



“A STUDY TO ASSESS THE STRESS LEVEL AMONG FIRST YEAR NURSING STUDENTS IN JG COLLEGES OF NURSING AHMEDABAD CITY WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET.”

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ABSTRACT

Background:

Stress is most common problem faced by majority of population in current situation. Stress is our body's physical, mental and chemical reactions to circumstances that frighten, confuse, endanger or bother us, but if it is controlled, stress is a friend that strengthens us for the next problem. Stress is our body's response to pressure. Many different situations or life events can cause stress.

Objective:

- To assess the level of stress among First year nursing students studying in JG college of Nursing Ahmedabad City.
- To develop and distribute an information booklet regarding stress management among First year nursing students studying in JG college of Nursing, Ahmedabad City.
- To find out association between level of stress and selected demographic variables among First year nursing students studying in JG college of Nursing Ahmedabad City.

DELIMITATION:

1. The study is limited to First year nursing students who are studying in JG college of nursing.
2. Study is delimited to 2nd, 3rd, 4th year nursing students.
3. The study focuses only on stress assessment among First year nursing students in JG college of nursing.
4. The study is delimited to students having age maximum up to 24 years.

Methods:

A Quantitative research approach is used in a study to assess the level of stress among first year students studying in JG College of nursing. It helps investigator in study Hence, the non- experimental research design is used.

RESULTS:

According to the findings reveals that out 77 samples about 19.4% (13) of students suffer from mild level of stress and 80.6% (54) of the students suffer from moderate level of stress and it shows that none of them have severe stress.

Conclusion:

From the current studies, the following conclusion can be inferred:

With the analysis and interpretation of data collected from 77 respondent, to assess the stress level among first year nursing student in JG college of Nursing Ahmedabad city.

Descriptive and inferential statistics methods were used to analyze the data. The results reveal that out 77 samples about 19.4% (13) of students suffer from mild level of stress and 80.6% (54) of the students suffer from moderate level of stress and it shows that none of them have severe stress.

The assessment of stress among students reveals that maximum score of stress was 250. Its shows that total mean value of stress score about 119.85, mean percentage about 47.94% and standard deviation about 20.33.

There is a significant association between the level of stress and their demographic variables such as gender, educational course and monthly family income.

Introduction:

‘Adopting the right attitude can convert a negative stress into positive one.’

-Hans Selye

Stress is most common problem faced by majority of population in current situation. Stress is our body's physical, mental and chemical reactions to circumstances that frighten, confuse, endanger or bother us,

but if it is controlled, stress is a friend that strengthens us for the next problem. Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new or unexpected that threatens our sense of self or when we feel we have little control over a situation. We all deal with stress differently. (2021)

The term "stress" as it is currently used coined by the father of stress research Dr.Hans selye in 1936 who defined it as "The Nonspecific response of the body to any demand for change" According to him stress is the rate of all wear and tear caused by life, and stress could be classified into Distress and Eustress. Distress is negative stress which is harmful and can cause one to feel helpless, frustrated and disappointed and Eustress is positive stress which occurs when the gap between what one has and what one wants is slightly pushed, but not overwhelmed. Challenging stimulus can lead to positive outcomes such as motivation and improved task performance while threatening ones or distress can result in anxiety, depression, social dysfunction and even suicidal intention.

Stress is a central concept for understanding both life and evolution. Stress is a normal part of life, you can experience stress from your environment, your body, and your thoughts Stress can be positive, which keeping us alert, motivated and ready to avoid danger but it becomes negative when person face continuous challenges without break. as result, the person becomes overworked, and stress-related tension builds. and stress becomes harmful when people engage in the compulsive use of substances or behavior include food, alcohol, tobacco, drug, sex and the internet and it cause mental issue.

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CONCEPTUAL FRAMEWORK:

Polit and Hungler (1999) states that a cohesive, Supportive linkage of selected, interrelated concepts. It is a device for organizing ideas and in turn, bringing order to related objects, observation, events and experience.

Conceal framework deals with abstract formal statements (concept) that is assemble by virtue of present relevancies to common them. The framework of this study aimed to assess the level of stress among college students.

