

# Relationship between Time Management and Stress among Under Graduate Nursing Students

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## Abstract:-

### ➤ *Background of the Study:*

Time management skills are essential for nursing student's success, and development of clinical competence. Time management behaviours had a greater buffering effect on academic stress and leisure satisfaction activity.

### ➤ *Aim of the study:*

To assess the relationship between time management and stress among under graduate nursing students of BVVS Sajjalashree Institute of Nursing Sciences, Bagalkot.

### ➤ *Methods:*

Non Experimental approach with descriptive correlation survey research design was used for the study to accomplish the objectives. Time management Questionnaire and Cohen's Perceived stress scale were used to collect the data. A sample of 120 undergraduate Nursing students was selected by stratified disproportionate random sampling technique. The data collected were analyzed using descriptive and inferential statistics.

### ➤ *Results:*

Assessment of levels of Time management and stress among Undergraduate Nursing students reveals that, the majority of Undergraduate Nursing students (50.83%) had good time management and majority of Undergraduate Nursing students (87.5%) had moderate stress. A Negative correlation (-0.160) found between time management and stress.

The findings regarding association of the time management of Undergraduate Nursing students with their selected socio-demographic variables shows that, significant association was found between the time management and year of study ( $\chi^2= 15.6$ ;  $P<0.05$ ). A significant association was found between stress levels of Undergraduate Nursing students and year of study ( $\chi^2= 12.5$ ;  $P<0.05$ ).

### ➤ *Conclusion:*

The overall findings of the study revealed that there was a negative correlation found between Time management and stress among undergraduate Nursing students.

**Keywords:-** Time management, Stress, and Undergraduate Nursing Students.

## I. INTRODUCTION

Time is a special resource that you cannot store or save for later use. Everyone has the exact same amount of time each day. Time not well used cannot be retrieved. Most people feel like they have too much to do and not enough time. They blame lack of time for their poor finances, stress, bad relationships, and for not exercising their body. Wise time management can help you find the time for what you desire, and for what you need to do.

The time management is a major factor that affects nursing student's views, their use of the time available to them & how they adjust themselves to do their academic responsibilities. Time manage for students can be defined as clusters of behavioural skills that are important in the organization of study & course load (sansgiry et al 2006) this is a process that is a constantly changing and must be well under the control of each individual<sup>1</sup>.

Time management if often known as a product of organising skills, but the same processes may not be applicable for everyone in the same way therefore what works for a particular person might not work for others.<sup>2</sup> Time management may define as the behaviours that aim at achieving an effective use of time while performing certain goal directed activities. In case of nursing students the time management is very essential, if the nursing students fail to manage the this time effectively it may cause the failing to manage one's time to allow inadequate attention to studies, poor learning habits avoiding work etc.<sup>3</sup>

Time management behaviours had a greater buffering effect on academic stress that leisure satisfaction activity. Females had more effective time management behaviours than males, but also expressed higher academic stress and anxiety.

Anxiety time management and some extracurricular activities were all predictors of academic stress in the multivariate analysis. There are some activities which may be an effective strategy for reducing academic stress in college students. <sup>4</sup>

Time management skills are essential for nursing student's success, and development of clinical competence. Time is considered the most valuable commodity in our lives, and the developments of other sources are development on the pressure and availability of time. The key to reaching the success in life is to concentrate of effective home management<sup>5</sup>.

➤ *Statement of Problem:*

A correlation study to assess the relationship between time management and stress among under graduate nursing students of BVVS Sajjalashree Institute of Nursing Sciences, Bagalkot.

➤ *Objectives*

1. To assess the level of time management among undergraduate nursing students.
2. To assess the level of stress among undergraduate nursing students.
3. To find the correlation between time management and stress among under graduate nursing students.
4. To find the association between time management and selected socio -demographic variables of undergraduate nursing students.
5. To find the association between levels of stress and selected socio - demographic variables of undergraduate nursing students.

## II. METHODOLOGY

➤ *Research approach:*

Quantitative non-experimental approach was used for the present study.

