



A STUDY TO ASSESS THE LEVEL OF STRESS AMONG THE FIRST YEAR B.SC. NURSING STUDENTS AT SREE ABIRAMI COLLEGE OF NURSING, COIMBATORE.

(uncovering the Level of stress in the first year)

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Abstract: In modern times life runs on the fast lane. The world is forced into a stressful life situation. For college students who are vulnerable to this situation, stress is known to be the backbone of all psychiatric disorders. Academic sources of stress include long hours of study during examination assignments and grades lack of free time and lack of the difference between having a great experience and potentially developing all kinds of stress-related health issues. Stress often has a very negative impact on your immune system stress can cause fatigue, acid reflux, hair loss, and an overall decline in your health and well-being. A descriptive study was conducted to assess the level of stress among the First year B.Sc. Nursing students at sree Abirami college of nursing, Coimbatore. The 100 students have participated in this study. Non probability convenient sampling method was used to select the sample. A standardized perceived stress assessment (PSS-14) scale was used to collect the data. The findings showed that among first-year students 48% had mild stress, 24% had moderate stress, no stress reported by 7%, and only 2% had severe stress.

Key words: stress, coping strategy, stressors, emotional.

I.INTRODUCTION

Stress is a biological, Psychological, Social and chemical factor that cause physical or emotional tension and may be a factor in the etiology of certain illness. Stress is inevitable in life. With increasing complexities, aspirations, and Uncertainties associated with Socio-economic, political and Cultural upheavals, stress is more likely to increase. College students today feel pressure and stress coming at them all different levels. They have stress from their own feelings and internal barometer on how they are fitting in socially and academically. Expectations placed on them whether real or perceived from parents or loved ones to perform and succeed. Relationship stressors from dating financial stressors cause excess worry and anxiety. Many students wonder how they are going to pay for college and some even work full time to help support themselves. WHO (2009), the estimated stress levels of students in college reveal that 25% of students are poorly managing stress, while 58% report feelings worried about their grades. Additionally, 71% state that their grades have a direct effect on their level of stress. In recent years, it has been estimated that 10% to 30% of students experience academic-related stress that affects their academic performance. Information load, high expectations, academic burden or pressure, unrealistic ambitions, limited opportunity, and high competitiveness are some of the sources of stress which create tension and fear. In nursing students experience increased tension prior to their clinical rotation and written examination, especially their finals. Dhar R et al reported 48.83% mild stress and 11.62% moderate stress among nursing students.

2.NEED FOR THE STUDY

In modern times life runs on the fast lane. The world is forced into a stressful life situation. For college students who are vulnerable to this situation, stress is known to be the backbone of all psychiatric disorders.

1st year Nursing students are very stressful, experienced increase tension prior to their clinical rotation or their written examination. Nursing colleges are very demanding with their paper works.

Academic sources of stress include long hours of study during examination assignments and grades lack of free time and lack of the difference between having a great experience and potentially developing all kinds of stress-related health issues. Stress often has a very negative impact on your immune system stress can cause fatigue, acid reflux, hair loss, and an overall decline in your health and well-being.

2.1 STATEMENT OF THE PROBLEM

A study to assess the level of stress among the First year B.Sc. Nursing students at Sree Abirami College of Nursing, Coimbatore.

2.2 OBJECTIVES

1. To assess the level of stress among First year B.Sc. Nursing students
2. To associate the level of stress with selected demographic variables

2.3 HYPOTHESIS

H1 – There is a significant level of stress among the First year B.Sc. Nursing students

H2- There is a significant association between the level of stress with selected demographic variables.

3.MATERIAL AND METHODS

3.1 Setting

The study was conducted at the selected area in Coimbatore district. The study was conducted at Sree Abirami College of Nursing affiliated with Dr. MGR Medical University, Chennai. Total B.Sc. Nursing First-year students consist of 100 students.

3.2 Variables

Research variable – Level of stress

3.3 Population

According to Pilot and Hungler (2008). “A population is the entire aggregation of cases in which a researcher is interested”.

