Assessment Of Examination Stress Among First Year Nursing Students Studying At Royal Institute Of Nursing, Amritsar.

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ABSTRACT

A descriptive cross-sectional study was conducted to assess the level of Stress Related to examination among 1st Year nursing Students studying at Royal institute of nursing, Amritsar. This study was conducted from January 2024 to March 2024. Sample size was 100 first year nursing students selected through Convenience sampling technique. Investigators used Structured Rating scale for assessing stress and Structured Demographic Performa to assess the sample characteristics. Simple descriptive statistics was used to analysis the data. The collected data was processed manually first then it was analyzed with the help of computer software program for graphical presentation of findings. The study findings showed that 31(31%) were male and 69(69%) were female. The level of stress among the 1st nursing students reveals that 4(4%) of the students had severe stress, 49(49%) of them had moderate stress and 47(47%) had mild stress. There was significant association found between the level of stress among 1stYear nursing students with their selected Demographic variables such as educational status, Religion, Education of father, Education of mother, monthly family income and Place of residence at 0.05 level. The investigators recommended and concluded that some educational program such as workshop must be planned and organized for the nursing students before the commencement of exams. Students must be taught about some relaxation strategies to deal with stress.

Keywords: Examination Stress; Nursing students.

INTRODUCTION

stress can be conceptualized as student's interactions between environmental stressors, the student's cognitive appraisal and coping with the academic-related stressors, and psychological or physiological response to the stressors (Lee and Larson,2000)[1]. Every student aspires to pursue academic success to achieve respect, family pride; as a consequence of stress and demands to perform well in examination the students are not able to enjoy their academic life and it becomes joyless and burden for them. [2]

Stress has been considered as a situation and the state of tension it generates in an individual as a result of the person's perception of that situation as threatening to his or her existence . This implies that nothing is stressful in itself but become stressful depending on the perception and interpretation of the individual of the demands placed upon them. [3.]

Nursing students especially freshers are a group particularly prone to stress and this is due to the transitional nature of college life. They must adjust to being away from home for the first time, maintain high level of academic achievement, adjust to heavy workload in limited time, crowded lecture halls, harsh learning conditions as well as adjusting to a new social environment. [3.] Nursing students are valuable human

resources. Detection of potential stress among nursing students is crucial since stress can lead to low productivity, low quality of life, and suicidal ideas. [4]

Few of the important predisposing factors for examination stress include family pressure for the best result, deciding examinations for future growth, emotional immaturity, peer factor, poor self-image and negative thoughts, stimulating agents like tea, coffee, cola, etc. taken before the exams. Student suicidal attempts are more common during the time of examinations or the declaration of results. Also due to the examination, the students may get depressed or develop phobia. High-degree of anxiety and stress may hamper their performance. [5]

Early signs of excessive stress are headache, loss or change in sleep pattern, loss of appetite and temper, tired and sick feeling, loss of concentration and sense of restlessness. Sometimes unusually excessive stress may trigger panic attacks, depression, drug abuse, alcohol abuse, eating disorder or even self-harming behavior like suicide attempts.[5]

The researchers have however not found any study on stress related to examination among nursing students in the nursing training colleges in Maza region of Punjab. This implies that we are not well informed about the examination stress faced by nursing students studying at colleges in Punjab. The present study was planned with the purpose of identifying the stress level among first year nursing students related to examination. So that counselling services can be arranged to better prepare them for the exams.

RESEARCH QUESTION

What is the level of stress related to examination among First Year Nursing students studying at Royal institute of nursing, Amritsar?

OBJECTIVES OF THE STUDY

1. To assess the level of Stress Related to examination among 1st Year nursing Students.
2. To find the association of the Stress level of 1st Year nursing students with their selected Demographic variables.

VARIABLE

A. Variables related to socio-demographic characteristics of the respondents:

Age, gender, educational status, religion, education of father, education of mother, monthly family income, place of residence.

B. Key variables/Study/Research variables:

Level of stress related to examination among First year Nursing Students studying at Royal institute of nursing, Amritsar.