➤ *Research design:*

Descriptive correlation survey design.

➤ *Variables:*

Variables selected for the present study are:

• *Study variable1:*

Time Management among Undergraduate Nursing Students.

• *Study variable2:*

Stress among Undergraduate Nursing Students.

➤ *Setting of the study:*

The present study was conducted in B.V.V.S. Sajjalashree Institute of Nursing Sciences.

➤ *The target population*

For the present study includes Undergraduate Nursing students who are studying in various nursing colleges of Bagalkot.

➤ *The Accessible population*

For the study is Undergraduate Nursing students who are studying in B.V.V.S. Sajjalashree Institute of Nursing Sciences.

➤ *Sample and Sample size:*

Sample for the present study is 120, under graduate nursing students studying in Basic B.sc and P.B.B.sc courses in B.V.V.S. Sajjalashree Institute of Nursing Sciences Bagalkot.

➤ *Sampling Technique:*

For the present study stratified disproportionate random sampling technique was adopted.

❖ *Description of the Tools*

➤ *Time management questionnaire:*

There are 25 items in rating scale and scored as 0 = Never, 1= Sometimes, 2 = Always. Thus for 25 items maximum obtainable score were 50 and minimum was 0.

➤ *Cohen's Perceived stress scale:*

It consists of 10 items to assess the level of stress among under graduate nursing students. Scoring of these items is as follows; Never = 0, Almost Never = 1, Sometimes = 2, Fairly often =3, Very often = 4. Thus for 10 items maximum obtainable score was 40 and minimum was zero.

➤ *Socio-demographic profile:*

The socio-demographic profile consist of information about under graduate nursing students; Age, sex, religion, year of study, fathers educational status, mothers educational status, fathers occupation, mothers occupation, family monthly income, type of family, and area of residence course, year of the study.

➤ *Data collection procedure*

Prior to actual data collection, the investigator obtained permission from Principal, Sajjalashree Institute of Nursing Sciences, Navanagar, Bagalkot. The main study was conducted on 01/03/19 to 06/03/19 among 120 Undergraduate Nursing students who were selected by Stratified disproportionate random sampling technique.

**III. RESULTS**

**Part-I: Assessment of level of time management among under graduate nursing students.**

Levels of time management	Range of score	Frequency	Percentage
Poor time management	0-17	0	0%
Average time management	18-34	59	49.16%
Good time management	35-50	61	50.83%

Table 1:-Levels of time management among undergraduate nursing student of Sajjalashree Institute of Nursing Sciences, Bagalkot.

Assessment of levels of time management reveals that, the most of under graduate nursing students (50.83%) had good time management, 49.16% of them had average time management, 0% of them had poor time management.

**Part-II: assessment of stress among under graduate nursing students**

Levels of stress	Range of score	No of respondents	Percentage
Mild	0-13	13	10.83%
Moderate	14-26	105	87.5%
Severe	27-40	2	1.66%

Table 2:- Levels of stress among under graduate nursing students.

Assessment of level of stress among under graduate students reveals that, majority of under graduate students (87.5%) had moderate stress, 10.83% of under graduate students had mild stress and 1.66% of them had severe stress.

**Part- III: Correlation between time management and stress among under graduate nursing students.**

Correlation between time management and stress	
Correlation coefficient (r)	<b>-0.160</b>

Table 3:- Correlation between time management and stress among under graduate nursing students.

Findings regarding correlation between time management stress of under graduate students of reveal that, Correlation co-efficient (r) value of time management and stress of undergraduate is -0.160. As per calculated value of correlation co-efficient, their exist a negative correlation between time management and stress of under graduate nursing students.