The study population consists of students who are all studying B.Sc. Nursing First year.

3.4 Sample

In this study, the sample were freshers students, who have met the inclusion criteria such as Students who are studying First Year B.Sc. Nursing and the students who are willing to participate in the study were selected through non-probability convenient sampling technique was used for the study.

3.5 Description Of The Tool

The instrument used for this study consisted of two parts. Part I – Selected Demographic Variables. Part II – Standardized perceived stress assessment (PSS-14) scale

3.6 Data Collection Procedure

The study's data was gathered at Sree Abirami College of Nursing. Prior to collecting data, formal consent from the principal is obtained. The subject was informed of the study's goal. The individual gave the Investigator their previous, in writing. The subjects received an explanation of the process together with its reasoning. By giving them seclusion, the subjects were given a peaceful environment. In two days, the participants and baseline data were collected, and first-year B.Sc. nursing students' stress levels were measured using the standardised Dr. Cohen-developed perceived stress scale-14 .

A quantitative descriptive design was used, non-probability convenient sampling method was used to select 100 samples. A perceived stress assessment scale was used to assess the data by interview method.

4.RESULTS AND DISCUSSION

SECTION 1: DATA ON DISTRIBUTION OF DEMOGRAPHIC VARIABLES AMONG 1ST YEAR B.Sc NURSING STUDENTS

Frequency and percentage distribution of demographic variables of 1st year B.Sc Nursing students.

N=50

S.No	Demographic Variables	N	Percentage
1.	Age		
	a)18	20	40%
	b)18-20	16	32%
	c)20-22	14	28%
2.	Gender		
	a)Male	15	30%
	b)Female	35	70%
3.	Type of family		
	a)Nuclear	34	68%
	b)Joined	16	32%
4.	Family income		
	a)Below 15000	3	6%
	b)15000-18000	30	60%
	c)18000-20000	17	34%
5.	Educational background		
	a)Illiterate	3	6%
	b)Educated	39	78%
	c)Degree holder	8	16%
6.	Residential area		
	a)Rural	25	50%
	b)Urban	25	50%
7.	Food pattern		
	a)Vegetarian	5	10%
	b)Non vegetarian	45	90%

Table 1: Reveals the frequency percentage of demographic variables with regard to age, the majority of nursing students belonged to <18 years. 40(40%) belonged to the age group 18-20 years. 32(32%) belonged to the age group >20-22 years among the nursing students 28(28%). In gender, the majority of students 70(70%) and 30(30%) belonged to males among the nursing students. Regarding the type of family, the Majority of nursing students 68(68%) belonged to nuclear family. 32(32%) belonged to a joined family. Family income, majority of nursing students 60(60%) belonged to 15000-18000, 34(34%) belonged to 18000-20000 and 6 (6%) belonged to <15000/- family monthly income. In educational background of family, majority of 78(78%) family members were educated. 16(16%) belonged to degree holder, 6(6%) belonged to illiterate. Regarding residential area of the family, majority of nursing students 50 (50%) belonged to urban areas. 50(50%) belonged to rural areas. Regarding the food pattern of family, majority of nursing students 90(90%) belonged to Non-vegetarian, 10 (10%) belonged to Vegetarian among the nursing students.

Table 2. Frequency and percentage distribution of level of stress among B.Sc. Nursing 1st-year students 14 (14%) of them had no stress and 48 (48%) of them had mild stress, 36 (36%) of them had moderate stress, 2 (2%) of them had severe stress.

SECTION – B: DATA ON DISTRIBUTION OF LEVEL OF STRESS AMONG B.Sc. NURSING 1ST YEAR STUDENTS

Table -2 Frequency and percentage distribution of level of stress among B.Sc. Nursing 1st year students

N=50

SLNo	Level of stress	N	%
1.	No stress	7	14%
2.	Mild stress	24	48%
3.	Moderate stress	18	36%
4.	Severe stress	1	2%

Table 2: reveals the distribution of level of stress among 1st year B.Sc. Nursing students. 7 (14%) of them had no stress and 24 (48%) of them had mild stress, 18 (36%) of them had moderate stress, 1 (2%) of them had severe stress in the data.

