



STRESS LEVEL AMONG NURSING STUDENTS

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ABSTRACT

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. This study was done on nursing students to analyse the stress level among them. In this study researchers used cohen's preserved scale to assess the level of stress among the nursing students. The finding of this study shows level of stress scores among group were: 15(37.5%) study subjects had high perceived stress, 25(63.5%) study subjects had moderate stress and none had low stress level.

Keywords: Stress Level , Nursing, Students

INTRODUCTION

Everyone experiences stress which is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. There are various things by which you can experience stress like; your job, money, relationships, or a friend or family member who is ill or in crisis. In response to all these strains your body automatically responds to it like; increases blood pressure, heart rate, respiration, metabolism, and blood flow to your muscles. This response is intended to help your body react quickly and effectively to a high-pressure situation. However, when you are constantly reacting to stressful situations without making adjustments to counter the effects, you will feel stress which can threaten your health and well-being.

There are many factors which create stress among nursing students but academic, clinical and environmental factors are the major. Clinical experience impose tremendous amounts of stress on Nursing students, this high levels of stress may affect the quality of patient care provided by them. The perceived stress among the students may contribute to their physiological and psychological wellbeing undermining academic achievements and confidence.

REVIEW LITERATURE:

- Mushtaq, Bushra. (2021). The study was conducted with the aim to assess the effectiveness of Progressive Muscle Relaxation Technique on level of stress among Ist year B.Sc. Nursing Students in Mader-e-Meharban Institute of Nursing Science and Research, Soura, Srinagar, Kashmir. Nursing students experience different stresses which make them more prone to psychological as well as physical problems. Identifying the level of stress among nursing students will help to assess the degree to which nursing students are affected so that recommendations can be made to arrange stress management programme on progressive muscle relaxation technique so that nursing students can manage their stress in any setting. Quantitative research approach with Quasi Experimental, Non-randomized control group design [Pre test –Post test Control group design] was used to assess the effectiveness of Progressive Muscle Relaxation Technique on level of stress among Ist year B.Sc. Nursing Students in Mader-e-Meharban Institute of Nursing Science and Research, Soura, Srinagar, Kashmir. Total enumerate sampling technique was used to collect data from the 40 subjects who fulfilled the inclusion criteria and were assigned to control group (n =20) and experimental group (n =20). Data was collected using Demographic data and standard perceived stress scale. The experimental group participated in JPMR sessions (20 minute / day) for four weeks. The (mean± SD) pre-interventional stress level score for control group was (23.35±4.870) and (mean± SD) pre-interventional stress level score for experimental group was (24.35±4.184) with the p-value 0.0000, whereas the (mean± SD) post-interventional stress score for control group was (25.45±34.536) and (mean± SD) post-interventional stress score for experimental group was (13.35±3.528) with the p-value of 0.000. The results also revealed that there was significant association between the age, total monthly income of family and residence of study subjects with pre-interventional level of stress scores of control and experimental group. Whereas no significant association was found between demographic variables i.e. gender and type of family with pre-interventional level of stress scores of control and experimental group. The findings of the study concluded that progressive muscle relaxation is effective in reducing the level of stress among the nursing students. Progressive muscle relaxation is effective and can be performed in any setting. After intervention the nursing students in experimental group felt relaxed and had decreased level of stress. Practicing the progressive muscle relaxation on daily basis can reduce the stress among nursing students which they come across their daily stressful routine.
- Lydia C, Anchala M, Hemamalini⁵⁵ in 2016 conducted a descriptive study to assess the level of academic stress among nursing students at SRM college of nursing, Kattankulathur. A total of 80 samples were selected using non probability purposive sampling technique. The tool used for the study comprises of 2 sections. Section A contains demographic variables which include age, type of family, religion, education of the father, and education of the mother. Section B is a 4 point rating scale which was developed by the investigator which includes 20 questions which comprises of 10 positive and negative questions to assess the level of academic stress. The data was collected from 80 samples and the analysis was done using descriptive and inferential statistics. The result of the study concludes that majority of the students 66(82.5%) had the moderate level of academic stress and 6(7.5%) students had severe academic stress.
- Labrague LJ, McEnroe-Petitte DM, Papathanasiou IV, Edet OB, Tsaras K, Leocadio MC et al⁵⁶ in 2016 a comparative study was conducted to determine the level of stress, its sources and coping strategies among nursing students from three countries which included Greece, the Philippines, and Nigeria. The sample consists of 547 nursing students (161 Greek nursing students, 153 Filipino nursing students, and 233 Nigerian nursing students). Two standardized instruments were used, the Perceived Stress Scale (PSS) and the Coping Behavior Inventory (CBI). Findings revealed that the degree of stress and the type of stressors and coping styles utilized by nursing students differ according to the country of origin. The year of the study predicted overall stress ($\beta = -0.149$, $p < 0.001$) while advanced age predicted overall coping ($\beta = 0.008$, $p = 0.037$) in the nursing students.

