



# ASSESS THE STRESS LEVEL AMONG TEACHERS OF SEMESTER BATCHES IN SELECTED NURSING COLLEGES IN PATHANAMTHITTA DISTRICT

**Prof. Dr Cicy Joseph (Principal), Prof Sibi P Varghese (Professor) ,Ms. Abhirami Sajeev, Ms. Anagha. A, Ms. Anna Joseph, Ms. Deva Priya K.A, Mr. Joel Joshy, Ms.Juby Anna Biju, Ms. Richu Saju, Ms. Sherin Sara Benjamin, Ms. Tissa Rani Shaji, Ms.Zulfa Aziz (VIII Semester BSc Nursing),MGM Muthoot College of Nursing, Kozhencherry, Pathanamthitta (District) ,Kerala**

## ABSTRACT

Stress is a growing concern worldwide, more than 83% of workers experiences stress at work. Stress is a natural physical and emotional response to demands or pressure that disrupt and individual's homeostasis. The purpose of the study was to assess the stress level among teachers of semester batches of selected nursing colleges in Pathanamthitta District; quantitative descriptive non experimental approach was used for the study. A sample of 30 teachers of semester batches were selected using convenient sampling. The level of stress was assessed using 5 point likert scale. The present study revealed that there was mild to moderate stress among teachers and the study concluded that the teachers should adopt adequate stress management measures. The study reported that there was a significant association between level of stress and demographic variables ( $\chi^2 = 5.17$  at table value 3.84). The study revealed that majority of teachers is found to have moderate stress (83.33%), whereas 16.67% of teachers is found to have mild stress.

**Keywords:** Assess, stress

## INTRODUCTION

Fred Luthan defined stress as an adaptive response to external situation that results in physical, psychological and behavioral deviations for organizational participants<sup>1</sup>. Occupational stress is generally acknowledged as a global phenomenon with significant health and economic consequences in both developed and developing countries. Generally defined as a gradual process in which individual cognitive assessments of occupational stressors generate adverse health with severe behavioral consequences, occupational stress results from a “toxic” work environment such as poor control, high work demands, lack of information, extreme pressure and low decision-making latitude.<sup>2</sup>

According to, Susan Folkman and Judith Tedlie Moskowitz coping is defined as the thoughts and behaviors used to manage the internal and external demands of situations appraised as stressful.<sup>3</sup> Coping styles can be broadly categorized into problem-focused, emotion-focused, occupation focused and avoidance coping, each with distinct strategies for managing stress and difficult situations.

Negative techniques include maladaptive coping or non coping. Adaptive methods improve functioning, while a maladaptive coping technique will reduce symptoms by maintaining and strengthening the disorder. These coping strategies interfere with the person’s ability to unlearn, or break apart, the paired association between the situation and the associated anxiety symptoms.<sup>4</sup> Teachers can cope with stress on the job by setting goals, looking for alternatives, getting organized, seeking the help from higher authority and using problem solving abilities.

### Need and significance of the study

Stress in the nursing profession is an ongoing worldwide problem. Of all working professionals, teachers have been found to have high levels of stress. Occupational stress is common and literature shows that teaching is one of the most stressful jobs. Occupational stress can have a negative influence on physical and emotional health and can lead to a headache, muscle tension, fatigue, burnout and sleeping problems<sup>5</sup>.

A study was conducted to assess the correlation between work stress and general well-being among faculty members of selected nursing colleges at Kozhikode (Kerala) during Covid-19 pandemic. Quantitative approach with descriptive survey research design was adopted for the study. One hundred samples were selected using non-probability convenience sampling. Tools used in the study were questionnaire to assess socio-personal data, the standardised HSE Management Standards Indicator Tool to assess work stress and the standardised General Well-Being Survey. Data collected were analysed using descriptive and inferential statistics. Results showed that 55 percent of the sample had mild work stress, 34 percent had no work stress, 10 percent had moderate work stress and only 1 percent had severe work stress. General well being was identified as good for 49 percent of the faculty, moderate for 42 percent and poor for only 9 percent of the faculty members,  $r=0.7391$  ( $p = 0.01$ )<sup>6</sup>.

Thus the researchers felt the need to conduct the study to assess the prevalence of stress among teachers in semester batches of nursing colleges as stress was highly prevalent in teachers and it affected teachers as manifestation in different system.

**Statement of the problem:** A descriptive study to assess the stress level among teachers of semester batches in selected nursing colleges in Pathanamthitta District.

### OBJECTIVES OF THE STUDY

- To assess the prevalence of level of stress among teachers of semester batches.
- To find out the association between level of stress of teachers and selected demographic variables.

### OPERATIONAL DEFINITION

**Stress:** Stress is a state of disequilibrium to an emotional or physical disturbance experienced by teachers in nursing colleges as measured by Likert Scale.

