

A Study to Assess the Stress Level among the Nursing Students Studying in the Panna Dhai Maa Subharti Nursing College at Meerut

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Abstract

➤ *Background:*

Stress is a major problem for college students to face a variety of educational, social and personal challenges. Many first-year undergraduates live away from their parents for the first time. More advanced undergraduates face constant pressure for academic performance, as well as career options and job search issues. Keeping up with stress can lead students into unproductive rumors that consume energy and increase the stress experience. Aggravated stress can impair resilience factors such as the ability and hope to forgive many perceived or genuine interpersonal violations that surround college undergraduates. Although a certain level of stress leads to improved performance, too much stress can negatively impact physical and mental health.

➤ *Objectives:*

To assess the stress level among the nursing students studying in the Panna Dhai Maa Subharti Nursing College at Meerut. -To associate the selected demographic variables with the stress level of nursing students studying in the Panna Dhai Maa Subharti Nursing College at Meerut.

➤ *Methodology:*

A Descriptive study was conducted among 100 1st year B.Sc students in Panna Dhai Maa Subharti Nursing College at Meerut. The samples were collected by non-probability convenient sampling technique. Data was analyzed by using Descriptive statistics (frequencies, percentage, mean, standard deviation and range) were used for analyzing the data and Inferential statistics chi square test was used to find out the association between the stress level and selected demographical variables. P value less than 0.05 ($p < 0.05$) was accepted as statistically significant.

➤ *Results:*

The researcher find that 53 % students having slight stress, 43% students having moderate stress, 3 % students having high level of stress, 1% students having high no stress and no one (0%) having extreme level of stress. And there was a significant association between two variables –gender and punishment given by teacher at the P value less than 0.05 level.

➤ *Conclusion:*

The researcher find that the nursing students having slight to moderate level of stress that was associated with their gender and punishment given by teacher.

Keywords:- Assess, Stress Level, Student Nurses.

I. INTRODUCTION

Stress is the mental and physical stress caused by our response to stress from the outside world. It is the body's specific response to a stimulus that disrupts normal functioning. Stressor is the equivalent of any stimulus a person experiences. It is almost impossible to live without some stress and most of us don't like it because it gives life some spice and excitement. When stress is out of control, it can harm your health, your relationship, and your happiness in life. Common stress reactions include tension, irritability, lack of concentration, and a variety of physical symptoms, such as headaches and rapid heartbeat. Stress is caused by the interaction between stress or sand, the person's perception and response to those stresses. The amount of stress experienced is affected by the person's ability to cope with stressful events and situations effectively.

In nursing, students experience increased tension before their clinical rotation and written test, especially their finals. Dhar R et al among nursing students reported 48.83% mild stress and 11.62% moderate stress. Clinical sources of stress include working with a dying patient, interactions with other nurses, clinical competence and fear of failure, and interactions with patients, work overload, and concern about nursing care provided to the patient. Other potential sources of stress include assignment submission, excessive homework, assessment deadlines, ambiguous assignments, uncomfortable classrooms, and relationships with faculty members 4

Learning to cope with stress is a skill that is useful for the nursing profession and moving forward. By setting priorities, managing self, and making advance plans, you can reduce the impact of stress. Lazarus and Folkman used the term coping to describe "cognitive and behavioral efforts" that a person uses to manage stress, usually classified as emotion-focused and problem-focused coping.

II. OBJECTIVES

- To assess the stress level among the nursing students studying in the Panna Dhai Maa Subharti Nursing College at Meerut.
- To associate the selected demographic variables with the stress level of nursing students studying in the Panna Dhai Maa Subharti Nursing College at Meerut.

III. METHODOLOGY

Research Approach : Qualitative research approach

Research Design : descriptive research design.

Sampling technique & Sample size: non-probability convenient sampling technique. and 100

Setting of the study : This study will be conducted in the Panna Dhai Maa Subharti Nursing College at Meerut

Description of the Tool

- Structured knowledge questionnaire.
- Section I: Demographic Proforma.
- Section II: Structured Knowledge Questionnaire.
- Academic stress scale

IV. PROCEDURE FOR DATA COLLECTION

The data collection was done in the month of APRIL at Panna Dhai Maa Subharti Nursing College, Meerut. The data was collected by self responding method. A written consent was taken from the participants before the data collection. At the time of data collection, both the tools were filled by the student nurses of Panna Dhai Maa Subharti Nursing College, Meerut. The average time given to fill the tools was 30 minutes. No problem as such was faced during the data collection.

