

Doctoral Dissertation (Abstract)

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A Research Series on Stress Management Coaching to Promote Positive Psychological
Functioning of Nurses

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Part I Background of this research series Introduction: Background of this research series

As medical care becomes more sophisticated and specialized, nurses are expected to maintain and improve their knowledge and skills to stay up-to-date. However, according to the “Status of Compensation for Industrial Accidents in Mental Disorders” reported by the Ministry of Health, Labour, and Welfare in FY2020, the occupations providing the second highest number of compensation benefits are public health nurses, midwives, and nurses. In fact, there are a considerable number of nurses with mental/physical impairment, and so this issue cannot be taken lightly. Therefore, it is clear that stress management support for nurses is urgently required.

Chapter 1 Purpose, significance, novelty, and structure of this research series

The purpose of this research series was to examine and demonstrate effective methods to help nurses manage their stress, focusing on their positive psychological functioning, and verify the results as a basis for appropriately supporting nurses.

Part II Literature research

Chapter 2 Purpose and significance of this research

To clarify trends and challenges in studies on stress management to promote positive psychological functioning of nurses, a literature search was conducted.

Chapter 3 [Research 1] Trends and challenges in interventional studies on stress management among nurses

In order to effectively help nurses manage their stress, it may be necessary to develop valuable contents for a program using several theories in consideration of the feasibility of the program, including its applicability as part of daily life.

Chapter 4 [Research 2] Trends and challenges in studies on proactive coping among nurses

With regard to stress-coping among nurses and other healthcare professionals, approaches to promote proactive coping from the perspective of positive psychology may be effective to maintain their mental and physical health.

Chapter 5 [Research 3] Trends and challenges in studies on coaching involving nurses

In nursing, coaching should be appropriately applied with patients' and their families' attributes

taken into account, and empirical interventional studies involving individuals or groups of patients, families, and nurses, as well as the organizations nurses belong to, should be continuously conducted.

Part III Empirical research

Chapter 6 Purpose and significance of this research

The purpose of this research was to develop stress management interventions and provide stress management support to promote positive psychological functioning of nurses.

Chapter 7 [Research 4] Factors that promote proactive coping by nurses

The following factors were identified to promote proactive coping by nurses: <stressful experience> was followed by <attaching meaning to the experience>, and coping, such as <changing perspectives and ideas> and <changing purposes and goals>, was performed by positively and objectively understanding the event.

Chapter 8 [Research 5] Causal relationship between proactive coping and stress-coping skills in nurses - Analysis of a cross-lagged effect model -

There was a causal relationship, in which nurses' scores from PCI that measures beliefs related to proactive coping influenced their scores from SOC as a stress-coping skill, and these also had a marked impact on their scores from PCC-J. Furthermore, nurses' subjective well-being had a direct effect on their PCI and PCC-J scores, representing their beliefs and behaviors related to proactive coping, respectively.

Chapter 9 [Research 6] Coaching support for nurses based on proactive coping for stress management

It was suggested that stress management support for nurses necessitates coaching that helps nurses themselves find their own life purposes and meaningful goals and become aware of their own strengths.

Part IV Conclusion

Chapter 10 General Discussion

The results suggest that, when supporting nurses focusing on proactive coping, interventions using a proactive coping stage model based on positive psychology are effective to promote proactive coping as a positive psychological function among nurses, and thereby maintain and promote their well-being. These effects may also contribute to high-quality care for patients/families and system development for team medicine, highlighting the significance of this research series.