- Alsaqri H⁵⁷ in 2016 conducted a cross-sectional study to identify the level and types of stress perceived by nursing students in their clinical practice and to identify the coping strategies that students used to relieve their stress in the University of Hail, Hail City. A total of 200 students who were enrolled in the nursing program were taken as study respondents. Research data were collected using the Perceived Stress Scale (PSS) and the Coping Behavior Inventory (CBI). Data were analysed using a one-way ANOVA test, Pearson's test, and independent sample -test on SPSS version 22. Findings indicated that nursing students experienced a high level of stress. The most common coping strategy utilized by the students was problem-solving, while avoidance was the least frequently used one. Saudi nursing students experienced stress levels above the mean in clinical training. The most common stressors were related to assignments and workload.
- Abasimi E, Atindanbila S, Mahamah M, Gai X⁵⁸ in 2015 conducted a study to examine the levels and sources of Stress among Nursing Students in Nursing Training Colleges in Tamale, Ghana". A total of 273 State Registered Nursing, Community Health Nursing, and Midwifery students were selected using the stratified random sampling strategy were made to complete self-administered questionnaires on the stressors they encounter. Results indicated that students experience severe levels of stress. They also reported significantly higher Personal stressors, followed by Academic stressors and finally Social Stressors. There was no significant difference in the levels of overall stress with regards to academic discipline (course type), gender and marital status. However, married students reported significantly higher academic stressors than those who were single and separated/divorced or widowed
- Shiferaw H, Anand S, Nemera G⁵⁹ in 2014 conducted a study on "stress and coping strategies among generic B.Sc. Nursing students of Jimma University, south-west Ethiopia" A sample of 193 students, were selected by a proportionate stratified random sampling technique. Results found that the prevalence of perceived stress level among Generic BSc nursing students of Jimma University was 47.7%. The most common stressor was from intrapersonal factors. Unhealthy coping strategies were used by students irrespective of ethnicity, marital status, and educational levels. A very strong association between source of stressors such as intrapersonal stressor, environmental stressor, and academic stressor and unhealthy coping strategies were also observed ($p < 0.005$).

ANALYSIS:**Distribution of the study subjects according level of stress score among Nursing students.**

N=40

Perceived Stress Level scores	Frequency	Percentage
High perceived stress(27-40)	15	37.5%
Moderate stress(14-26)	25	62.5%
Low stress.(0-13)	0	0%

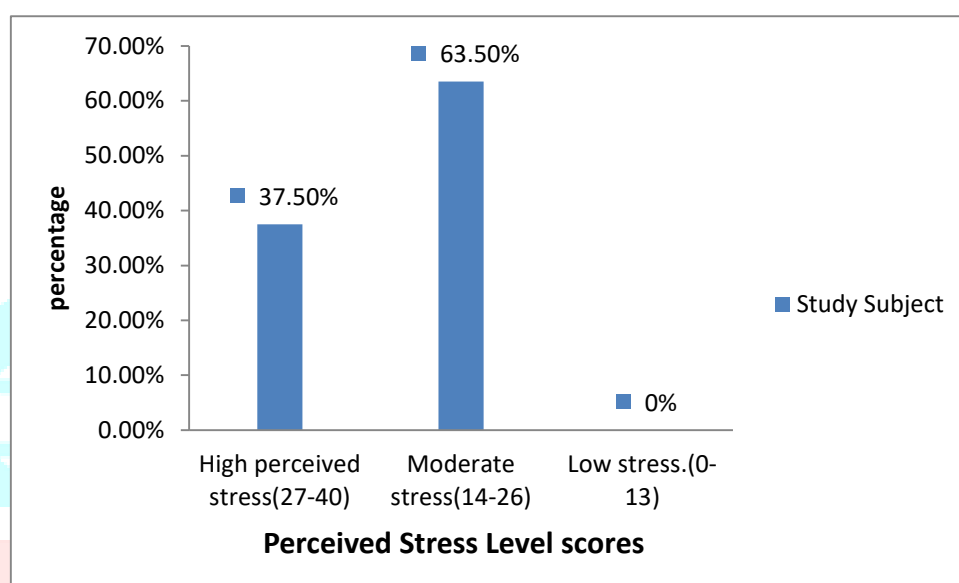
**Percentage distribution of the study subjects according level of stress score among Nursing students.**

Table & figure shows level of stress scores among group were: 15(37.5%) study subjects had high perceived stress, 25(63.5%) study subjects had moderate stress and none had low stress level.

Percentage distribution of responses of the study subjects in each item of stress scale.

N=40

Item wise Analysis		Control				
		Never	Almost Never	Some times	Fairly Often	Very Often
1.	In the last month, how often have you been upset because of something that happened unexpectedly?	10%	5%	50%	30%	5%
2.	In the last month, how often have you felt that you were unable to control the important things in your life?	15%	15%	20%	25%	25%
3.	In the last month, how often have you felt nervous and “stressed”?	5%	0%	25%	25%	45%
4.	In the last month, how often have you felt confident about your ability to handle your personal problems?	10%	10%	40%	25%	15%
5.	In the last month, how often have you felt that things were going your way?	15%	0%	45%	25%	15%
6.	In the last month, how often have you found that you could not cope with all the things that you had to do?	5%	15%	55%	20%	5%
7.	In the last month, how often have you been able to control irritations in your life?	15%	15%	45%	15%	10%
8.	In the last month, how often have you felt that you were on top of things?	0%	20%	15%	40%	25%
9.	In the last month, how often have you been angered because of things that were outside of your control?	5%	10%	45%	20%	20%
10.	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	10%	15%	30%	25%	20%

Conclusion

These findings revealed that majority 25(63.5%) of the study subjects had a moderate level of stress score and no study subject had low stress level.

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