**Assess:** Assess is defined as to judge or decide the amount, value, quality or importance of something.

### ASSUMPTIONS

1. Introduction of new semester system has created high level of stress among teaching faculties.
2. Physical and mental health will be affected due to increased stress level among teaching faculties.

### MATERIALS AND METHODS

Research design used in this study was descriptive method. Research approach used in the study was Quantitative Research Approach. This study was conducted in MGM Muthoot College of Nursing Kozhencherry and MGM Muthoot Medical Centre College of Nursing Pathanamthitta. In this study, population consists of teachers of semester batches in the age group of 25-50 years of selected colleges in Pathanamthitta District. In this study, primary data was collected with a 5 point likert scale by adopting convenient sampling technique. 30 samples were taken to study the objectives. The secondary data were collected from reports, books and publication etc.

### RESULTS

**Distribution of subjects according to socio demographic variables of teachers.**

Variables	Frequency	Percentage(%)
Age		
25-35 yrs	07	23.33

36- 45 yrs	22	73.33
46-55 yrs	01	3.33
<b>Gender</b>		
Male	01	3.33
Female	29	96.67
<b>Marital status</b>		
Unmarried	01	3.33
Married	29	96.67
<b>Type of family</b>		
Nuclear	21	70
Joint	09	30
<b>Number of children</b>		
None	03	10
One	06	20
Two	19	63.33
More	02	6.67
<b>Place of residence</b>		
Staying in the campus	01	3.33
Stays within 5kms away from the college	03	10
Stays 5-10kms away from the college	09	13
Stays 10-15kms away from the college	06	20
>15kms away from the college	11	36.67
<b>Type of residence</b>		
Rented house	03	10

Own house	27	90
<b>Professional qualification</b>		
Post basic	02	6.67
BSc Nursing	01	3.33
MSc Nursing	27	90
Foundations of nursing	05	16.66
Adult health nursing	09	30
Child health nursing	02	6.66
Mental health nursing	03	10
Obstetrics and gynecology	07	23.33
Community health nursing	04	13.33
<b>Teaching experience</b>		
1-5yrs	13	43.33
5-10yrs	09	30
10-15yrs	06	20
>15yrs	02	6.66
<b>Duration of sleep</b>		
4-5hrs	03	10
5-6hrs	20	66.67
>6hrs	07	23.33
<b>Consumption of breakfast</b>		
Yes	25	83.33
No	05	16.67
<b>Health problems</b>		
Yes	09	30
No	21	70

### Description of level of stress of semester teachers.

Description of 5-point Likert scale to assess the level of stress among teachers of semester batches, 16.67% of teachers is found to have mild stress and 83.33% of teachers is found to have moderate stress.

Sl No	Stress level	Percentage
1	No Stress	0
2	Mild Stress	16.67%
3	Moderate Stress	83.33%
4	Severe Stress	0

### Association of stress level among semester teachers with socio demographic variables.

The chi -square test was used to find out the association between level of stress and socio demographic variables .The chi-square value showed that there is a significant association between gender of sample and level of stress. But no association was found between the age of teachers ,marital status ,type of family, number of children, place of residence, type of residence, professional qualification, teaching department, teaching experience, duration of sleep, regular breakfast consumption, specific health problems.

## DISCUSSION

### Section I: Discussion of subjects according to socio demographic variables

Among 30 samples 23.33% samples belongs to 25-35 age groups, 73.33% samples belong to 36-46 age group, 3.33% samples belong to 47-57 age group and 3.33% samples belongs to male and 96.6 % samples belongs to females.

70% samples belong to nuclear family and 30% samples belongs to joint family,10% samples are not having children ,20% samples having a child ,63.33% samples having two children and 6.67% samples having more than two children ,10% samples stay in rented house and 90% samples stays in own house

3.33% staying in the campus,10.00% samples stay within 5kms away from the college 30.00 % samples stays 5-10kms away from the college, 20.00% samples stay 10-15kms away from the college ,36.67% samples stays more than 15kms away from the college.

6.67% samples having post basic qualification,3.33% having BSc Nursing qualification, 90% having MSc Nursing qualification, 43.33% samples having experience of 1-5 years, 30% having experience of 5-10 years, 20% having experience of 10-15 years, 6.66% having experience of > 15 years

3.33% samples sleep for about 3-4hrs a day, 20% samples sleep about 4-5hrs a day, 56.66% samples sleep about 5-6 hrs. ,20% samples sleep for more than 6hrs a day. that 93.33% samples eat breakfast and 6.66% samples skips breakfast, 26.66% samples are having health problems and 73.33% samples doesn't have any health problems.

## **Section II: Discussion of level of stress of semester teachers.**

The result of present study revealed that among 30 samples only 16.67% of teachers is found to have mild stress and 83.33% of teachers is found to have moderate stress.

