

# Assess the Level of Stress Among B.Sc. Nursing 1<sup>st</sup> Year Students in Selected Nursing College of Indore

Dipti Singh<sup>1</sup>, Monika Chaturvedi<sup>2</sup>

<sup>1</sup>M.Sc. Nursing, Department of Nursing, Bombay Hospital College of Nursing, Indore, India

<sup>2</sup>Assistant Professor, Department of Nursing, Bombay Hospital College of Nursing, Indore, India

**Abstract:** Stress is a common feature in all our lives like anger or irritability, anxiety and depression. It is often seen as a negative emotion, but stress plays an important role in the survival. **Aim:** To Assess the level of stress among B.Sc. nursing 1st year students. **Materials and methods:** A quantitative research approach, descriptive research design was adopted for the study. Total 30 sample obtain from 1st year B.Sc. nursing students selected by using consecutives sample technique. Stress scale was used to assess the level of stress. The data was analysed by using the descriptive and inferential statistic. Major finding of the study: It is found that among B.Sc. nursing 1st year students 30% are having mild stress, 63.33% are having moderate stress, 6.67% are having severe stress. Statistical analysis showed that mean of B.Sc. nursing student level of stress is 24.63. Significant difference was found at score ( $p < 0.05$ ) thus the study revealed that there is no association with the selected socio demographic variables regarding level of stress among 1st year B.Sc. nursing students. Thus null hypothesis (H<sub>0</sub>) retained.

**Keywords:** Assess, Stress, Nursing student

## 1. Introduction

Stress is a common feature in all our lives like anger or irritability, anxiety and depression. 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 once performance better. Stress has been identified as a 20th century disease and has been viewed as a complex and dynamic transaction between individuals and their environments. Stress in nursing education is one of the most important issues in the modern world. Nursing students are prone to stress due to the transitional nature of college life. High levels of stress are believed to affect student health and academic functions. It has been reported that student nurses are affected with the stressors in academic, clinical, financial, due to expectations, competition for grade, and career choices.

## 2. Background

Over the recent years, there has been growing concern about stress in nursing. The World Health Organization (WHO) has estimated that stress-related disorders will be one of the leading

causes of disability by the year 2020. Excessive stress has negative effects on nursing students, including psychological disorders, physiological diseases and social maladjustments. Current study in NIMHANS, Bangalore reported that 64 percent of those who committed suicide were 38 plus age group, 35 percent in the age group of 15-29 years included teenagers and young adults failing relationship academic and peer pressures along with poor coping abilities and lack of support system.

### A. Objectives

- To assess the level of stress among B.Sc Nursing 1st year students.
- To find out association of stress level among B.Sc nursing 1st year students with their selected socio demographic variables.

### B. Hypothesis at $p < 0.05$ level of significance

H<sub>0</sub>- There is no significant association of stress level among B.Sc. nursing 1st year students with their selected socio demographic variables.

H<sub>1</sub>- There will be a significant association of stress level among B.Sc. nursing 1st year students with their selected socio demographic variables.

## 3. Methodology

In this study evaluative approach was used. The study is conducted in selected area of nursing college of Indore. The sample consisted of 30 1st year B.Sc. nursing students selected through consecutive sampling method. The researcher designed a tool consisting of sample demographic variables and stress scale data was collected.

## 4. Results

Section 1: Frequency and percentage distribution of demographic variables.

Show that among 30 students only 9 (30%) were between 17 to 18 yrs, 20 (66.67%) were from 19 to 20 yrs., 1(3.33%) were from more than 20 yrs. Among total respondent 4 (13.33%) were between 5000 to 10,000, 5 (16.68%) were between 11,000