RESEARCH METHODOLOGY

Study Design: A descriptive cross-sectional study design was adopted to conduct this research. The purpose of this study was to assess the level of stress related to examination among First year Nursing Students studying at Royal institute of nursing.

Study Setting: Royal institute of nursing, Amritsar, Punjab.

Period of the study: The duration of study was from January 2024 to March 2024.

Study population: The target population was the students studying in Royal institute of nursing, Amritsar. The total number of students were 120. The study population was 100 after maintaining inclusion and exclusion criteria.

Sample Size: Sample size was 100 First year nursing students selected through Convenient sampling technique.

Inclusion criteria:

- Nursing Students who are undergoing training in 1st year at Royal institute of Nursing, Amritsar.
- Male and female nursing students who are willing to participate in research study.

Exclusion criteria:

- Students who are on leave during the time of study.
- Students who are not willing to participate in the research study
- Students who are not studying in First year.

Sampling Technique: A convenient sampling technique was adopted for selecting the samples during the data collection period.

Data Collection instruments:

Demographic Performa and structured Rating scale for stress were used as tools for data collection for this study.

Data collection technique/ procedure: Face to face interview technique was followed to collect data from the respondents. The investigator's identity and study objective was explained clearly to the respondents by the investigator. Prior to data collection, the investigator obtained written permission from the concerned authority and informed consent from the samples. Then the investigator selected sample who fulfilled the inclusive sampling criteria according to researcher's judgment. structured Rating Scale and structured demographic Performa was used to collect the data. The investigator collected the data from 1st January to 31 st May 2024 at Royal institute of nursing , Amritsar from first year nursing students.

THE TECHNIQUES FOLLOWED DURING INTERVIEW:

- Started with self-introduction
- Subjects were made comfortable and relaxed
- Instructions related to the tool were given to facilitate cooperation
- General information was asked. i.e. demographic data of the nursing students.
- Each item was repeated to help them to understand

Data processing & analysis: The collected data was organized and coded manually first. Then it was placed in the master sheet to facilitate the analysis processing and easily visible to everybody a glance about the data management system.

Simple Statistical package (Central Tendency like; Frequency, percentage, mean, SD and Chi-square) was used to analysis the data manually and it was converted in to graphical presentation with the help of software program of the computer.

Assessment criteria for respondent's stress level:

In this study, nursing student's examination stress was assessed by using structured rating scale. It consists of 19 statements. Each item has 3 alternatives Almost, sometimes and usually. Scores can range from 1-57.

Level of stress	Rating scale
Mild stress	1-19
Moderate stress	20-38
Severe stress	40-57

Table 1: criteria for assessment of examination stress levels of nursing students

RESULTS

N= 100

| Age in years	Frequency	Percentage
17	0	0%
18	43	43%
19	49	49%
20	8	8%
Educational status		
BSc	39	39%
GNM	46	46%
ANM	15	15%

Table 2: distribution of subjects by Their Age and educational status.

