

**A STUDY TO ASSESS THE STRESS OF ROAD TRAFFIC ACCIDENTS VICTIMS IN  
SREE BALAJI MEDICAL COLLEGE AND HOSPITAL CHENNAI**

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**ABSTRACT**

Post-traumatic stress disorder is a mental illness that can occur after any traumatic incidents. It is a part of body's response to a horrible situations. A serious PTSD can have negative impact on the quality of life. Descriptive non experimental design was used for this study.. The sample size consisted of 30 patients subjected to major road traffic accidents. Non probability convenient sampling technique was used for the study. Regarding the age 15(50%) patients belonged to 21-20 yrs,7(23%)31-40 yrs and 8(27%) patients were 41-50 yrs of age. With regard to duration of hospitalization 9(30%) patients were hospitalized for less than two weeks,20(67%) patients were hospitalized for 2-4 weeks and 1 (30%) hospitalized for less than 4 weeks. 3 (10%) of them had mild stress. 24(80%) of them had moderate stress.3(10%) of them had severe stress.

**KEYWORDS:** Stress, Road Traffic, Accident, Hospital.**INTRODUCTION**

Post traumatic stress disorder is a mental illness that can occur after any traumatic incidents. It is a part of bodies response to a horrible situations' serious PTSD can have negative impact on the quality of life. PTSD may have roots in our biology as well as in experience and individual aspects of perception, cognition, temperament, and resilience. Psychotherapy, like trauma therapy and exposure therapy, and medication, help treat flashbacks, angry outbursts, physical distress, avoidance behaviours, and other signs of the disorder as well as with coping with the experience in a healthy and adaptive manner. Post-Traumatic Stress Disorder (PTSD) is a trauma and stress related disorder that may develop after exposure to an event or ordeal in which death, severe physical harm or violence occurred or was threatened. Traumatic events that may trigger PTSD include violent personal assaults, natural or unnatural disasters, accidents, or military combat.

**OBJECTIVES**

- To assess level of stress among victims subjected to major road traffic accidents.
- To determine the association between level of stress with selected demographic variables.

**MATERIALS AND METHODS**

- Research design - Descriptive non-experimental design
- Setting - Sree Balaji Medical college & Hospital

- Sample size - 30
- Sample Technique - Non – Probability convenient sampling technique.

**Description of the Tool****Section-A**

Demographic variables such as age, sex, type of family, occupation socio economic status, frequency of trauma and hospital stay.

**Section-B**

Perceived stress Scale Used for this Study.

**Score Interpretation**

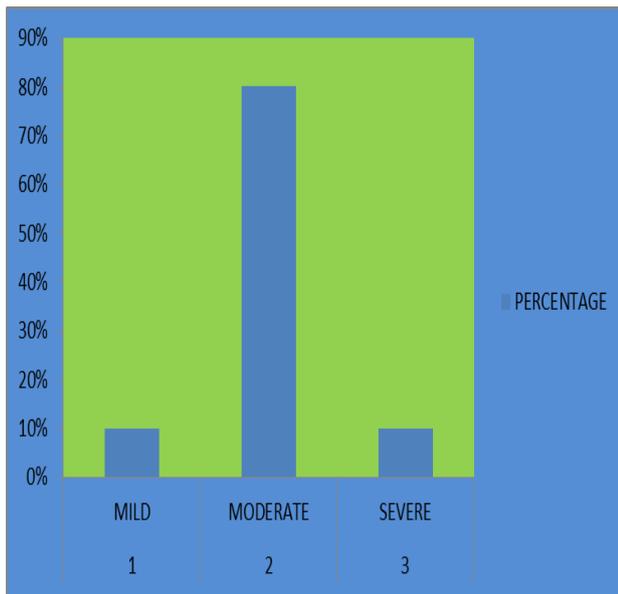
- Mild 1-10
- Moderate 11-20
- Severe 21-30

**RESULTS AND DISCUSSION**

Regarding the age 15(50%) patients belonged to 21-20 yrs, 7(23%) 31-40 yrs and 8(27%) patients were 41-50 yrs of age. With regard to duration of hospitalization 9(30%) patients were hospitalized for less than two weeks, 20(67%) patients were hospitalized for 2-4 weeks and 1 (30%) hospitalized for less than 4 weeks.

- 3 (10%) of them had mild stress.
- 24(80%) of them had moderate stress.
- 3(10%) of them had severe stress

### Level of Stress



### CONCLUSION

The present study was conducted to assess the stress level of road traffic accidents patients in Sree Balaji Medical College & Hospital, Chrompet. Non-probability convenient sampling technique was used for this study. 3 (10%) of them had mild stress, 24 (80%) of them had moderate stress, and 3 (10%) of them had severe stress.

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