According to Tree and Tyreece (1086) "Conceptualization is the process of forming ideas, design and plan." Conceptual framework of this study was based on "Nurse-patient relationship" Hildegard Peplau theory model in this study.

1) **INDIVIDUAL PERCEPTION :**

In present study,

- **PERCEIVED SERIOUSNESS AND SUSCEPTIBILITY:** It includes the perceived susceptibility of knowledge regarding general information about educational stress.
- **PERCEIVED THREAT:** perceived threat college student have threat of educational and environmental stress.

2) **MODIFYING FACTOR :**

In the present study, the modifying factors are the demographic variables which are affecting level of stress among first year nursing students.

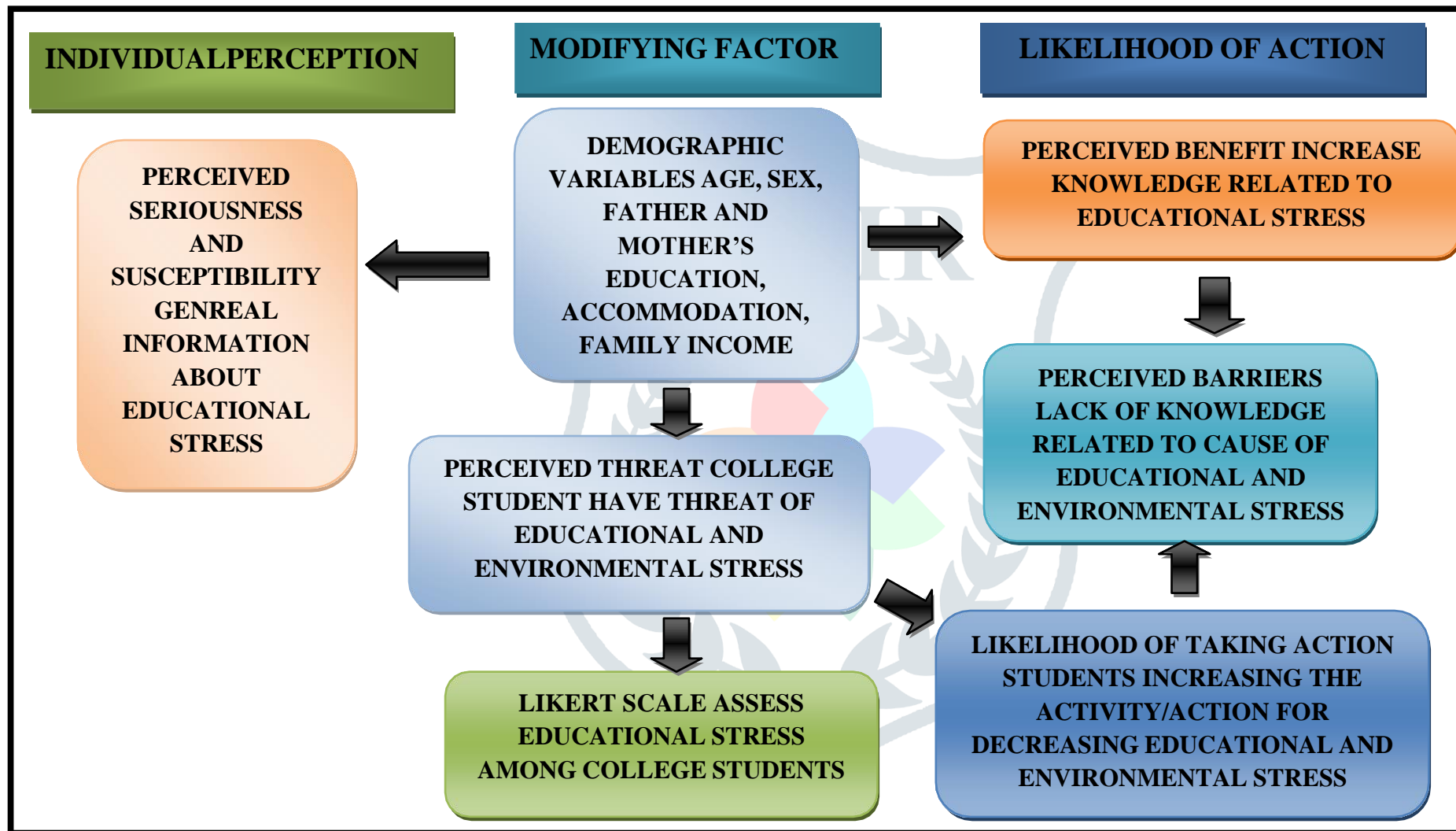
- **Demographic variables:** The selected variables are age, gender, father and mother's education, accommodation, family income.
- **Cues of Action:** In cues of action, likert scale assess educational stress among college students.