The above table shows that, 49% respondent's age were 19 years, and 8% were in 20 years age group. 46 % of them were pursuing GNM and only 15 % of them were pursuing ANM.
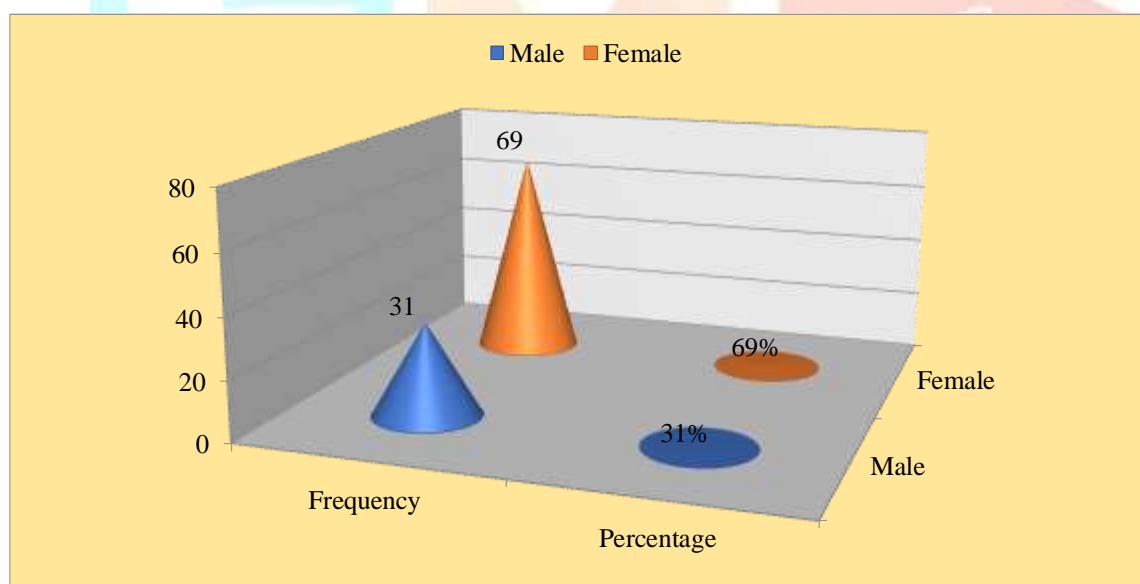
Figure-1: Percentage distribution of subjects by Their Gender.

Above Figure Shows percentage wise distribution of 1st year nursing students by their gender; Majority of them 69% were female and only 31% were Male.

Figure-2: Percentage distribution of subject's by religion.
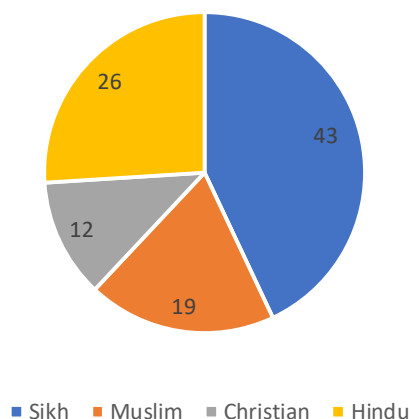
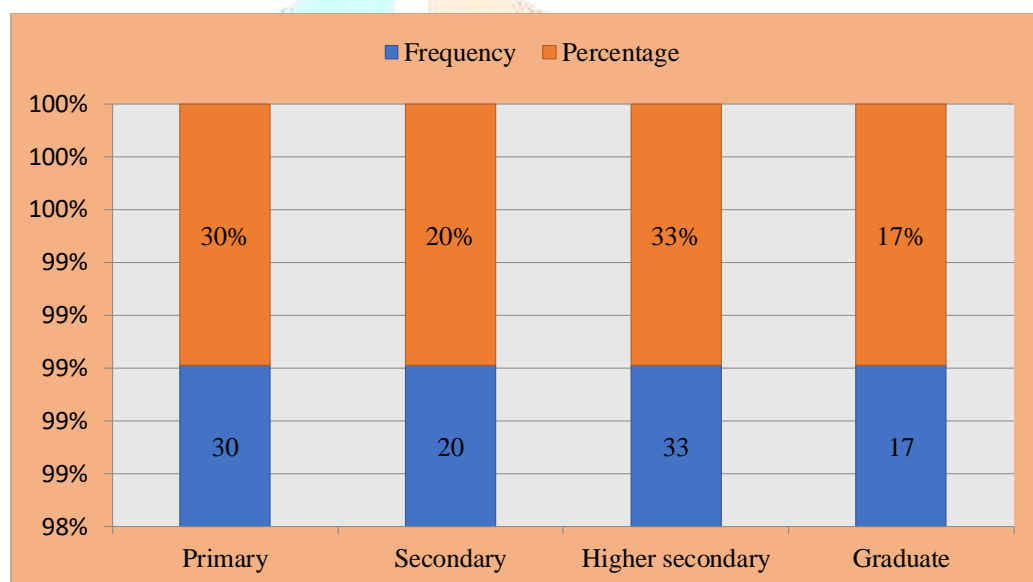The above Pie chart shows that Majority 43% of respondents were Sikh and only 12% of them were Christian.
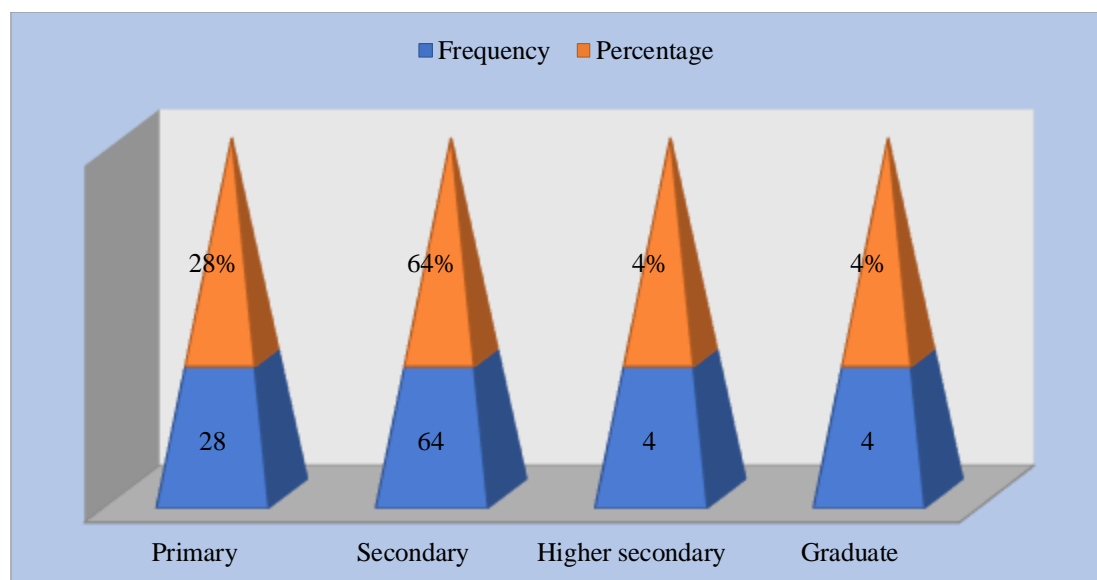