Results: On the basis of above mentioned objectives the data is presented in the three sections.

➤ Section -2: Assessment of the stress level among the nursing students (N=100)

S.no	Level of Stress	Frequency	Percentage
1.	No stress	1	1%
2.	Slight Stress	53	53%
3.	Moderate Stress	43	43%
4.	High Stress	3	3%
5.	Extreme stress	0	0%
	Total	100	100%

Table 1

According to the data this table showing that 53 % students having slight stress , 43% students having moderate stress ,3 % students having high level of stress , 1% students having high no stress and no one (0%) having extreme level of stress.

Section-1: Distribution of the subjects according to socio-demographic Variables

Section -2: Assessment of the stress level among the nursing students

Section -3: To determine the association between the selected demographic variable and stress level among the Nursing students

➤ Section-1: Distribution of the subjects according to socio-demographic Variables

The data is distributed as follows

The majority of the students (61%) belongs to the age group 17-19 years , around 28% students were from the age group 20-22 years and around 11% students were from the age group 23-25 years. About 78% female students and about 22% male students participated in the study. The majority of the students around 95% belongs to the hindu religion , around 3% students belongs to the muslim religion and around 2% students were from the Christian religion .About 53% of the students were from the nuclear type of family ,around 46% students were from the joint family and about 1% students were from the single parents. About 53% students were from the urban residential area and about the 47% students were from the rural residential area .The majority of the students 52% belongs to family income below 10000 ,around 33% students belongs to 11000-20000,8% students belongs to 21000-30000 and around 7% students belongs to above 30000 family income. About 55% students sometimes got punishment by teacher, around 40% students never got punishment by teacher ,4% students most frequently got punishment by teacher and around 1% students most frequently got punishment by teacher. The majority of the students 68% were fully satisfied with their peer group, around 31% students partially satisfied with their peer group and around 1% students were unsatisfied with their peer group. About 63% students were fully satisfied with their academic performance, about 35% students were partially satisfied and about 2% students unsatisfied with their academic performances.

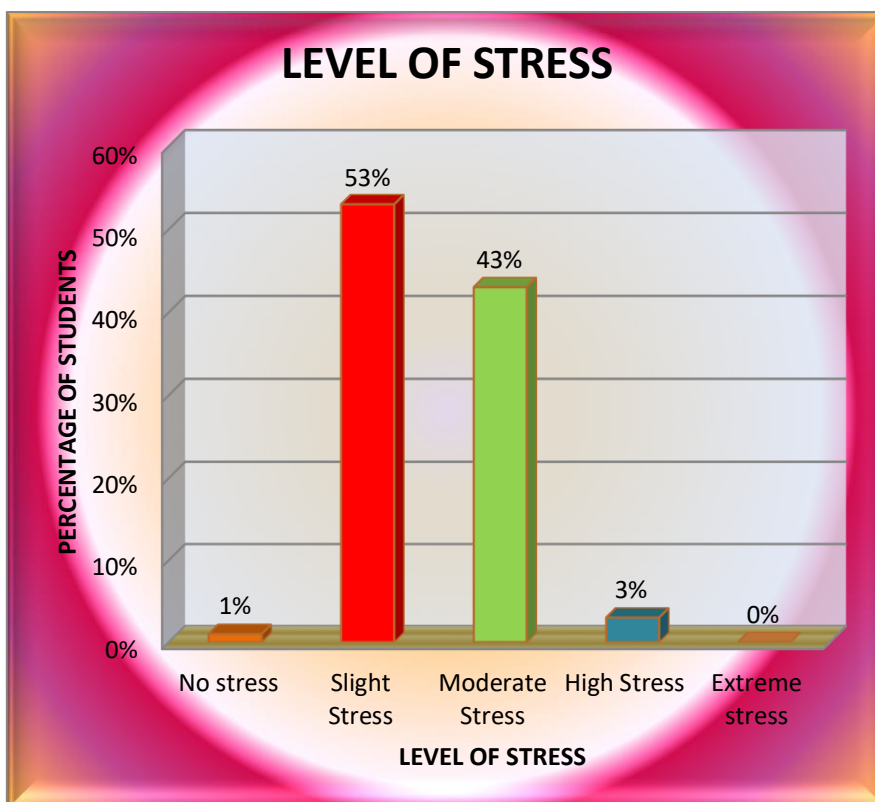


Fig 1

➤ Section -3: To determine the association between the selected demographic variable and stress level among the Nursing students

