

Age Differences in Physical and Emotional Reactivity to Daily Stressors

among Psychiatric Nurses

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Abstract

Stressors encountered in daily life aspects, such as home, and work may increase physical and emotional reactivity to stress especially in persons working in the nursing field. Characteristics of the individual as age may limit or increase his reactivity to daily stressors. The aim of this study is to examine the age differences in physical and emotional reactivity to daily stressors among nurses working in Al-Abbassia Mental Health Hospital. A descriptive correlational design was utilized for the current study. Sample of convenience of 100 psychiatric nurses working in Al-Abbassia Mental Health Hospital were divided into two groups "middle age group" and "young age group". Four tools were utilized in the current study including socio-demographic Data Sheet, Daily Stressors Scale, Physical Symptoms of Stress Scale, and Psychological Distress Scale. The results showed that: middle adult group of nurses reported physical and emotional reactivity to daily stress less than younger adult group of nurses. The study concludes that, age plays an important role in controlling emotional and physical reactivity to stress among nurses working in Al-Abbassia Mental Health Hospital. Further investigation is needed to examine age groups' difference to stress, as well as, other factors that may be influential in stress development.

Key words: Age, physical reactivity, emotional reactivity, daily stressors

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