LEVEL OF STRESS AMONG THE 1ST YEAR B.SC NURSING STUDENTS

Nursing

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ABSTRACT

Introduction:

Stress is a state of physical and psychological strain which imposes demands for adjustments upon the individual. It has been reported that student nurses are affected with the stressors in academic, clinical, financial, due to parental expectations, competition for grades, and career choices.

OBJECTIVES

1. To assess the level of stress among 1st year B.Sc nursing students.
2. To fine out association with the level of stress with their socio demographic variables of 1st year B.Sc nursing students.

Methodology: A quantitative research approach, descriptive research design was adopted for the study. A sample of 60 students 1st year B.Sc nursing were selected by purposive sampling technique. Modified student stress scale was used to assess the level of stress. The data was analyzed by using the descriptive and inferential statistics i.e. frequency and percentage, mean, standard deviation, and chi-square. Major findings of the study: 14(23%) students had mild stress, 40(67%) students had moderate stress, 6 (10%) students had severe stress. Association between the level of stress and socio demographic variables, there is a statistically significant association with gender and no significant association with other socio demographic variables such as such type of family, father's education, mother's education, father's occupation, mother's occupation, family income per month, type of residence, distance from residence. **Conclusion :** The findings of study suggest that 1st year B.Sc nursing students have moderate level of stress which has no significant association with majority of socio demographic variables.

KEYWORDS

INTRODUCTION

Stress is a common feature in all our lives. It is often seen as a negative emotion but stress plays an important role in the survival. It helps to face threats and dangerous situations, makes the individual to get motivated and can even make to perform once better. Stress is a state of physical and psychological strain which imposes demands for adjustments upon the individual.

It has been reported that student nurses are affected with the stressors in academic, clinical, financial, due to parental expectations, competition for grades, and career choices. Academic sources of stress are like examinations, long hours of study, assignments, grades, lack of free time, lack of timely feedback after their performance, special elements of the academic programme like arrangement and conduction of workshops. Clinical sources of stress are like taking care of ill patients, interpersonal conflict with peer group, insecurity about personal clinical competence, fear to complete their clinical requirements, dealing with uncooperative patients, work overload, prolonged standing, learning psychomotor skills, e.g. bed making, bed bath, and vital signs monitoring have also been associated with high levels of stress.

NEED FOR THE STUDY:

According to National League for Nursing, 2012, annual Survey of Schools of Nursing, 29% of students in 2009, 27% of students in 2010 and 24% of students in 2011 are enrolled in basic RN programs. Lo (2002) investigated the perception and sources of stress, coping mechanisms, and self-esteem among 101 nursing students in Athens Medical School. The data were collected during class periods through questionnaires. The results of the study revealed the top stressor to be the nursing studies with 81(80.1%), financial problems 61 (60%), lack of time for family/ friends 49(48.51%) and health issues 37 (36.63%). Most students have reported problems focused coping as their method of stress relief which included recreation/ sports, problem solving, and social support. 73 (72.27%) had support from family and friends while 4 (3.96%) of the students had no support of any kind.

STATEMENT OF PROBLEM

A study to assess the level of stress among the 1st year B.sc Nursing students at Dinsha Patel College of Nursing, Nadiad.

OBJECTIVES

1. To assess the level of stress among 1st year B.Sc nursing students.
2. To fine out association with the level of stress with their socio demographic variables of 1st year B.Sc nursing students.

ASSUMPTIONS:

1st year B.sc Nursing students may have the stress

METHODOLOGY:

Research Approach: The investigator has adopted quantitative approach for this study.

Research Design: Descriptive research design

Setting of the study: The study was conducted at Dinsha Patel College of Nursing, Nadiad.

Population: The population for this study was B.Sc Nursing students.

Target population: 1st year B.Sc nursing students.

Accessible population: 1st year B.Sc nursing students at Dinsha Patel College of Nursing, who have stress.

Sample: Students who are studying 1st year B.Sc Nursing in Dinsha Patel College of Nursing and those who meet the inclusion criteria are the sample for this study.

