UNIVERSITITEKNOLOGIMARA

EMOTIONAL INTELLIGENCE AND STRESS AMONG NEWLY GRADUATED NURSES

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Final Year Report submitted infulfillment
of the requirements for the degree of
Bachelor of Nursing (Hons)

**Faculty of Health Science
Centre for Nursing Studies**

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AUTHOR'S DECLARATION

I declare that the work in this Final Year Project was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This final year project has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Background: Study that conducted in Hospital Kuala Lumpur among ward nurses reveals that out of 110 registered nurses who respond in the survey, approximately 24.6% of nurses perceived occupational stress (Zainiyah, Afiq, Chow, & Sara, 2011).

Objective: To measure emotional intelligence (EI) and perceived stress (PS) in newly graduated nurses, and to explore the relationship between emotional intelligence and perceived stress.

Methods: A descriptive cross-sectional study design together with purposive sampling method was utilized in this study. Self-administered questionnaire was used to collect data from 165 newly graduate diploma and Bachelor of Nursing. Data collected were entered and analysed using the Statistical Package for the Social Sciences (SPSS) version 21.

Result: Based on the result, it showed that a majority number of students were scored between 20 and 40 which indicate high score of stress level. The minority of the student were scored between 0 and 19 which indicate low score of stress level. The total respondents who were high score of stress level, N=91, 55.1%. The total respondent who were in low score of stress level, N=74, 44.9%. The higher the score of the stress perceived scale, the higher of the stress that the respondent experienced. Therefore, most of the respondents were in high perceived stress. The minimum score of emotional intelligence of the respondent is 12 and the maximum score of the emotional intelligence scale of the respondent is 26. Therefore, there was higher emotional intelligence which results in lower of the stress level.

Conclusion: This study had confirmed that emotional intelligence is inversely proportional to the stress among the newly graduated nurses. In this study showed that, newly graduated nurses of UiTM Puncak Alam had high level emotional intelligence but there was no statistically significant difference in EI between males and females. The result showed that relationship between emotional intelligence and academic level of newly graduated nurses was moderate and statistically significant but no statistically significant difference in perceived stress between single and married in newly graduated nurses.

Keywords: Emotional intelligence, newly graduated nurses, Stress, Perceived stress

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