



“Work Stress and Sleep Disturbances among Nursing Faculty in Selected Colleges of Thiruvananthapuram: A Descriptive Cross-Sectional Study”

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Abstract: Background: Nursing faculty face increasing professional responsibilities including teaching, clinical supervision, administrative work, and research activities. These demands often contribute to occupational stress, which may adversely affect sleep quality.

Aim: To assess the level of work stress and sleep disturbances among nursing faculty and determine the relationship between them.

Methods: A quantitative descriptive cross-sectional study was conducted among 30 nursing faculty members from selected nursing colleges in Thiruvananthapuram using convenient sampling. Data were collected using structured questionnaires on demographic variables, work stress, and sleep disturbance scales. Data analysis included descriptive statistics and mean score analysis.

Results: The overall mean work stress score was 3.21 ± 1.30 , indicating moderate stress. Major stressors included inadequate colleague support (3.60), administrative stress (3.37), and physical tiredness (3.37). The mean sleep disturbance score was 2.78 ± 1.43 , also indicating moderate disturbance. Difficulty in falling asleep (3.13), tiredness after sleep (3.10), and frequent night awakening (3.03) were prominent issues.

Conclusion: Nursing faculty experience moderate levels of occupational stress and sleep disturbances. Institutional interventions are essential to improve faculty well-being and professional efficiency.

Keywords: Work stress, Sleep disturbance, Nursing faculty, Occupational health, Academic stress.

Introduction

Occupational stress among nursing faculty has become an emerging concern due to increasing academic and administrative responsibilities. Teaching demands, student supervision, institutional expectations, and research obligations contribute significantly to stress levels. Chronic stress can adversely affect physical and psychological health, particularly sleep quality.

Sleep is a critical physiological need for restoring cognitive and emotional functioning. Disturbances in sleep can impair concentration, increase fatigue, and reduce professional performance. Previous studies have shown a strong relationship between occupational stress and sleep disorders among healthcare professionals.

This study aims to assess work stress and sleep disturbances among nursing faculty in Thiruvananthapuram.

Materials and Methods

Research Design: Descriptive cross-sectional survey.

Setting: Selected nursing colleges in Thiruvananthapuram.

Sample Size: 30 nursing faculty.

Sampling Technique: Non-probability convenience sampling.

Inclusion Criteria:

- Nursing faculty with at least 6 months of teaching experience.
- Willing to participate.

Data Collection Tool:

1. Demographic profile



2. Work Stress Scale (12 items)
3. Sleep Disturbance Scale (10 items)

Data Analysis:

- Frequency and percentage
- Mean and standard deviation

Private institution	96.7%
Experience 1–5 years	56.7%

Results

Table 1: Demographic Profile

Variable	Percentage
Age 31–40 years	56.7%
Married	90%
Female	100%

Table 2: Major Work Stress Indicators

Stress Factor	Mean Score
Inadequate colleague support	3.60
Administrative stress	3.37
Physical tiredness	3.37
Resource stress	3.27
Job insecurity	3.23

Graph 1: Work Stress Distribution (Bar Graph)