The study showed that about 83.33% of teachers of semester batches have moderate stress. The findings of the present study were similar with another concordant study conducted among 100 teachers selected by using convenient sampling technique in rural Medical University in Western Maharashtra. The tool used is structured questionnaire. The result revealed that the prevalence of OS, anxiety and depression among teachers was (100%, 67.5% and 23.2%) respectively.

## **Section III: Discussion of association of stress level among semester teachers at selected colleges with socio demographic variables.**

The findings of the present study revealed that there was an association between stress level of semester teachers with socio demographic variables. This shows that there is a significant association between gender of sample and level of stress. But no association was found between the age of teachers, marital status, type of family, number of children, place of residence,

Type of residence, professional qualification, teaching department, teaching experience, duration of sleep, regular breakfast consumption, specific health problems.

## **LIMITATIONS**

- Generalization of study was limited due to convenience sampling techniques.
- Study was limited to two selected colleges in a district.

## **RECOMMENDATIONS**

A similar study can be conducted with large sample.

## **CONCLUSION**

The study aimed at assessing the stress level of semester teachers and find out the association between level of stress and selected demographic variables. The following conclusions were drawn based on the findings of the study.

Among 30 samples 23.33% samples belongs to 25-35 age groups, 73.33% samples belong to 36-46 age group, 3.33% samples belong to 47-57 age group.

Majority were females 29 (96.6 %).

Majority of teachers were married 96.66%.

Majority of teachers were living in nuclear family 70%.

Majority of teachers had two children 63.33%.

Majority of teachers stays more than 15kms away from the college 36.67%.

Majority of teachers were living in their own house 90%.

Based on their professional qualification 6.67% samples having post basic qualification, 3.33% having BSc Nursing qualification, 90% having MSc Nursing qualification.

Out of 30 samples, 16.66% is from Foundations of Nursing, 30% from Adult Health Nursing, 6.66% from Child Health Nursing, 10% Mental Health Nursing, 23.33% from Obstetrics and Gynecology, and 13.33% from Community Health Nursing.

Among 30 samples, 43.33% samples having experience of 1-5 years, 30% having experience of 5-10 years, 20% having experience of 10-15 years, 6.66% having experience of > 15 years.

Majority of teachers sleeps for about 5-6hrs (56.66%).

Majority of teachers eat breakfast regularly (93.33%).

Among 30 samples, 26.66% samples are having health problems and 73.33% samples doesn't have any health problems.

The result also showed that there is a significant association between level of stress and gender.

## **ACKNOWLEDGEMENT**

We are deeply grateful to God Almighty for His grace and blessings throughout this study.

Our sincere thanks to the Management of MGM Muthoot Hospitals, Kozhencherry for the opportunity and support extended to us.

We express heartfelt gratitude to our guide, Prof. Sibi P Varghese , MGM Muthoot College of Nursing, for her constant guidance, support, and encouragement.

We also thank Prof. Dr. Cicy Joseph, Principal, MGM Muthoot College of Nursing, Kozhencherry for her valuable inputs, and Prof. Sindhu Abraham Vice Principal and HOD of Medical and Surgical Nursing and Prof. Neethu Miriam Abraham for their help with tool validation.

Special thanks to Mr. Vipin Xavier for statistical support, Mrs. Tintu Sara Joy for computer lab assistance, and Ms. Sherin Joseph and Ms. Renjitha K.A. for their help with library resources.

A heartfelt thanks to our parents for their unconditional love and prayers, to the students who participated in the study, and to our friends for their constant help and encouragement.

## REFERENCES

- 1) Bharat Pareek, Textbook of Mental Health Nursing I & II for BSc Nursing Students, Vision Health Science Publishers, 3rd Edition, 2024, Page No:404
- 2) Smith M, Miller H, Bhargava H. The causes of stress. 2016 WebMD [CITED 7 MAY 2016]. Available at [www.web.md.com/balance/guide/causes of stress](http://www.web.md.com/balance/guide/causes of stress).
- 3) Wales J. Coping psychology, Types of Coping Strategies from Wikipedia, the free encyclopedia 19 July 2014 [cited 11 May 2016] ISBN 0-495-55339-5 Available from: [https://en.wikipedia.org/wiki/Coping\\_\(psychology\)](https://en.wikipedia.org/wiki/Coping_(psychology))
- 4) Assessment of Stress among Nursing Teachers of Different Colleges in Morang MsBhagawaty Kalikotay Assistant Professor, Tribhuvan University, Institute of Medicine, Maharajgunj Nursing Campus, Kathmandu, Nepal
- 5) Assistant Professor. Dr. Sindhu K. P [Internet]. Iosrjournals.org. [cited 2025 Jun 26]. Available from: <https://www.iosrjournals.org/iosr-jbm/papers/Vol16-issue7/Version-3/F016733741.pdf>
- 6) Sindhu KP. A Study on Stressors among College Teachers, IOSR Journal of Business and Management. 2014 Jul;16(7):37-41 doi:10.9790/487x-16733741.

