

## Creating Healthy Work Environments VIRTUAL 2021

### Nature Bathing Therapy in Coping With Workplace Stress of Nurses in a Selected Tertiary Hospital

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#### **Purpose:**

Workplace stress among healthcare professionals particularly among nurses has been an increasing global health problem. Despite the increasing attention on workplace stress among nurses, it remains unresolved and can potentially affect the quality of patient care. Several stress management activities have been explored, but there is paucity of evidence on nature bathing therapy. Hence, the study determined the effectiveness of nature bathing therapy in coping with workplace stress of nurses.

#### **Methods:**

Utilizing a quasi-experimental pre-test-post-test design, 60 purposively-selected nurses from a select tertiary-level hospital in Metro Manila were randomly-assigned into the control and the experimental groups from August to December 2019. The experimental group received the three-day nature bathing therapy which is composed of brisk walking in a nature-friendly environment, breathing exercises, and relaxation. In contrast, the control group did not receive the intervention. Pre-test and post-test workplace stress scores were measured using the Workplace Stress Survey questionnaire, and gathered data were analyzed using independent *t*-test, paired *t*-test, and Analysis of Covariance.

#### **Results:**

At baseline, the mean pre-test workplace stress score of the experimental group was statistically higher than the control group. After nature bathing therapy, the workplace stress score of the experimental group remarkably decreased ( $t=11.37$ ,  $p=0.0001$ ). Results also indicated that the adjusted mean post-test workplace stress of the experimental group (Adj.  $M=31.03$ ,  $SE=0.82$ ) was statistically lower ( $F=154.64$ ,  $p=0.0001$ ) than the adjusted mean post-test workplace stress of the control group (Adj.  $M=46.14$ ,  $SE=0.82$ ), with 73.07% of the difference attributable to the nature bathing therapy.

#### **Conclusion:**

The study results showed the effectiveness of nature bathing therapy in coping with workplace stress among nurses. There was a significant reduction in mean workplace stress scores among nurses in the experimental group compared to control group. Hence, Nature bathing therapy was an effective non-pharmacologic intervention in coping with workplace stress among Registered Nurses from a tertiary medical institution in Metro Manila.

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#### **Title:**

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#### **Keywords:**

nature bathing, nurses and stress management

**Abstract Summary:**

A quasi-experimental pre-test-post-test design, 60 purposively-selected nurses from a select tertiary-level hospital, were randomly-assigned into the control and the experimental groups from August to December 2019. The experimental group received the three-day nature bathing therapy which is composed of brisk walking in a nature-friendly environment, breathing exercises, and relaxation.

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