Graph 1. Work Stress Distribution

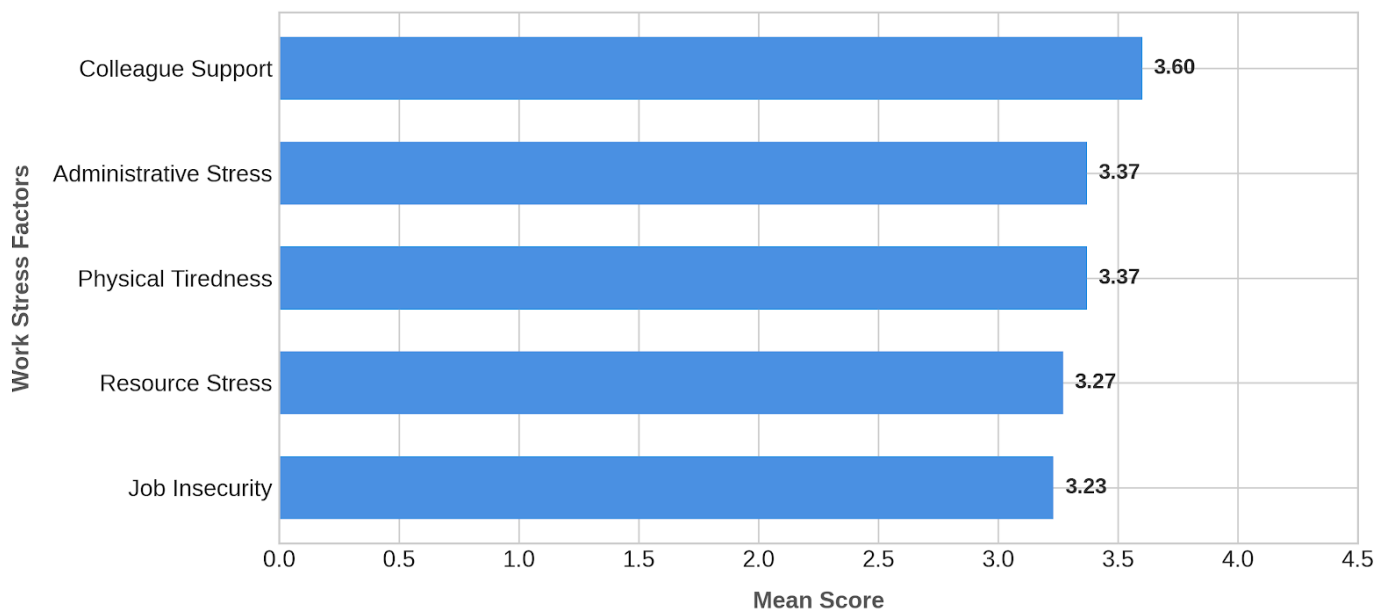


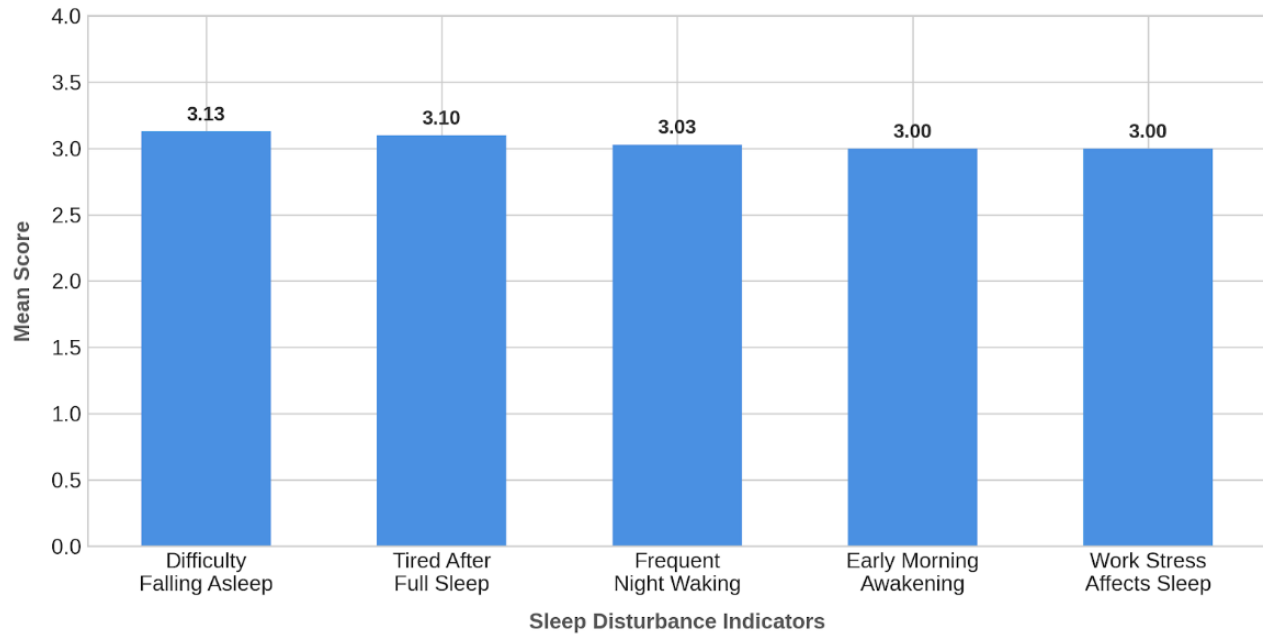
Table 3: Major Sleep Disturbance Indicators