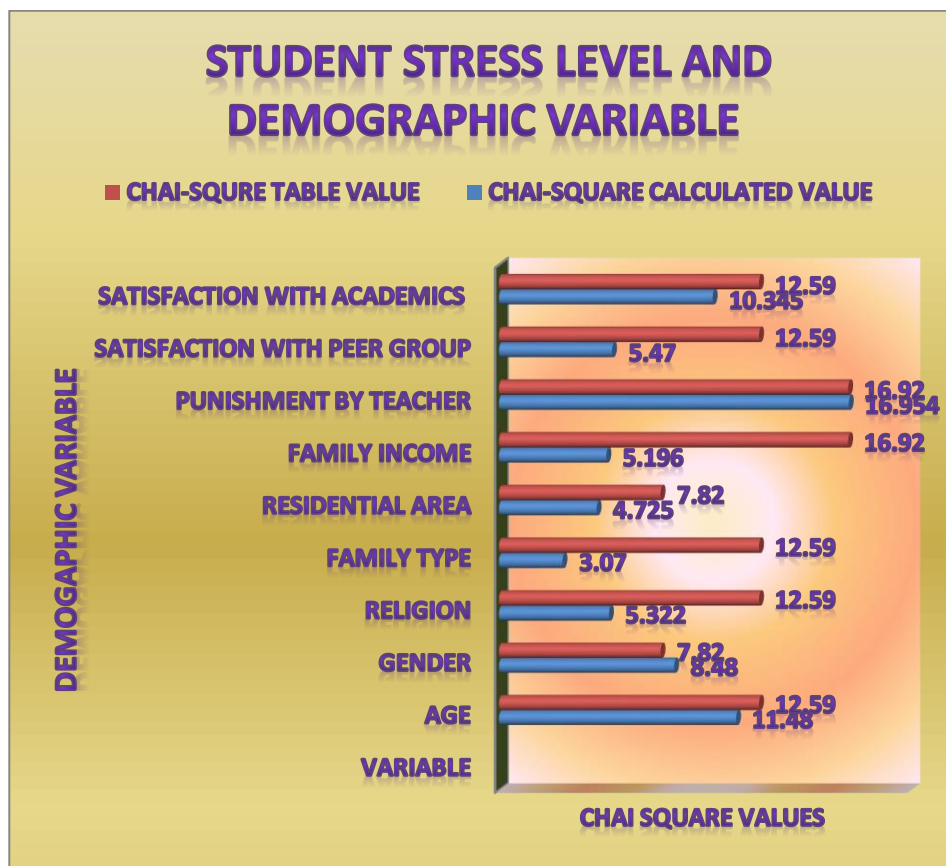


Fig 2

V. CONCLUSION

Nursing students face not only academic stress during their training but also stress at work. Time pressures, workloads, decision making, continuous changes and financial failures at work are the most common stressors. The study revealed that gender and punishment given by teacher and other demographic variables were not associated with students' stress levels.

➤ *Implication of Study*

The findings of the study can be use in the following areas-

➤ *Nursing Education-*

As nursing educator nurse plays a major role in educating the students regarding how to manage stress and social stigma associated with the stress level And can play a major role in identifying risk factors and educating students about the effect of stress in family and society.

➤ *Nursing Practice-*

In nursing practice the main factor is to identify the cause and risk factors related to stress in individual, family, and society. A nurse can counsel to the students members to identify their problems and help them to cope up with the situation. A nurse can assess the stress in failure students and patients ..

➤ *Nursing Administration-*

As being the nurse administration a nurse should conduct the program to bring the awareness related to effect of stress (on health, economy, and society). The nurse should involve in planning and organizing health awareness program at the colleges and university level. To prevent and cope up with stressful situations.

➤ *Nursing Research-*

This study helps to others scholars or the researcher to conduct such studies again. The study will provide as the reference and motivation for other researcher. This study will encourage the scholars to implement action to solve the identified problems or issues encountered during study.

RECOMMENDATIONS

Based on the findings of the study, the following recommendations are found:-

- A similar study reflects on a larger sample to generalize the study results.
- Similar study can be used to assess the level of stress in nursing students.
- A comparative study can be conducted to find the level of stress in nursing students and non-nursing students.
- A study can be conducted on the impact of various treatments on student stress. A study can be conducted to effectiveness of various therapy on the students stress

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