Sample Technique: Purposive Sampling technique has been adopted for this study

Sample size: Sample size for this study was 60 students of 1st year B.Sc Nursing. **DESCRIPTION OF TOOL:** Investigator developed tool with the help of extensive review from various text book, journals and websites, the tool was developed to assess the level of stress. Tool consists of two parts.

Part-I: It includes socio demographic variable such as age, sex, education of parents, occupation of parents, family income, type of family, type of residence, distance from residence.

Part-II: Consists of modified student stress scale, it consists 16 items which covers the areas of physical, psychological, academic, and sociological factors. Minimum score is 16, maximum score is 80.

Table -1:Socio-Demographic profile of Subject.

Sr.No.	Demographic Data	Frequency	Percentage
1.	Sex		
	a. Male	8	13.3
	b. Female	52	87

2.	Type of Family a. Nuclear b. Joint	24 36	40 60
3.	Father's Education a. Up to 10 th b. More than 10 th	19 41	32 68
4.	Mother's Education a. Up to 10 th b. More than 10 th	24 36	40 60
5.	Father's Occupation a. Govt. employee b. Non Govt employee	12 48	20 80
6.	Mother's Occupation a. House wife b. Working	53 7	88 12
7.	Monthly income a. Below 10,000/- b. Above 10,000/-	27 33	45 55
8.	Type of residence a. Living in Hostel/PG b. Living with parents	15 45	25 75
9.	Distance from residence a. Less than 50km b. More than 50km	53 7	88 11

Table No 1: Association between the level of stress with socio demographic variables of 1st year B.Sc nursing students.

Sr.N o.	Demographic Variables	Level of Stress						χ^2
		Mild Stress		Moderate Stress		Severe Stress		
		F	%	F	%	F	%	
1.	Sex a. Male b. Female	5 9	8.3 15	02 38	03 63	1 5	1.6 8.3	C =8.53 P=0.01 S
2.	Type of Family a. Nuclear b. Joint	6 8	10 13.3	18 22	30 36.6	0 6	0 10	C =4.46 P=0.10 NS
3.	Father's Education a. Up to 10 th b. More than 10 th	5 9	8.3 15	13 27	21.6 45	2 4	3.3 6.6	C =0.04 P=0.97 NS
4.	Mother's Education a. Up to 10 th b. More than 10 th	5 9	08.3 15.0	14 26	23.3 43.3	5 1	8.3 1.6	C =5.21 P=0.07 NS
5.	Father's Occupation a. Govt. employee b. Non Govt employee	3 11	5 18.3	09 31	15.0 51.6	0 6	00 10	C =1.6 P=0.43 NS
6.	Mother's Occupation a. House wife b. Working	13 01	21.6 01.6	34 06	56.6 10	6 0	10 0	C =1.5 P=0.47 NS
7.	Monthly income a. Below 10,000/- b. Above 10,000/-	8 6	13.3 10	15 25	25 41.6	4 2	6.6 3.3	C =2.8 P=0.23 NS

8.	Type of residence a. Living in Hostel/PG b. Living with parents	1 13	01.6 21.6	10 30	16.6 50.0	3 3	5 5	C =4.4 P=0.10 NS
9.	Distance from residence a. Less than 50km b. More than 50km	13 1	21.6 1.6	35 05	58.3 08.3	5 1	8.3 1.6	C =0.45 P=0.79 NS

Table No 1 shows that there is a statistically association between level of stress and gender of students and no significant association between the level of stress with other socio demographic variables such type of family, father's education, mother's education, father's occupation, mother's occupation, family income per month, type of residence, distance from residence

SUMMARY: A descriptive research design was adopted to assess the level of stress among 1st year B.Sc nursing students in Dinsha Patel College of Nursing, Nadiad. A sample of 60 1st year B.Sc nursing students was selected by using purposive sampling technique. Modified student stress scale was used to assess the level of stress. The data was analyzed by using the descriptive and inferential statistics i.e. frequency and percentage, mean, and chi-square.

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