to 15000, 10(33.33%) were between 16000 to 20000, 11(36.66%) were more than 20000. Among total respondent 14(46.66%) were between less than 4 hours, 13(43.35%) were between 5 to 7 hours, 2(6.66%) were between 8 to 10 hours, 1(3.33%) were more than 10 hours. Among total sample 1(3.33%) were between less than 3 hours, 23(76.67%) were between 4 to 7 hours, 6(20%) were between 7 to 8 hours, 0(0.00%) were between more than 8 hours. Religious depicts that 14(46.66%) were Hindu, 0(0.00%) were Muslim, 0(0.00%) were Sikh, 16(53.34%) were Christian. Known Language depicts that 4(13.33%) were Hindi, 0(0.00%) were English, 5(10.00%) were Malayalam, 21(76.67%) were 2 language or more than 2. Section 2: finding related to level of stress among B.Sc. nursing 1st year students. It is found that among B.Sc. nursing 1st year students 30% are having mild stress, 63.33% are having moderate stress, 6.67% are having severe stress. Statistical analysis showed that mean of B.Sc. nursing student level of stress is 24.63.

Section 3: Association level of stress among B.Sc. nursing 1st year students with selected demographic variables. Association between the level of stress and socio demographic variables, There will be significant association of stress level among B.Sc nursing 1st year students with their selected socio demographic variables is accepted under age. There will be no significant association of stress level among B.Sc. nursing 1st year students with their selected socio demographic variables is accepted under monthly income, Hours spent for studying, Hours of sleep at night, Religion, known language.

## 5. Discussion

The results of this study indicated that There will be no significant association of stress level among B.Sc. nursing 1st year students with their selected socio demographic variables is accepted under monthly income, Hours spent for studying, Hours of sleep at night, Religion, known language.

### A. Nursing implications

The findings of the study have implications in various field of nursing. These are,

### B. Nursing education

The curriculum of basic nursing should include lessons on consequences of stress on the body and stress management in detail. Student nurses should be given adequate exposure and training regarding stress management. The nurse educators should supervise and guide the students to relief stress. The students need to be taught evidence based practices and keep their knowledge up-to-date. Nurse educators can periodically organize special training programmes to the staff nurses in order to educate the patients

### C. Nursing practice

The nurses should be periodically evaluated to assess stress level and practice regarding stress management In-service education has to be planned according to the needs of the nurses in managing stress by non-pharmacological methods. Different types of in-service educational programmes and orientation courses have to be conducted for the staff nurses from time to time.

### D. Nursing administration

The nurse administrator can organize and conduct in-service education and continuous nurse education programmes for nurses in order to manage stress of patients. Nurses need to be trained in stress management which helps them to impart the technique under the guidance of nurse.

### E. Nursing research

Nurse researcher should conduct researches on ways to manage stress among student nurses. This will provide scientific data and adds more scientific knowledge to nursing profession. The nurse researcher should conduct workshops, seminars, and poster sessions and should publish research findings in journals to communicate findings to nursing professionals.

## 6. Limitation

Generation is not possible due to the limited sample and setting is selected nursing college.

## 7. Conclusion and Recommendation

- The study can be replicated in different setting with large subjects.
- A similar study can be conducted on different nursing students to assess level of stress toward ethical issues in stress.
- Nursing student need health education relater stress, technic for reduce stress.

## References

- [1] Prasanna Mithra, "Stress among the North Indian Nursing undergraduate students," Iranian journal of nursing and midwifery, July-Aug. 2013.
- [2] Virna Ribeiro Feitosa Cestari et al., "Stress in nursing students on socio demographic and academic vulnerabilities," Acta Paul Enferm. 2017, 30(2):190-6.
- [3] Muhammad Afzal et al., "Source of stress among the nursing students of private universities of Pakistan," South American journal of nursing. 2016.
- [4] Edward Abasimi et al., "Experience of stress among nursing students in nursing training colleges in Tamale, Ghana," in International Journal of psychology and behavioural sciences. 2015, 5(2):89-97.
- [5] Jancy, Rachel Daisy (2012) A Study to Assess the Level of Stress and Coping Behaviours and to Evaluate the Effectiveness of Selected Coping Strategies among Student Nurses in Selected Institutions of Tamil Nadu. Doctoral thesis, CSI Jeyaraj Annapackiam College of Nursing, Madurai.