Figure-3: Percentage distribution of subjects by Their Father education.

The above Bar Chart represents that the subject's father's highest educational level was up to Graduation ie. 17%. 33% of them were studied up to higher secondary and rest 20% of them had Secondary level and 30% of them had up to primary level education respectively.

Figure-4: Percentage distribution of subjects by Their Mother education.

The above Figure Shows percentage wise distribution of 1st year nursing students with relationship to their Education of mother, 28% were having primary education, 64% were having secondary education , 4% were having higher secondary education, 4% were completed graduation.

N= 100

Monthly family income	Frequency	Percentage
Upto 10000/-	17	17%
11 ,000-20 ,000/-	33	33%
Above 20,000/-	50	50%
Place of Residence		
Urban	56	56%
Rural	36	36%
Semi-urban	8	8%

Table 3: distribution of subjects by Their Monthly family income and place of residence

The above table shows that, Majority 50% of them had family income Above 20,000/- RS, and only 17% of them had monthly family income up to 10,000 RS/-. Most of the respondents 56 % were residing in Urban areas and only 8% of them were residing in Semi-urban areas.

N= 100

Level of stress	Frequency	Percentage
Severe (39-57)	4	4%
Moderate (20-38)	49	49%
Mild (1-19)	47	47%
Total	100	100%

Table 4: level of stress related to examination among 1st YR nursing students.

Above table shows that , out of 100 students 47% of them had (mild stress), 49% of them had moderate stress and 4% % of them had severe stress.