Table 3. Revealed there is no association between stress and coping strategies among 1st year B.Sc. Nursing students with their demographic variables.

SECTION- C : ASSOCIATION BETWEEN LEVEL OF STRESS AMONG 1ST YEAR B.S.C. NURSING STUDENTS WITH SELECTED DEMOGRAPHIC VARIABLES

N=50

SL.No	Demographic Variables	No Stress		Mild Stress		Moderate Stress		Severe Stress		X^2
		N	%	N	%	N	%	N	%	
1.	Age									7.33 df=9
	a)18	3	6	7	14	10	20	0	0	
	b)18-20	1	2	12	24	3	6	0	0	
	c)20-22	3	6	5	10	5	10	1	2	
2.	Gender									1.179 DF=3
	a)Male	2	4	7	14	6	12	0	0	
	b)Female	5	10	17	34	12	24	1	2	
3.	Type of family									1.021 DF=3
	a)Nuclear	5	10	17	34	11	22	1	2	
	b)Joined	2	4	7	14	7	14	0	0	

4.	Family income									
	a)Below 15000	1	2	1	2	1	2	0	0	1.892
	b)15000-18000	4	8	15	30	10	20	1	2	DF=6
	c)18000-20000	2	4	8	16	7	14	0	0	
5.	Educational family background									
	a)Illiterate	0	0	2	4	1	2	0	0	6.328
	b)Educated	6	12	18	36	15	30	0	0	DF=6
	c)Degree holder	1	2	4	8	2	4	1	2	
6.	Residential area									
	a)Rural	6	12	13	26	5	10	1	2	8.293
	b)Urban	1	2	11	22	13	26	0	0	DF=3
7.	Food pattern									
	a)Vegetarian	0	0	3	6	2	4	0	0	1.080
	b)Non-vegetarian	7	14	21	42	16	32	1	2	DF=3

Table 3: Revealed that none of the variables were associated with stress level

DISCUSSION

The main aim of the study is to assess the coping strategy of fresher nursing students to improve their academic performance. The perceived stress scale was used to assess the data. The data were analyzed by descriptive statistics such as frequency and percentage. The results were depicted in bar diagrams. The findings revealed that the majority 48 (48%) of them had mild stress and at least 2 (2%) had severe stress. Hence, Hypothesis 1 there is a significant level of stress among the First year B.Sc. Nursing students was accepted. There is no association between stress level and demographic variables .so, hypothesis 2 was denied.The study finding shows that significant presence in the level of regarding stress among 1st year B.Sc.(N) students.

CONCLUSION

Even though it may seem like nursing school is too hectic at times, it's crucial to look after oneself during this phase. They must take care of themselves in order to take care of their patients and their studies. This includes taking courses in nursing theory online or in person, participating in hands-on skills and simulation laboratories, and doing in-hospital clinical rotations. They will have little free time after starting the full-time programme, so it's critical that they establish a self-care regimen to maintain their mental and physical well-being. Advise them to eat a balanced diet, since this will help you stay focused and have the most energy possible. This entails increasing your intake of entire, nutrient-dense foods including fruits, vegetables, whole grains, nuts, unprocessed meats,etc. Moving your body outside of labs and clinical rotations can serve as a healthy release when coping with the pressures and workload of a Direct Entry MSN programme, in addition to maintaining a balanced diet. Select enjoyable physical pursuits, such as: Running or walking, yoga, Dancing and playing. Asking questions: It is possible to lessen the stress of nursing school by starting to ask questions early. Before the curriculum begins to build on a subject you don't grasp, it's critical that you acquire the assistance you need in order to avoid falling behind.Create support system and Make the students to stay organised

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