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ORIGINAL ARTICLE

Relationship between Perceived Stress, Emotion Regulation and Psychological well-being of Nurses in Rudan city

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ABSTRACT
The purpose of study is Relationship between perceived stress and emotion regulation and psychological well-being of nurses in Rudan city. The type study is descriptive and correlational. Statistical population study included all nurses consisted of 81 people of Rudan in 2014. The sample size was estimated by Morgan table 70 people who were selected by simple random sampling. In this study three instruments include Emotional regulation scale, Perceived Stress Scale and psychological well-being scale was used. Result showed that there is relationship between emotion regulations with psychological well-being of nurses. There is relationship between Perceived Stress with psychological well-being so that to increase the nurses' psychological well-being , perceived stress and negative stress in particular be held.
Keywords: *perceived stress, emotion regulation, psychological well-being, nurse*

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INTRODUCTION

Recent scientific research has identified different strategies that can be utilized to maintain and increase one's positive emotional experience (i.e., savoring) [1, 2], but also how certain strategies can decrease positive affect (i.e., dampening) [3, 4]. Whereas previous studies have shown that, overall, the way we regulate our positive emotions can have a crucial impact on our well-being – savoring being beneficial while dampening detrimental [1, 2, 5-8], Such individual differences in the propensity to savor or dampen positive emotions may play an important role for one's overall well-being. Indeed, the broaden-and-build theory suggests that the cultivation of positive emotions helps to

Build lasting resources that, in turn, enhance life satisfaction, increase the likelihood of experiencing future positive emotions, and foster resilience to negative one's [9-11].

The last 30 years. Their review suggests that individuals typically engage in four broad categories of dampening behaviors and four categories of savoring behaviors. Given that these strategies are the focus of the present paper, we will briefly detail them hereafter [12].

Quality of life has different aspects which relate to physical, emotional, cognitive and social functioning. Subjective well-being is considered in the context of two traditions: hedonistic and eudemonistic. The first of these traditions defines well-being as finding sources of pleasure and avoiding things such as pain and inconveniences, whereas the second one relates to getting fullness of personal potential [13]. Scheier *et al*. [14] treated well-being as personal happiness which is associated with life satisfaction and the sense of strength and control. Happiness and well-being are negatively correlated with psychological distress, which includes depression, trouble, somatic complaints, exhaustion and low self-esteem [13].

Cohen, Kamarck, and Mermelstein [13] stated perceived stress is a person's appraisal of the stressor through the environmental contexts and the intensity of the event Cohen *et al.* [13] Created a Perceived Stress Scale, which is a measure, the different perceptions of stress from person to person. This scale was developed to measure how respondents viewed their lives as irregular, uncontrollable, or overwhelming. These three components were previously found as factors of stress . Hamarat *et al.* [15] studied perceived stress levels as predictors for life satisfaction. In young adults, such as college age students, perceived

stress was a significantly better predictor for life satisfaction, than the use of coping mechanisms. Furthermore, the study found that young adults exhibited higher levels of perceived stress.

Psychological well-being distinguishes the difference between positive and negative affect in individuals [16]. Ryff [17] presents six dimensions of psychological wellbeing: (1) self-acceptance, (2) position relations with other people, (3) autonomy, (4) environmental mastery, (5) purpose in life, and (6) personal growth. These six dimensions represent variations of well-being based on different life experiences. Dispositional optimism is related to psychological well-being through the measured constructs. This is the general belief that positive occurrences will happen in the future and the negative occurrences will be minimal [18]. Dispositional optimism has been found to be a mediator of how people respond to stressful situations [13]. Someone with an optimistic outlook may not perceive a challenging event as very taxing [18]. Scheier, Weintraub, and Carver [13] found that optimistic students are more adaptive and use coping mechanisms. Furthermore, optimism is a buffer for stressful events in college [18]. In an academic setting, psychological well-being and stress do have a relationship. Rogers *et al* [19] found academic stress to be a strong predictor of well-being in medical school students. The results of this study suggested students who appraised school workload as stressful or threatening displayed lower levels of well-being. Moreover, psychological well-being and physical exercise are linked.

The nursing profession has Stress, both for the individual and for the organization. And caused great damages and losses for health workers are the most important factors affecting the efficient [20]. Given the importance of nurses working, Health and psychological well-being and related factors this study examined the relationship between perceived stress and emotion regulation and psychological well-being of nurse's Rudan city.

METHOD

The type study is descriptive and correlational. Statistical population study included all nurses consisted of 81 people of Rudan in 2014. The sample size was estimated by Morgan table 70 people who were selected by simple random sampling. In this study three instruments include Emotional regulation scale, Perceived Stress Scale and psychological well-being scale was used.

Emotional regulation scale

In research Gross and John [6], internal consistency to reassess 0.79 and 0.73 suppression is obtained. In a report Ghasempour and colleagues [21], the validity of this tool based on internal consistency (Cronbach's alpha ranging from 0.60 to 0.81) and validity through principal component analysis using varimax rotation, the correlation between the two subscale (r =0.13) and have reported desirable criterion validity [21]. In this study, the Cronbach's alpha reliability coefficient 0.71 for positive strategies and negative strategies 0.68 was obtained.

Perceived Stress Scale:

The Perceived Stress Scale (PSS) was used to assess perceived stress [12]. This measure consists of ten questions and utilizes a 5-point Likert-type rating scale, ranging from zero (never) to four (very often). The PSS can be used to understand the "appraised" stress of the respondent. These perceived levels of stress are influenced by daily tasks, major events, and coping resources (e.g. social support). The reliability for this measure was α=.86 [12]. The reliability of the scale through Cronbach's alpha ranging from 84% to 86% in both groups of students and a group of smokers in the cessation program were obtained. In a study Khalatbary *et al*. [22] alpha coefficient of the questionnaire obtained 81%. In this study, the Cronbach's alpha reliability coefficient of the tool 0.85 to negative perceptions and positive perception of 0.79 was obtained.

