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EFFECT OF FACIAL REFLEXOLOGY ON STRESS AMONG NURSING STUDENTS IN SELECTED COLLEGES AT PUDUCHERRY

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INTRODUCTION

Research in education is inevitable for the development of the country. Students at every educational level are challenged by an ever-growing teaching learning process.[1]

Transition from secondary school to higher education is usually hard and demanding experience for students which lead to stress. The academic performance of students constitutes a vital aspect of their competency.[2]

The psychological support has been a key role for academic success for student's future profession.[3]

One of the most important necessities in higher education systems is the development and reinforcement of psychological wellbeing of students.[1] in addition to educational quality, students" intelligence, and their affective characteristics.[1]

In terms of stress, 56.7 percent of them considered that their depression comes from school stress and 45.6 percent attributed to academic stress (Parsons, Robert & Bradley, 2001).[2]

In preliminary survey conducted on stress of the nursing students of various colleges in Puducherry, 15 – 18% of them were with stress and needing additional psychological support.[2] Stress leads to insufficient academic performances whichaffect knowledge needed to strengthen professional skills needed for students.[2]

More recent attention was focused on students' psychological aspect but only in developed countries. So, investigating the psychological support of students is crucial.[1] Efficient and effective health care system depends mainly on training for health care students.[2]

Facial reflexology reduces stress and which improves psychological support which helps for nursing students to attain academic Performance.[4]

So, this study was conducted for reducing stress by providing facial reflexology on stress among the nursing students.

OBJECTIVES

1. To assess the level of stress among nursing students.
2. To evaluate the effectiveness of facial reflexology on stress among nursing students.
3. To associate the level of stress with selected demographic variables of nursing students.

HYPOTHESIS

H1: There is a significant difference between pre-test and post-test levels of stress among nursing students.

H2: There is a significant association between pretest and post-test levels of stress among nursing students with the selected demographic variables.

Subjects and Methods:

The approach was quantitative research, pre-experimental one group pre and post-test only design was used in this study. Non-probability purposive sampling technique was used, 50 nursing students were selected for the data collection procedure. The pre-test was conducted among the 50 nursing students by using a Student Nurse Stress Index developed by Jones and Johnston. Level of stress was identified and after giving the intervention of facial reflexology to the nursing students. The Post-test was conducted after 15 days and the effect of the facial reflexology was assessed by using a Student Nurse Stress Index. The collected data were analysed using descriptive and inferential statistics.

Results:

The effectiveness facial reflexology among the nursing students: pre-test levels of stress among the nursing students are moderate level of stress is 9 (18%) severe level of stress is 41 (82%). Post-test levels of stress mild 16 (32%) moderate 34 (68%) and none of them have severe stress after the post-test, the mean score of stress in the pre-test was 71.54± 17.345 and the mean score in the post-test was 33.88± 9.275 respectively. The calculated paired test value of $t = 14.26$ was greater than the tabulated value $p<0.001$. Hence the research hypothesis H1 and H2 was accepted. In pre-test medium of education had significant association chi-square vale (13.04), d.f 4 at $p<0.05$.

Table 1: depicts the Frequency and percentage-wise distribution of Pre-test and post-test level of stress among nursing students.

Table 2: depicts the effectiveness of facial reflexology on stress among nursing students.

Table 1: Frequency and percentage-wise distribution of pre-test and post-test level of stress among nursing students.

LEVEL OF STRESS	PRE-TEST		POST TEST	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Mild	0	0	16	32
Moderate	9	18	34	68
Severe	41	82	0	0
Total	50	100	50	100

Table 2 : The effectiveness of facial reflexology on stress among nursing students.

COMPARISON OF THE LEVEL OF STRESS AMONG NURSING STUDENTS.	MEAN	STANDARD DEVIATION	t VALUE	p VALUE
Pre-test	71.54	17.345	14.26	0.001**
Post-test	33.88	9.275		

****p < 0.001 highly significant**

It shows that the mean score of the effectiveness of facial reflexology on stress in the pre-test was 71.54 ± 17.345 and the mean score in the post-test was 33.88 ± 9.275 respectively. The calculated paired t test value of t = 14.26 shows a statistically highly significant difference between the Comparison of the Pre-test and post-test of the level of stress among nursing students respectively.

Discussion:

Objective 1: To assess the level of stress among nursing students.

The pre- test and post-test level of stress score among nursing students. The pre-test levels of stress among the nursing students are moderate level of stress is 9 (18%) severe level of stress is 41 (82%). Post-test levels of stress mild 16 (32%) moderate 34 (68%) and none of them have severe stress after the post-test, the mean score of occupational stress in the pre-test was 71.54± 17.345 and the mean score in the post-test was 33.88± 9.275 respectively.

Objective 2: To evaluate the effectiveness of facial reflexology on the level of stress among nursing students.

The mean score of the effectiveness of facial reflexology on stress in the pre-test was 71.54 and the standard deviation was 17.345 and the mean score in the post-test was 33.88 and standard 9.275 respectively.

The calculated paired t-test value of t 14.26 shows a statistically highly significant difference between the pre-test and post level of stress among nursing students respectively.

Objective 3: To find out the association between the level of stress with the selected demographic variables of nursing students.

In pre-test medium of study had significant association chi- secure value (13.04), d.f 4 at $p<0.05$. post –test demographic variables of number of siblings had shown statistically significant association level of stress among nursing students with chi- square value of $x2 = 10.63$, $d.f = 3$ at $p < 0.05$ level.

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