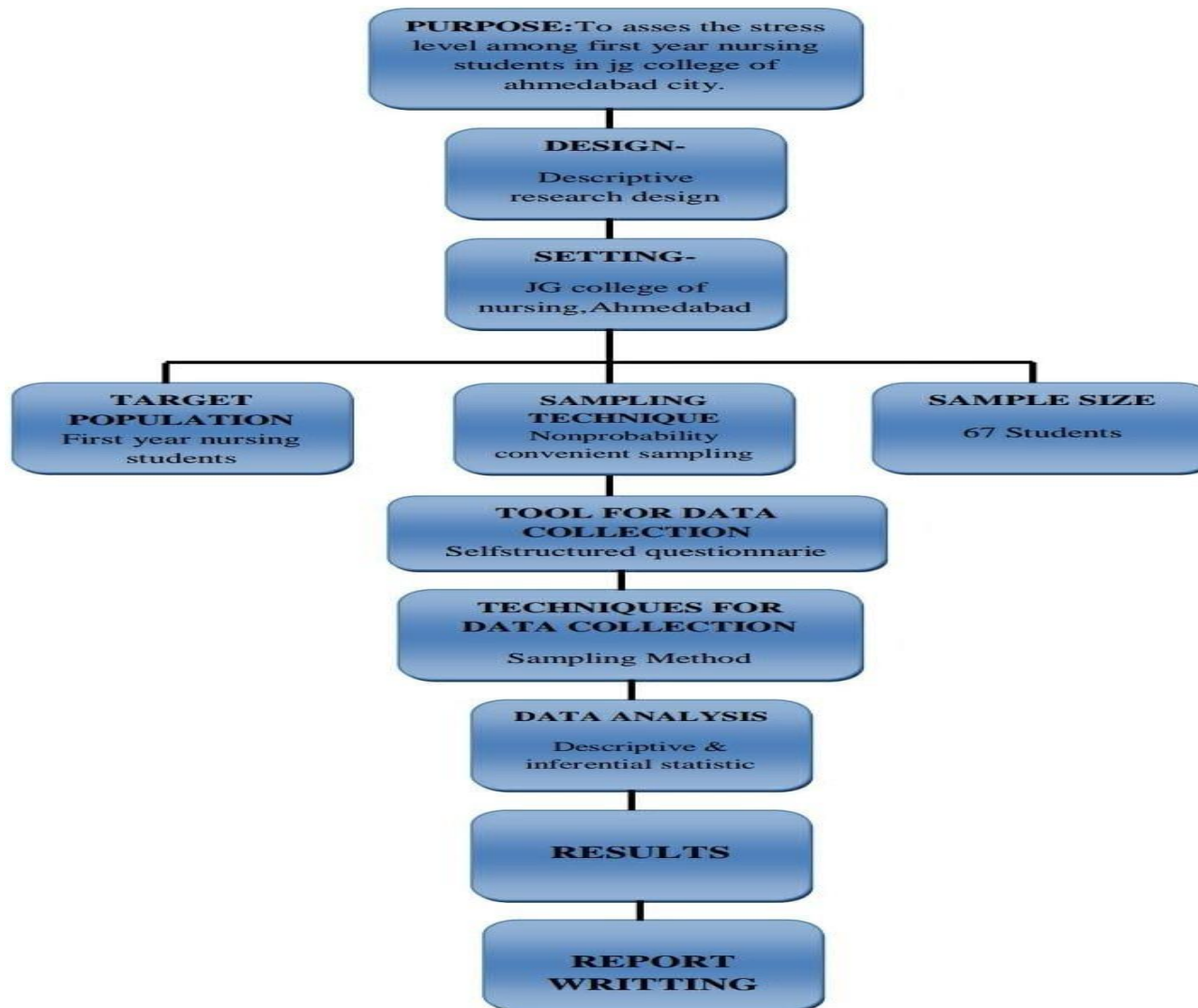
3) **LIKELIHOOD OF ACTION :**

The likelihood of person's taking recommended preventive health.

Action depends on the perceived benefits of action minus the perceived barriers to the action.

- **Perceived benefits of the action:** perceived benefit increase knowledge related to educational stress.
- **Perceived barrier of action:** perceived barriers lack of knowledge related to cause of educational and environmental stress.





3.8 DESCRIPTION OF TOOL

The self- structured Likert scale was developed for present study to identify the problems and challenges faced by First Year Nursing Students of Various Courses. It has five points and it shows at what extend they face problems and challenges.

SECTION 1: The first section of the tool consisted of 9 items to collect data regarding personal and baseline characteristics of the subject. It consists of items for obtaining information about the selected background factors such as age, education level, Gender, religion, Medium of schooling, Place of accommodation, Stream in higher secondary, and Nursing course. The researchers distributed tool to the respondent and ask them to choose the correct response against the alternate responses.

SECTION: 2: It consists of five point Likert scale to assess the problems and challenges faced by First year nursing students of various courses. It requires respondents to select Never, Rarely, Sometimes, Often & Always