Psychological Well-Being Scale:

Consistency coefficient subscales of this questionnaire are reported as follows: autonomy0.76, environmental mastery 0.90, Personal growth 0.87, Positive relationship with other 0.71, Purpose in Life 0.90 And Self-acceptance 0.93. The test-retest reliability of the subscales in a sample of 117 patients and within six weeks of 0.81 has been 0.85.

To analyze the data from this study of descriptive statistics (mean, standard deviation, Pearson correlation coefficient) and inferential statistics using multiple regression analysis were used. Research data obtained using SPSS software were analyzed.

RESULT

Hypothesis1: determine the relationship between emotion regulations with psychological well-being Rudan city.

Pearson correlation and multivariate regression were used which results in Table 1 and 2.

Table 1. Correlation matrix Between Negative and positive emotion regulation with psychological well-being variables

Sample	Negative emotion regulations		Positive emotion regulations	
N =200	*R*	*P*	*R*	*P*
psychological well-being	-0.192	**0.003	0.336	**0.0001

**p<0.01 & *p<0.05

Table 2. multivariate regression Between Negative and positive emotion regulation with psychological well-being variables

Criterion variables	Predictor variables	Non-standardized coefficients		standardized coefficients	T	P
		SE	B	B		
Psychological Well-Being	Constant	5.87	78.07	–	13.29	**0.0001
	Negative emotion regulation	0.104	-0.396	-0.249	-3.8	**0.0001
	Positive Emotion Regulation	0.117	0.668	0.374	5.7	**0.0001
R= 0.416, RS=0.173, ARS= 0.165						

** p<0.01 & *p<0.05

Hypothesis2: determine the relationship between Perceived Stress with psychological well-being Rudan city.
Pearson correlation and multivariate regression were used which results in Table 3 and 4.

Table 3. Correlation matrix Between Negative and positive Perceived Stress with psychological well-being variables

Sample	Negative Perceived Stress		Positive Perceived Stress	
N =70	*R*	*P*	*R*	*P*
psychological well-being	-0.629	**0.0001	0.597	**0.0001

**p<0.01 & *p<0.05

Table 4. Multivariate regression Between Negative and positive Perceived Stress with psychological well-being variables

Criterion variables	Predictor variables	Non-standardized coefficients		standardized coefficients	T	P
		SE	B	B		
Psychological Well-Being	Constant	5.27	85.72	–	16.25	**0.0001
	Negative emotion regulation	0.159	-0.919	-0.415	-5.78	**0.0001
	Positive Emotion Regulation	0.145	0.641	0.316	4.41	**0.0001
R= 0.671, RS=0.45, ARS= 0.444						

** p<0.01 & *p<0.05

Hypothesis3: determine the relationship between Perceived Stress with psychological well-being Rudan city.

Table 5. Correlation matrix Between Negative and positive Perceived Stress with Negative and positive emotion regulation variables

Sample	Negative Perceived Stress		Positive Perceived Stress	
N =70	*R*	*P*	*R*	*P*
Negative emotion regulation	0.151	*0.033	-0.143	*0.044
positive emotion regulation	-0.291	**0.0001	0.298	**0.0001

**p<0.01 & *p<0.05

DISCUSSION AND CONCLUSION

Hypothesis1: determine the relationship between emotion regulations with psychological well-being Rudan city.

Negative emotion regulation strategies predicted psychological well-being in the negative direction and positive emotion regulation strategies predicted psychological well-being in a positive direction. So the hypothesis that "emotional regulation and psychological well-being nurses of Rudan city significantly predicts", is confirmed. Result of this study is consistent with results [23-27]. Reported that between emotional intelligence, expressed the emotions, adjust and understand others' emotions and mental health and well-being components significant correlation.

In explaining the research findings must be stated that those who are weak expressiveness skills, early surrender, do not attempt, Negative self-talk. And therefore, their psychological well-being is damage [28, 29, 30].

Hypothesis2: determine the relationship between Perceived Stress with psychological well-being Rudan city.

Negative Perceived Stress strategies predicted psychological well-being in the negative direction and positive Perceived Stress strategies predicted psychological well-being in a positive direction. So the hypothesis that “Perceived Stress and psychological well-being nurses of Rudan city significantly predicts", is confirmed.

As a result of this research is consistent with the results Morgan *et al*. [31], Leonard [32], Clark [29], Foo, AVI and Song [33] that represents the relationship between perceived stress and psychological well-being.

In explaining the research findings must be stated that People with high psychological well-being was psychological well-being and cope in stressful situations in a better position and evaluation of stressful events as a challenge and an opportunity for learning, not a threat. As a result these people in stressful situations, less perceived stress [31, 29].

Hypothesis3: determine the relationship between Perceived Stress with psychological well-being Rudan city.

The findings of this study is consistent with the results of the research Morgan *et al*., [31], Maktabi [27]. Reported there is a significant correlation between emotion regulations, with perceived stress. In explaining the research findings must be stated that People with emotional regulation and stressful situations can better regulate emotional stress and negative emotions [21].

SUGGESTION

Suggested that future research do practical and experimental to evaluate the effectiveness of teaching emotion regulation and skill Perceived stress to positive psychological well-being.

Suggested that this study, taking into account other confounding factors, personality and family among other examples to compare the results be done.

Suggested that to increase the nurses' psychological well-being, Education Courses to learn perceived stress and negative stress in particular be held. Also according to the results it is suggested that advice for students Emotion Regulation held that feel about themselves and Improvement in their psychological well-being.

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