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## Anxiety among nurses working at B P Koirala Institute of Health Sciences

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**Background:** Anxiety can be a normal reaction to stress or threat, and it may help one to deal with stressful or threatening situations. However, when it becomes excessive and persistent, it becomes a disabling medical condition known as anxiety disorder, which, if left untreated, can get worse; frequently accompanied by physiological symptoms such as headache, sweating, muscle spasms, palpitations, fatigue or even exhaustion.

**Objective:** To assess the level of anxiety among nurses working at B P Koirala Institute of Health Science and its association with selected variables.

**Methods:** A descriptive cross-sectional design was adopted for the study to assess the level of anxiety. Total of 74 samples were taken from critical and intermediate ward by stratified systematic random sampling technique. Anxiety level was assessed using self-administered Beck's Anxiety Inventory scale. The data was analyzed using descriptive and inferential statistics.

**Results:** The finding of the study revealed that most (39.2%) of the respondents had mild level of anxiety followed by moderate (17.6%) and severe (5.4%). In addition, a statistically significant association was observed between monthly family income and level of anxiety ( $p=0.019$ ).

**Conclusion:** Anxiety is common in nurses. Maximum number of nurses had reported mild to moderate level of anxiety. The study also showed, with increased monthly family income there was decrease in the level of anxiety.

### Biography

Shah R is working in B P Koirala Institute of Health Sciences in Nepal. Her research interests include nursing care, nursing education and nursing practice.

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