TOTAL SCORE	LEVEL OF STRESS
1-50	NO STRESS
51-100	MILD STRESS
111-180	MODRATE STRESS
181-250	EXTREME STRESS

ANALYSIS AND INTERPRETATION OF THE DEMOGRAPHIC VARIABLES OF THE SAMPLES.

The first section of the tool elicited information about demographic features of the sample which include, age, gender, educational course, place of residence, monthly family income, medium of language in schooling, stream selected in higher secondary, parents education and selected nursing course.

Table-4.1 Frequency and percentage wise distribution of samples based on their demographic data.

(N=77)

Sr. No.	Demographic Variables	Frequency (F)	Percentage (%)	
1	Age	Less than 18 years	4	6.0
		19-20 years	53	79.1
		21-22 years	10	14.9
2	Gender	Male	15	22.4
		Female	52	77.6
3	Educational course	G.N.M	25	37.3
		B.Sc. Nursing	42	62.7
4	Place of residence	Hostel	3	4.5
		Home	54	80.6
		P.G	10	14.9
5	Monthly Family Income	<20,000 Rs.	12	17.9
		20,000-30,000 Rs.	14	20.9
		30,000-40,000 Rs.	15	22.4
		40,000-50,000 Rs.	5	7.5
		Above 50,000 Rs.	21	31.3
6	Medium of Language in Schooling	English	23	34.3
		Gujarati	43	64.2
		Hindi	1	1.5
7	Stream selected in higher secondary	Science	44	65.7
		Commerce	19	28.4
		Arts	4	6.0
8	Parents Education	Illiterate	6	9.0
		Higher Secondary	20	29.9
		Graduate	37	55.2
		Post Graduate	4	6.0
9	Selected Nursing Course	By Own choice	59	88.1
		By force of others	8	11.9