**Part-IV: Association of the socio demographic variables of under graduate students with their time management and level of stress.**

SL No	Socio-demographic variables	Df	Chi-square variable	Table value	P value	Level of significance
1	Age	2	0.74	5.99	0.67	P>0.05 NS
2	Sex	1	0.63	3.84	0.42	P>0.05 NS
3	Religion	3	5.44	7.81	0.14	P>0.05 NS
4	Father's education status	4	4.52	9.49	0.34	P>0.05 NS
5	Mother's education status	4	1.41	9.49	0.84	P>0.05 NS
6	Father's occupation	4	5.91	9.49	0.20	P>0.05 NS
7	Mother's occupation	4	4.01	9.49	0.40	P>0.05 NS
8	Family monthly income	3	3.15	7.81	0.36	P>0.05 NS
9	Area of residence	1	0.05	3.84	0.82	P>0.05 NS
10	Type of family	1	0.05	3.84	0.82	P>0.05 NS
11	Course	1	0.09	3.84	0.67	P>0.05 NS
12	Year of study	3	15.6	7.81	0.0012	P< 0.05 S

Table 4:- Association of the socio demographic variables of under graduate students with their time management.

The finding regarding association of the time management of under graduate nursing students with their selected socio demographical variables shows that, there is a significant association of time management score with year of study ( $\chi^2 = 15.6; P<0.05$ ).

**Part V: Association of the levels of stress of under graduate nursing students with their selected socio-demographic variables.**

SL No	Socio-demographic variables	Df	Chi-square variable	Table value	P value	Level of significance
1	Age	4	2.43	9.49	0.65	P>0.05 NS
2	Sex	2	1.32	5.99	0.51	P>0.05 NS
3	Religion	6	1.13	12.6	0.98	P>0.05 NS
4	Father's education status	8	8.81	15.5	0.35	P>0.05 NS
5	Mother's education status	8	4.61	15.5	0.79	P>0.05 NS
6	Father's occupation	8	3.32	15.5	0.91	P>0.05 NS
7	Mother's occupation	8	6.07	15.5	0.63	P>0.05 NS
8	Family monthly income	6	10.68	12.6	0.09	P>0.05 NS
9	Area of residence	2	1.25	5.99	0.93	P>0.05 NS
10	Type of family	2	0.67	5.99	0.71	P>0.05 NS
11	Course	2	4.21	5.99	0.12	P>0.05 NS
12	Year of study	6	12.7	12.6	0.04	P<0.05 S

Table 5: - Association of the levels of stress of under graduate nursing students with their selected socio-demographic variables.

Description of association between levels of stress of under graduate nursing students with their selected socio demographic variables illustrates that, there is a significant association between the stress of under graduate nursing students and demographic variables like year of study. ( $X^2=12.7; P=0.05$ ).

#### IV. DISCUSSION

Assessment of levels of time management among Undergraduate Nursing students reveals that, the majority of Undergraduate Nursing students 61 had good time management, and remaining 59 percent of them had average time management, and no Undergraduate Nursing students had poor time management. The findings of the present study are consistent with the study conducted by Remez S, Tayebeh M, James L (2003) to assess the levels of time management among Undergraduate Nursing students in France and two African nations: Togo and Benin. The results showed that most of the Undergraduate Nursing students had moderate level of time management.<sup>6</sup>

Assessment of levels of stress among Undergraduate nursing students reveals that, majority of under graduate student's (87.5%) had moderate stress, 10.83% of the adolescents had mild stress, 1.66% of them had severe stress, and none of them had normal stress.

The findings of the present study are consistent with the study conducted by Kabir S.M.S, Kelly L, Misra R (2006) to assess the levels of stress among Undergraduate nursing students in Birmingham. The results showed that majority of adolescents had severe stress.<sup>7</sup>

There was a negative correlation between time management and stress of Undergraduate Nursing students in the present study. The findings of the present study are consistent with the study conducted by Mikean M, Gerard M, Robins M (2009) to find out the relationship between time management and stress of among Undergraduate Nursing

students living in two French countries. The results showed that, a negative correlation exist time management and stress.<sup>8</sup>

#### V. CONCLUSION

The overall findings of the study revealed that there was a negative correlation found between time management and stress among Undergraduate Nursing students. Determinants for the time management and stress of Undergraduate Nursing students have to be addressed in further studies.

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