

Level of stress, anxiety and depression among nursing students

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ABSTRACT

The purpose of the present study was investigation to level of Stress, anxiety and Depression among nursing students. For the study 120 students selected from BMCB Nursing College, Gujarat. Samples were selected by inclusion and exclusion criteria and good rapport was established with them. The questionnaire method was used to collect the data by using self-administered questionnaire includes Perceived stress scale, State anxiety scale and Beck depression Inventory. The time 20 minutes was given for each sample. The Result show that the level of Stress in high in nursing student. The level of anxiety is moderate and depression minimal in nursing student.

Keywords: *Stress, Anxiety, Depression, Nursing Student*

Stress is the emotional and physical strain caused by our response to pressure from the outside world. A Stressor is an event or any stimulus that cause an individual to experience stress. It's almost impossible to live without some stress and most of us wouldn't want to, because it gives life some spice and excitement. But if stress gets out of control, it may foster anxiety, substance abuse, and burnouts leading to abandonment of studies, depression, and even suicidal ideation. Anxiety is a set of responses that includes excessive worry, depression, nervousness and irrelevant thinking, to a class of stimuli from an individual's experience of assessment and outcome. Due to its prevalence and associated consequences, depression is an important health problem. With a worldwide prevalence of about 10-15%, it is one of the most frequent and debilitating mental disorders According to the precipitation of the World Health Organization (WHO), depression is estimated to become the second leading cause of dysfunction by the year 2020. It is well known that stressful life events can cause psychological symptoms. Besides, stressful life events have been suggested to be antecedents and even predictors of the majority of depression symptoms.

Admission to a professional program marks the beginning of fulfilling a career goal. However, the rigors of professional education can be demanding. It has been well documented that nursing students across the world experience stress and anxiety throughout their education and training. Issues that contribute to their stress and anxiety include academic challenges, clinical challenges, technological advances, financial concerns, interpersonal difficulties, family problems, physical and mental health issues, inadequate

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support, and poor coping skills. Additional stressors for nonnative nursing students include cultural adjustments, language issues, social isolation, and discrimination. Furthermore, during the initial clinical training experience, nursing students report increases in their levels of stress and anxiety. The stress and anxiety levels increase as nursing students learn to apply their theoretical knowledge to the clinical work with their first patients in new environments while being observed by their clinical instructors and their peers. Stress, depression, and anxiety (SDA) can interfere with learning, affect academic performance, and impair clinical practice performance.

Ratchneewan Ross., Richard Zeller., Pakvilai Srisaeng., Suchawadee Yimnee., Sujidra Somchid., Wilaiphon Sawatphanit. (2005) conducted a study to examine rates of depression and the associations between depression and stress, emotional support, and self-esteem among baccalaureate nursing students in Thailand. This correlational, cross-sectional study recruited 331 baccalaureate Thai nursing students. Students completed three instruments that had been translated into Thai: The Center for Epidemiology Studies Depression Scale, Perceived Stress Questionnaire, and Rosenberg Self-Esteem Scale. Another instrument created in Thai was used to measure emotional support. Results revealed that, when using the standard definition, 50.1% of the students were depressed. Stress was positively related to depression, whereas emotional support and self-esteem were negatively related to depression.

Mostafa Amr., Abdel-Hady El-Gilany., Hanan El-Moafee., Lamea Salama Cristóbal Jimenez. (2011) conducted a study to assess the Stress, anxiety and depression among Mansoura (Egypt) baccalaureate nursing students. First students were stratified into the different academic years (first to fourth). From each year Students were selected through systemic sampling technique (every 4th student) using the master list of students. The sample size was 350. The questionnaire covered socio-demographic factors, grade of the previous year, presence of stressors if any that had occurred during the past twelve months; Perceived Stress Scale (PSS), assessment of physical well-being factors, hospital anxiety and depression scale, neuroticism and extraversion subscales of Eysenck personality questionnaire, including fifteen potential sources of stress (stressors) were included. The finding reveals that there is a high prevalence of stress and depression and moderate prevalence of anxiety among nursing students.

Abhishek Singh., Mukul Chopra., Siddiqui Adiba., Prasanna Mithra., Anu Bhardwaj., Rakesh Arya, Pankaj Chikkara., Rajesh Duraisamy Rathinam and Sanjeet Panesar (2011) did a cross-sectional study which was carried out at College of Nursing, Maharishi Markandeshwar University, Haryana, using pretested self-administered questionnaire. Perceived stress score was measured using perceived stress scale (PSS). The mean perceived stress score of all 282 students was 28.67 (SD = 5.32), with a median of 26 (IQR = 22-34). Female students had more perceived stress score (31.33) than male students (26.01). The maximum mean perceived stress score (29.66) was observed in 2nd year students, and the least mean perceived stress score (26.28) was found in 3rd year students.

Objectives

To assess the level of stress, anxiety and depression among nursing students.

Hypotheses

Ho.1. There will be a positive relationship between the stress, anxiety and depression.