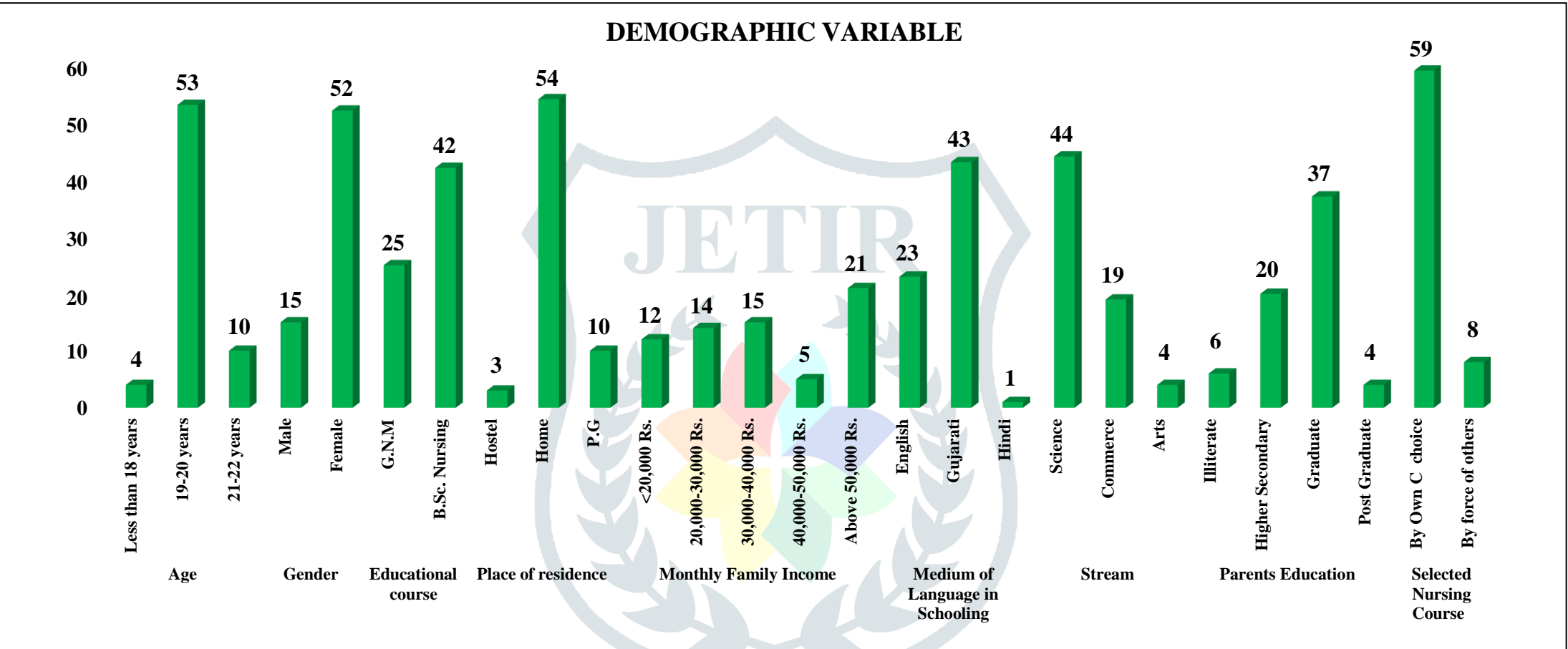
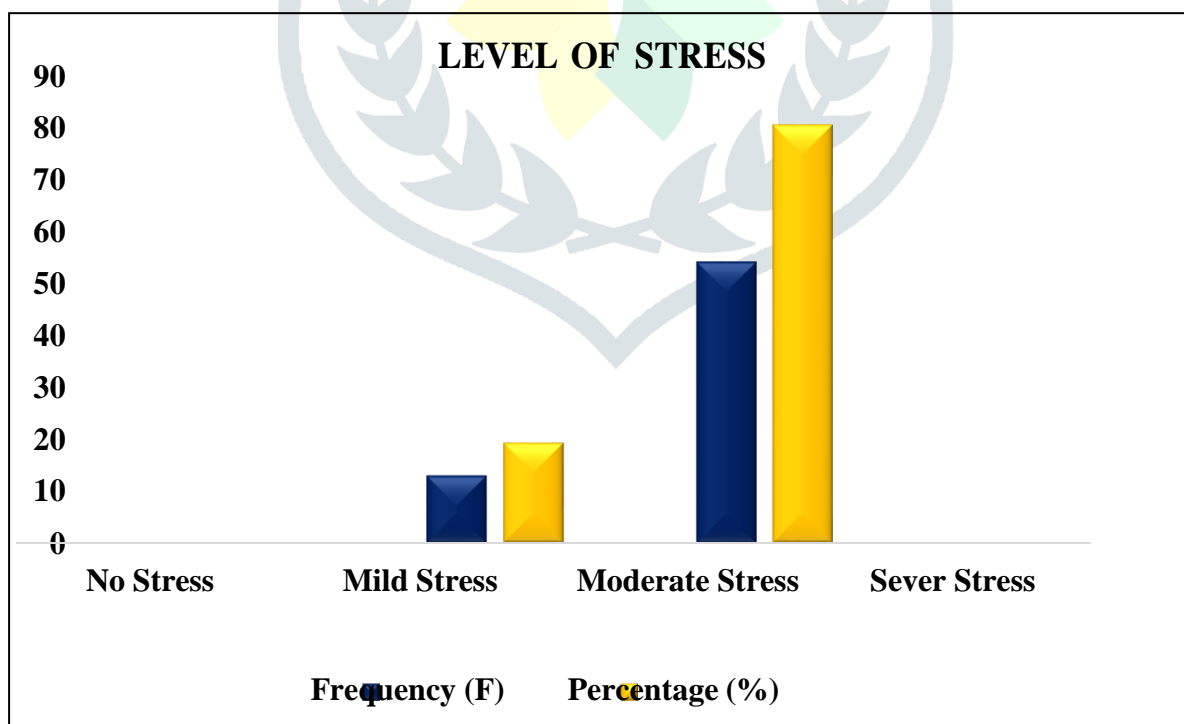