Sleep Disturbance	Mean Score
Difficulty falling asleep	3.13
Tired after full sleep	3.10
Frequent night waking	3.03
Early morning awakening	3.00
Work stress affects sleep	3.00



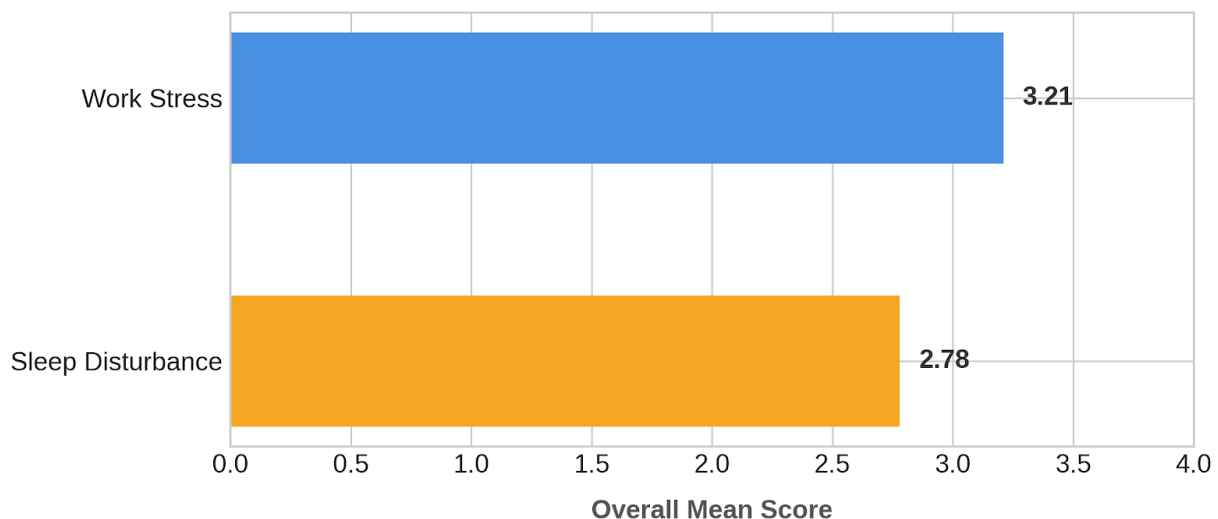
Graph 2: Sleep Disturbance Pattern (Bar Graph)

Graph 2. Major Sleep Disturbance Indicators



Graph 3: Overall Mean Comparison

Graph 3. Overall Mean Comparison





Discussion

The findings reveal moderate levels of work stress and sleep disturbances among nursing faculty. Administrative burden and inadequate peer support emerged as the most significant stressors. Similar findings were reported by Lai and Hsieh (2013), where workload and institutional pressure significantly influenced faculty stress.

Difficulty initiating sleep and frequent awakenings suggest stress-induced insomnia patterns. The bidirectional relationship between stress and sleep disturbances indicates the need for workplace wellness interventions.

Conclusion

The study concludes that nursing faculty in Thiruvananthapuram experience considerable occupational stress and sleep disturbances. Effective institutional strategies such as stress management programs, workload redistribution, and sleep hygiene education are recommended.

Recommendations

- Conduct regular stress assessment.
- Implement counseling services.
- Reduce administrative burden.
- Promote healthy sleep practices.
- Strengthen peer support systems.

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