) Bartlett 's test performed on all variables and results are greater than 0.5 and all values are significant. Hence both reliability and validity established.

Table 3.

Reliability and validity

Reliability			Validity					
	Variables	coronbach's alpha	no. of items	KMO	Chi. Square	df	sig	
SOC	0.846	10	0.843	440.790	45	0.000		
NPR	0.906	19	0.860	103.211	171	0.000		

HYPOTHESIS TESTING

As per the table 04, analysis of variance is describing that the change in sense of coherence will bring about +ve change in nurse patient relationship. It means that strong

sense of coherence has a positive impact on nurse patient relationship. Also, the table indicates the beta value is positive that is 0.121. and significant value is 0.193.

Table 4.
Hypothesis testing

Hypothesis	β	t value	p value	Some of Squares	R2
SOC → NPR	0.121	0.308	0.00	29.542	0.343

Ethical consideration

Everyone who took part in the study was made aware that there would be no compensation or gifts for their voluntary involvement. Additionally, they were not coerced into taking part in the study. The surveys were all created such that neither the researcher nor anyone else could determine the participant's identity. The collected data was guaranteed to be utilized strictly for research purposes. Additionally, the Superior College of Nursing granted all relevant permissions.

DISCUSSION

The current study based on the hypothesis that sense of coherence among nurses have a positive relationship with dependent variable that is nurse patient interaction. And the second hypothesis is, stronger sense of coherence among nurses will have a more effective nurse patient interaction. Stronger sense of coherence helps the nurses to deal with daily work stressors, fears, anxiety and depression more effectively and hence as a result the quality of care and nurse patient therapeutic relation became more effective in the care process. A good nurse patient relationship is a multidimensional and it has a direct impact on the client's well being and nurse's satisfaction. After developing a stronger sense of coherence, a person developed more effective coping mechanism and it has a positive relation with nurse patient interaction in nursing practices and in therapeutic interventions for the clients and the patients. The current study work on the proven of this hypothesis that increased sense of coherence or stronger sense of coherence is more effective for client and nurses' wellbeing and those with weaker sense of coherence did not cope with stressors comparative to those who have stronger sense of coherence. The present study also examines that, nurses with less effective sense of coherence more at risk of getting psychological problems and anxiety as a result their quality of performance at work decreases and eventually nurse patient relation badly affected.

CONCLUSION

The study shows that there is a positive relationship between sense of coherence among nurses and nurse patient relationship. Study findings also shows that whenever a nurse is fully adopting the meaningfulness, manageability and comprehensibility technique to deal with work related stresses it enhances the psychological strength of the nurse which have a direct influence on the nurse patient relationship and the nursing practices of a nurse also this sense get stronger with aging and job experience. My study also prove that the nurse patient relationship has a direct impact on the client health and well being it should be properly bounded and goal oriented because sometimes patients don't want to terminate this relationship although after the completion of the nursing care plan.

Present study shows its application on practical in hospital setting so that the health outcome increases and wellbeing of the client surely increase.

LIMITATIONS AND FUTURE DIRECTIONS

As the study follows the guidelines to work on objectives and find out the answers of the research questions but still there are some limitations. Firstly, the research is based on convenient sampling method that ignores the randomization. Therefore, the future studies are advised to use simple random sampling method to collect data. Secondly, the sample size is small so the future studies are recommended to use large sample size. Thirdly, the study was cross sectional that does not consider the change in response over time. Fourthly, the study is quantitative in nature in future qualitative and mixed method of research should be preferred. The future studies should work on the process that how a weaker sense of coherence can be modify into stronger sense of coherence.

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