Figure- 4.1 Bar graph showing frequency wise distribution of the samples based on their demographic data

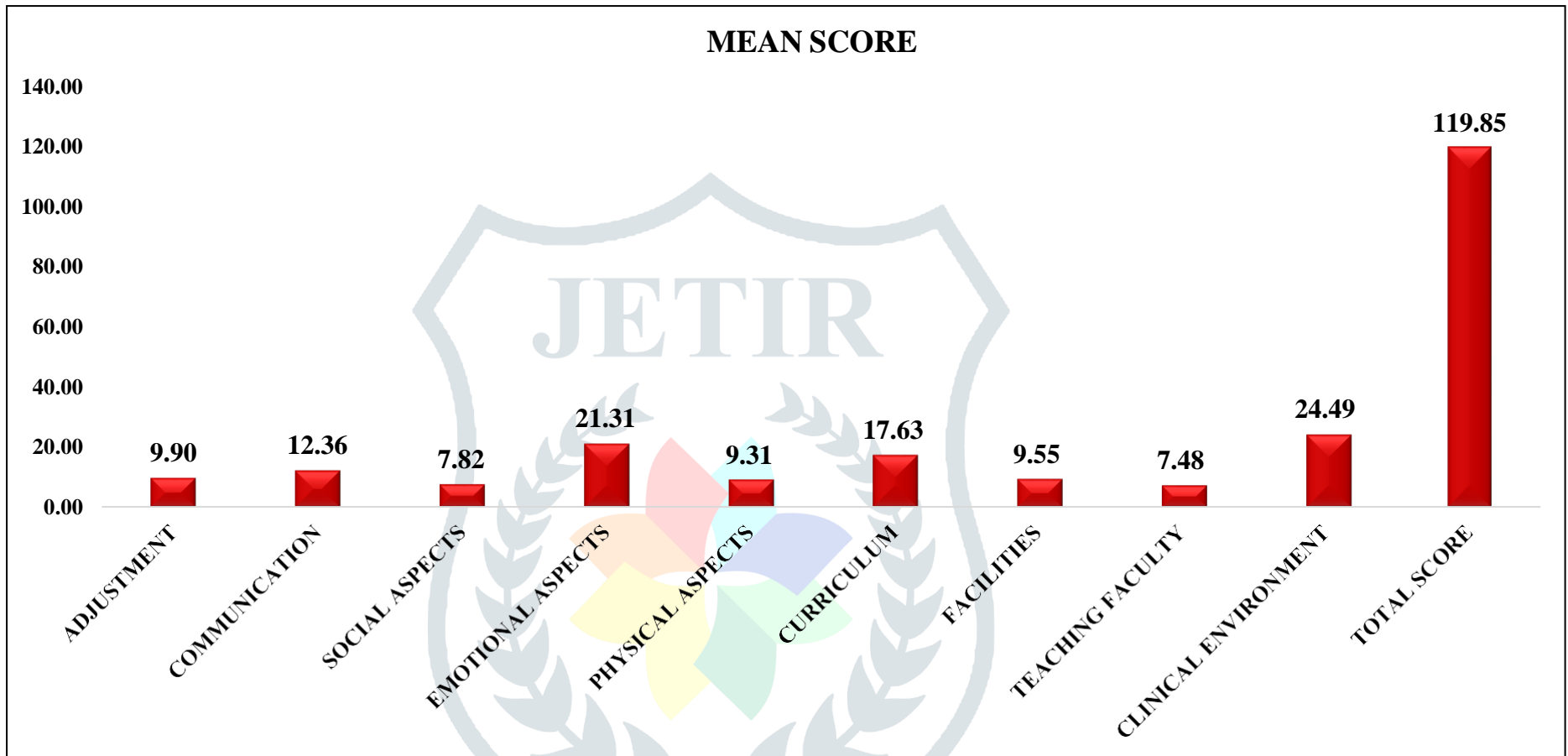
ANALYSIS AND INTERPRETATION OF THE LEVEL OF STRESS AMONG STUDENTS.

