

Psychological stress in undergraduate nursing student at RIMS Ranchi.

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Abstract :

Nursing students suffer high level of stress during their educational experiences,clinical training and first exposure in hospital .

Aims: The aims of the present study was to measure level of stress in undergraduate nursing students. To study the demographic profile of nursing 1st yr and 4th yr students

Methods: This was a cross – sectional study of first and fourth year nursing students, who attended classes regularly A socio-demographic data sheet & nursing stress questionnaire were used to collect data.

Result: indicated that the 1st year nursing student have experienced higher level of stress than the 4th year nursing students.

Key words : Stress, Sociodemographic profile.

Introduction:

Nursing is a healthcare profession focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life from conception to death . Work and academic stress is recognised world-wide as a major challenge to workers' and students' health and the healthiness of their organizations (International Labour Organisation (ILO, 2016). People who are stressed are also more likely to be unhealthy, poorly motivated, less productive and less safe at school and work.

Stress in nursing education is acknowledged as one of the most important issues in the modern world. Stress is a term that refers to the sum of the physical, mental and emotional strain or tension on a person. During nursing education and training nursing students are frequently exposed to various stressor which may directly or indirectly impede their learning and performance.The nature of clinical education presents challenges that may cause students to experience stress.

Several studies suggested that there are many sources of stress during undergraduate nursing education and training.The most common sources of stress identified by students and faculty that relate to academics includes academic demands assignment and examination high workload and combining clinical work with academic demands.

Clinical source of stress include;fear of the unknown, a new clinical environment conflict between the ideal and real clinical practice, unfamiliarity with medical history,lack of professional nursing skills , unfamieliar patients diagnosis and treatments providing care to patients fear of making mistake giving medication to children and the death of a patient.Other reported source of stress include negative interaction with instructors being observed by instructor and late poor relationship with clinical staff and even talking with physician.

Objectives: The aim of the study was to identify the level of stress,and common sources of stress among nursing students.

Research design- This study utilized a cross setional descriptive design.

Sample: The sampal size of the study included 1st year 30 and 4th year (30)students .

Tools:

(a) **The socio-demographic Data:** . This data included thesocio-demographic information of respondent like: age, marital status , religion, Parental occupation, Family income.

2) **Student Nurse stress scale:** This scale was developed in 1999 by Jones and Johnston. It is a 22 question, self-reporting tool, designed to assess four areas previously recognized as stressful for nursing students. A Likert scale was used to rate responses, from rating 1, meaning not stressful, to rating 5, meaning very stressful. The SNSI is scored on a continuum, from not stressful (22) to extremely stressful (110), with no distinct cut off values for mid-range scores.

| Variables | | Frequency | Percentage |
|--------------------------|-------------------|-----------|------------|
| Age | 17-21 | 26 | 43.3% |
| | 22-26 | 34 | 56.7% |
| Sex | Male | 5 | 8.3% |
| | Female | 55 | 91.7% |
| Parental occupation | Doctor | 1 | 1.7% |
| | Gov.job | 29 | 48.3% |
| | Bussiness | 3 | 5.0% |
| | Nurse | 18 | 30.0% |
| | Other | 9 | 15.0% |
| Family Income | Below 20000 | 24 | 40.0% |
| | 20001-40000 | 14 | 23.3% |
| | 40001-60000 | 17 | 28.3% |
| | 60001-80000 | 2 | 3.3% |
| | 80001 and above | 2 | 3.3% |
| Spending time in per day | Less than 2 hours | 24 | 40.0% |
| | 3-4 hours | 25 | 41.7% |
| | 5-6 hours | 5 | 8.3% |
| | More than 7 hours | 6 | 10.0% |

| | | | | |
|-----------------------------|--------------------|-----|-------|-------|
| Spending each week in class | Less than 10 hours | 5 | 8.3% | |
| | 11-15 hours | 2 | 45.0% | |
| | 16-20 hours | 9 | 15.0% | |
| | More than 20 hours | 19 | 31.7% | |
| Sleep each night | Less than 4 hours | 4 | 6.7% | |
| | 5-7 hours | 47 | 78.3% | |
| | 8-11 hours | 8 | 13.3% | |
| | More than 10 hours | 1 | 1.7% | |
| Recreational Activity | Watching T.V | Yes | 13 | 21.7% |
| | | N0 | 47 | 78.3% |
| | Mobile ph | Yes | 12 | 20.0% |
| | | N0 | 48 | 80% |
| | Gossiping | Yes | 43 | 71.7% |
| | | No | 17 | 28.3% |
| | Exercise | No | 51 | 85.0% |
| | | Yes | 9 | 15.0% |
| | Other | No | 49 | 81.7% |
| | | Yes | 11 | 18.3% |

Socio-demographic characteristic of the respondents is recorded and presented in Table 1

Table-1 Socio-demographic data sheet reveal that most of the nursing student 55.7%, belonged to age range 22-26 (56.7%) years, were female 55 (91.7%) , and were family doing government job 29(48.3%), than nurses 18 (30%).Monthly income of respondent family below 20000 (40%).Maximum subject spending study in 3-4 hours per day 25(41.7%). Per week attending classess more than 20 hours 19(31.7%), Per day 5-7 hours sleeping at night 47 (77.0%), In recreational activiety most of the respondent using mobile phone 48 (80%) ,gossiping 17 (28.3%) and other activiety like music and painting.

Table 2

Socio-demographic profile of nursing students having high & low score on psychological stress.

| Variables | LOW (N%) | Average(N%) | High (N%) |
|-------------------------------------|------------|-------------|------------|
| 1 st yr nursing students | 1 (3.33%) | 24(80%) | 5(16.6%) |
| 4 th yr nursing students | 14 (46.6%) | 14 (46.6%) | 2(6.66%) |

Above table (table -12) reveal that higher percentage of 1st year students showed average level of stress followed by 16.6% high and 3.33 low level of stress.

On the other side equal percentage of 4th years students showed low and average level of stress and only 6.66% students showed high level of stress.

Thus e can concluded that high level of stress was more among 1st year students and average level of stress was more among 4th year students.

Table 3

To find out the difference in sources of stress between 1st & 4th year students, Mean& SD was calculated 't' also calculated to see the significance difference between the two group students.

| Variables | Semester | Mean | SD | t test | Df | P |
|-------------------|--------------------|---------|---------|--------|----|------|
| Academic load | 1 st yr | 17.133 | 3.59821 | 5.518 | 58 | .000 |
| | 4 th yr | 11.1000 | 4.18156 | | | |
| Clinical concerns | 1 st yr | 14.1667 | 3.53391 | 5.516 | 58 | .000 |
| | 4 th yr | 8.0667 | 4.91958 | | | |
| Personal problem | 1 st yr | 8.3000 | 2.61494 | 1.592 | 58 | .000 |
| | 4 th yr | 7.2000 | 2.73420 | | | |
| Interface worries | 1 st yr | 19.8000 | 4.31037 | 4.796 | 58 | .117 |
| | 4 th yr | 12.8000 | 6.7334 | | | |
| Total Score | 1 st yr | 59.4000 | 10.3976 | 5.619 | 58 | .001 |
| | 4 th yr | 39.1667 | 16.7601 | | | |

Result shows that 1st & 4th year nursing students differ significantly in the dimension of Academic load,clinical concerns,and Interface worries,of nursing stress scale,and on total score (t=5.62,p<.001).

Conclusion.Result indicated that the first year nursing student have experienced higher level of stress than the 4th year nursing student.

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