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The Impact of Nursing Culture
on Stress, Coping Strategies and Health Outcomes
of Student Nurses

Thesis presented in partial fulfilment
of the requirements for the degree
of Master of Arts in Psychology
at Massey University

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Abstract

To examine the effect of acculturation on the stress, coping strategies, and health outcomes of student nurses, a questionnaire was completed by 192 student nurses. A new instrument, the Student Nurse Acculturation Measure (SNAM), was developed to measure degree of acculturation, while established instruments were used to measure the remaining constructs. Results indicated that demands and degree of acculturation increased for student nurses as training progressed. Greater acculturation was associated with increased use of avoidance coping strategies. Increased demands and increased avoidance coping strategies were associated with higher levels of psychological and physical distress, however these variables did not interact to affect distress levels. Nicotine dependency also increased for students and, although this increase was associated with year of study, it was not associated with any of the remaining variables.
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Table of Contents

Abstract ...................................................................................................................... ii
Acknowledgements ...................................................................................................... iii
Table of Contents ......................................................................................................... iv
List of Tables ............................................................................................................... vi
Introduction .................................................................................................................. 1
   Stress and Coping ..................................................................................................... 1
   Organisational culture ............................................................................................. 6
   Nursing Culture and Socialisation ......................................................................... 7
   Organisational culture as a moderator of the stress process ........................... 12
Method ......................................................................................................................... 17
   Participants ............................................................................................................. 17
   Measures ............................................................................................................... 18
      Student Nurse Stress Index (SNSI). ................................................................. 18
      Student Nurse Acculturation Measure (SNAM). ....................................... 19
      The Brief COPE. .............................................................................................. 19
      SF-12 Health Survey. ....................................................................................... 21
      The Modified Fagerstrom Tolerance Questionnaire ............................... 21
   Procedures ............................................................................................................. 22
   Analysis ................................................................................................................... 22
Results .......................................................................................................................... 24
   Data Screening ..................................................................................................... 24
   Descriptive Statistics ............................................................................................. 24
      SNSI and subscales .......................................................................................... 24
      SNAM. .............................................................................................................. 25
      Brief COPE. ..................................................................................................... 25
      Factor Analysis of Brief COPE. .................................................................... 26
      SF-12 Health Outcomes ............................................................................... 28
      Smoking and Nicotine dependence ............................................................... 30
List of Tables

Table 1.  Means (M) and Standard deviations (SD) for SNSI total and subscale scores. .................................................................24

Table 2.  Factor Matrix Loadings - Active Coping (Active) and Avoidance Coping (Avoid) .................................................................27

Table 3.  Means (M) and Standard deviations (SD) for Active Coping and Avoidance Coping Subscales of Year 1 to 3 students ........28

Table 4.  Means (M) and Standard deviations (SD) for SF-12 Total, SF-12 Mental, and SF-12 Physical health outcomes ..................29

Table 5.  Pearson Inter-correlations of Measures ..................................................30

Table 6.  Descriptive statistics for smoking frequency and nicotine dependency 31

Table 7.  Multiple Regression of SF-12 Mental and Physical Health on SNSI subscales .................................................................34

Table 8.  Hierarchical regression SF-12 Mental Health scores on Personal Problems, Active and Avoidance Coping ..........................36

Table 9.  Hierarchical regression of SF-12 Physical Health on Personal Problems, Academic Load, Active and Avoidance Coping ........38

Table 10. Hierarchical Regression of SF-12 Mental Health scores on Personal Problems and Acculturation .............................................40