Frequency and percentage wise distribution of level of stress among students.

Level of Stress	Frequency (F)	Percentage (%)
No Stress	00	00
Mild Stress	13	19.4
Moderate Stress	54	80.6
Sever Stress	00	00
Total	67	100.0



Bar graph showing frequency and percentage wise distribution of level of stress among students



Bar graph showing categories wise mean score.

**ANALYSIS AND INTERPRETATION OF THE DATA RELATED TO
ASSOCIATION BETWEEN LEVEL OF STRESS AND SELECTED
DEMOGRAPHIC VARIABLES AMONG STUDENTS.**

Association between level of stress and selected demographic variables among students.(N=67)

Demographic Variables		Level of Score		Total	Chi Square	DF	Table Value	S/NS
		Mild Stress	Moderate Stress					
Age	Less than 18 years	1	3	4	0.707	2	5.99	NS
	19-20 years	11	42	53				
	21-22 years	1	9	10				
Gender	Male	6	9	15	5.243	1	3.84	S
	Female	7	45	52				
Educational course	G.N.M	8	17	25	4.047	1	3.84	S
	B.Sc. Nursing	5	37	42				
Place of residence	Hostel	0	3	3	1.467	2	5.99	NS
	Home	10	44	54				
	P. G	3	7	10				
Monthly Family Income	<20,000 Rs.	3	9	12	9.982	4	9.48	S
	20,000-30,000 Rs.	2	12	14				
	30,000-40,000 Rs.	0	15	15				
	40,000-50,000 Rs.	0	5	5				
	Above 50,000 Rs.	8	13	21				
Medium of Language in Schooling	English	5	18	23	0.339	2	5.99	NS
	Gujarati	8	35	43				
	Hindi	0	1	1				
Stream Selected in Higher Secondary	Science	7	37	44	1.004	2	5.99	NS
	Commerce	5	14	19				
	Arts	1	3	4				
Parents Education	Illiterate	1	5	6	4.924	3	7.81	NS
	Higher Secondary	7	13	20				
	Graduate	5	32	37				
	Post Graduate	0	4	4				
Selected Nursing Course	By Own choice	11	48	59	0.182	1	3.84	NS
	By force of others	2	6	8				

Significant at $p \leq 0.05$ level, (*S= Significant and *NS= Not Significant)

Conclusion:

This chapter dealt with the analysis and interpretation of data collected from 77 respondent, to assess the stress level among first year nursing student in JG college of Nursing Ahmedabad city.

Descriptive and inferential statistics methods were used to analyze the data. The results reveal that out 77 samples about 19.4% (13) of students suffer from mild level of stress and 80.6%

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