N=100

LEVEL OF STRESS	MEAN	SD
Severe (39-57)	0.64	3.07
Moderate (20-38)	5.04	3.8
Mild (1-19)	2.6	2.22
Total	8.28	9.09

Table 5: Mean and standard deviation of the level of stress among 1st year nursing students

N=100

S.No	Demographic variable	Mild		Moderate		Severe		df	Calculated value	Table value
		F	%	F	%	F	%			
1.	Age in years 18 19 20	23 30 4	23% 30% 4%	10 10 2	10% 10% 2%	10 9 2	10% 9% 2%	6	0.88	2.45[NS]
2.	Gender Male Female	20 40	20% 40%	7 15	7% 15%	4 14	4% 14%	2	0.78	4.30[NS]
3.	Educational status GNM BSC ANM	18 36 4	18% 36% 4%	9 12 2	9% 12% 2%	9 8 2	9% 8% 2%	4	4.83	2.78[*]
4.	Religion Hindu Muslim	21	21%	12	12%	10	10%			

S.No	Variable									
	Christian	10	10%	5	5%	4	4%	6	6.5	2.45*
	Sikh	9	9%	2	2%	1	1%			
		10	10%	12	12%	4	4%			
5.	**Education of Father**									
	Primary	20	20%	6	6%	4	4%			
	Secondary	10	10%	5	5%	5	5%	6	19.98	2.45*
	Higher secondary	20	20%	8	8%	5	5%			
	Graduate	10	10%	4	4%	3	3%			
6.	**Education of mother**									
	Primary	18	18%	6	6%	4	4%			
	Secondary	32	32%	18	18%	10	10%	6	32.73	2.45*
	Higher secondary	2	2%	1	1%	1	1%			
	Graduate	1	1%	2	2%	1	1%			
7.	**Monthly family income in RS/-**									
	Upto 10000/-	10	10%	4	4%	3	3%	4	3.10	2.78*
	11,000-20,000/-	23	23%	6	6%	4	4%			
	Above 20,000/-	25	25%	15	15%	10	10%			
8.	**Place of residence**									
	Urban	26	26%	10	10%	10	10%			
	Rural	20	20%	15	15%	04	04%	4	7.70	2.78*
	Semi-urban	10	10%	3	3%	2	2%			

Significant at P<0.05 NS

Table 6: ASSOCIATION OF THE LEVEL OF STRESS AMONG THE 1ST YEAR NURSING STUDENTS WITH SELECTED DEMOGRAPHIC VARIABLES

DISCUSSION

- The results of the present study show that moderate (49%) to mild (47%) level of examination stress was found among the nursing students which was consistent with the findings of studies conducted by **Anu Jose M. J. (2016)** [6] to assess the level and factors contributing to stress among the nursing students. The results elicited that 68% had moderate stress, 27% had mild stress and only 5% had severe stress. Further

findings quoted by **Sharma, N. & Kaur, A. (2011)** [7] revealed that 97% of the subjects had moderate level of stress whereas 3% had severe stress and **S. Kalaivani, Karaline Karunagari (2018)** [4] also showed that (27%) of respondents suffered mild stress, (65%) had moderate stress and (8%) had high stress, which was also congruent with the findings of the present study. The study was similar with findings of another study by (**Amol Bhagwat Kanade**) [8] which shows that Majority 85% of nursing students had Moderate mental stress and 12.5% of them had severe mental stress.

EDUCATIONAL IMPLICATIONS:

Following educational implications can be drawn from the results of the study:

• The study revealed that though the levels of stress are different but students experience examination stress irrespective of their Age, gender, Place of residence and educational status. This indicates the necessity of stress management programs at colleges.

• The results also point out the necessity of awareness programmes and capacity building programmes to be provided to the nursing students and teachers so that they can manage the examination stress effectively.

CONCLUSION

It can be concluded that examination stress is experienced by all the students. Therefore, stress is common among the nursing students during their course of nursing education. The researcher highlights that an effective intervention strategy involving Laughter therapy, deep breathing exercises, yoga, counseling etc. may be helpful for the nursing students to handle their stress during their examination and other such stressful times. It will definitely help the nursing students to make their professional life stress free and enjoyable and hopefully lead them towards a bright future.

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