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A lack of perceived competence is linked to perceived workplace bullying amongst Jordanian registered nurses
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Implications for practice and research
- Workplace bullying is a significant issue and should be addressed at all levels.
- Future research should explore the link between workplace bullying and actual competence, and identify whether workplace bullying leads to a lack of perceived competence, or that less competent nurses attract higher levels of bullying.

Bullying in nursing has received much attention over the years, from the idea that nurses ‘eat their young’1 to recent UK media reports that NHS directors will have a legal duty to act on bullying2. Bullying in nursing appears to be a universal phenomenon, identified in studies across the globe at rates between 5-87%3. Workplace bullying may be linked with a whole range of negative experiences including reduced perceived job performance and lower job satisfaction4.

The aim of the study5 was to identify the prevalence of workplace bullying amongst Jordanian registered nurses, differences in rates by demographic and clinical factors, and the relationship between perceived bullying and perceived competence. The study used a cross-sectional survey design incorporating a demographic data sheet, the Negative Act Questionnaire-Revised (NAQ-R) and the Nurse Professional Competence scale (NPC). A convenience sample of 274 nurses were recruited and 269 completed questionnaires were returned. Overall bullying scores, summation of 22 items from the NAQ-R, and workplace bullying category scores (person-related, work-related, physical intimidation) were calculated, with bivariate analyses run between these and demographic variables, and perceived competence as measured by the NPC. Multiple linear regression was run to identify predictors of perceived bullying.

Almost half of participants (43%) perceived themselves to be victims of severe workplace bullying, whilst 26% perceived no bullying. Person-related bullying was the most frequently reported type, with physically intimidating bullying the least. Superiors or managers were most frequently reported as the source of bullying, followed by immediate superiors then colleagues. Men reported higher rates of bullying, as did single participants, whereas age and experience were negatively associated with bullying. Furthermore the higher the perceived competence, the lower the perceived bullying. In the multiple linear regression analysis, age, gender and perceived competence were the significant predictors of bullying, with competence explaining the most variance.

Prevalence rates of bullying in this study are higher than in Europe and the USA but comparable with other studies in the Middle East3. Few studies identify the effect of gender on bullying in nursing, however being in a gender minority, as men usually are in nursing, may be a risk factor for bullying6. In Jordan, male nurses outnumber females, yet the male nurses in this study still reported higher levels of bullying than their female counterparts. The authors posit that this might be cultural, stating that Jordanians pride themselves on
magnanimity toward women. This study does provide further evidence that nurses ‘eat their
young’ with younger participants reporting higher levels of bullying.

There are limitations to this study, as identified by the authors. Whilst they found that there
was a strong relationship between perceived competence and perceived bullying, the study
design does not enable causal relationships to be inferred. Is it that less competent nurses
are more likely to experience workplace bullying, or that bullying itself causes a reduction in
competence? This study did not investigate actual competence, rather self-assessed
competence and this introduces a further confounder. Perhaps nurses who are bullied
cannot realistically assess their own skills. Furthermore, because age and experience are
inversely related to bullying, is it that nurses with more experience perceive themselves to
have greater competence? Findings from this study support existing evidence linking
bullying and workplace factors⁴.

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Competing interests
None