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Operational definition

Assess

It refers to the exploration of the level of stress, anxiety and depression by using standardized scales among B.Sc nursing students in BMCB College of Nursing.

Prevalence

It is a rate of occurrence of stress, anxiety and depression among nursing students.

Stress

It is a non-specific response of the body to any kind of demand made upon it which is perceived by the nursing students.

Anxiety

It is a state of apprehension or uneasiness arising out of anticipation of danger which is experienced by the nursing students.

Depression

It is an emotional state characterized by extreme dejection, gloomy ruminations, feelings of worthlessness, loss of hope, and often of apprehension which is experienced by the nursing students.

Research Design

A non-experimental cross-sectional descriptive research design was used for this study.

Sample and Sampling Technique

Sample

First year, second year, third year and fourth year B.Sc (Nursing) students who are studying in BMCB college of Nursing.

Sample size

The present study is comprised of 120 B.Sc (Nursing) students.

Data Collection Procedure

The investigator has obtained prior permission from the Principal of BMCB College of Nursing to conduct this study.

Samples were selected by inclusion and exclusion criteria and good rapport was established with them. The questionnaire method was used to collect the data by using self-administered questionnaire includes Perceived stress scale, State anxiety scale and Beck depression Inventory. The time 20 minutes was given for each sample.

DATA ANALYSIS

The data analysis includes both descriptive and inferential statistics. The collected data was organized tabulated and analyzed based on the objectives of the study by using descriptive statistics i.e. Percentage, mean, standard deviation and inferential statistics i.e. Karl Pearson's correlation coefficient formula and Chi-square test.

1. Data on demographic variables will be analyzed by using frequency and percentage.
2. The correlation between the level of stress, anxiety and depression will be assessed by Karl Pearson's correlation coefficient formula.
3. The association between the level of stress, anxiety and depression and demographic variables will be evaluated by chi-square test.

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Table: 1 Frequency and percentage distribution of samples with reference to level of stress

Level of Stress	Frequency	Percentage
Very low	2	1.7
Low	5	4.2
Average	12	10.0
High	37	30.8
Very high and above	64	53.3

Table 1 and reveals that among 120 students 2 (1.7%) are having very low stress, 5 (4.2%) are having low stress, 12 (10.0%) are having average stress, 37 (30.8%) are having high stress and 64 (53.3%) students are having very high and above stress.

Table: 2 Frequency and percentage distribution of samples with reference to level of anxiety

Level of Anxiety	Frequency	Percentage
Mild	35	26.2
Moderate	80	66.7
Severe	5	4.2

Table 2 and reveals that among 120 students 35 (26.2%) are having mild anxiety, 80 (66.7%) are having moderate anxiety, 5 (4.2%) are having severe anxiety.

Table: 3 Frequency and percentage distribution of samples with reference to level of depression

Level of Depression	Frequency	Percentage
Minimal	52	43.3
Mild	28	23.3
Moderate	29	24.2
Severe	11	9.2

Table 3 reveals that among 120 students 52 (43.3%) are having very minimal depression, 28 (23.3%) are having mild depression, 29 (24.2%) are having moderate depression and 11 (9.2%) are having severe depression.

DISCUSSION

Table 1 shows that students 2 (1.7%) are having very low stress, 5 (4.2%) are having low stress, 12 (10.0%) are having average stress, 37 (30.8%) are having high stress and 64 (53.3%) students are having very high and above stress. Hence the researcher concluded that maximum numbers of students are having very high and above stress.

Table 2 shows that 35 (4.2%) are having mild anxiety, 80 (4.2%) are having moderate anxiety, 5 (10.0%) are having severe anxiety. Hence the researcher concluded that maximum numbers of students are having moderate anxiety.

Table 3 shows that 52 (43.3%) are having very minimal depression, 28 (23.3%) are having mild depression, 29 (24.2%) are having moderate depression and 11 (9.2%) are having severe depression. Hence the researcher concluded that maximum numbers of students are having very minimal depression.

The finding is supported by the research conducted by Mostafa Amr., Abdel-Hady El-Gilany., Hanan El-Moafee., Lamea Salama Cristóbal Jimenez. (2011). A study to assess the Stress, anxiety and depression among Mansoura (Egypt) baccalaureate nursing students. First students were stratified into the different academic years (first to fourth). From each year Students were selected through systemic sampling technique (every 4th student) using the master list of students. The sample size was 350. The questionnaire covered socio-demographic factors, grade of the previous year, presence of stressors if any that had occurred during the past twelve months; Perceived Stress Scale (PSS), assessment of physical well-being factors, hospital anxiety and depression scale, neuroticism and extraversion subscales of Eysenck personality questionnaire, including fifteen potential sources of stress (stressors) were included. The finding reveals that there is a high prevalence of stress and depression and moderate prevalence of anxiety among nursing students.

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Conflict of Interest

The author declared no conflict of interest.

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