

Level of Stress and Coping Strategies among B. Sc. Nursing Students

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ABSTRACT

The purpose of this study was to examine the level of stress and coping strategies among B.sc nursing students NRI nursing college, Guntur. A total of 160 students were selected using the stratified random sampling strategy and data was gathered by using perceived stress scale. Data was analyzed using descriptive and inferential statistics. Results indicated that students experience Moderate level of stress. coping strategies were high, year after their course and low among 1st year B.sc nursing students and high among 4th year B.sc nursing students. There was no significant association between level of stress with Age, gender Religion type of family, family income and Type of residence. However, The academic year and marital status were There was significant association between stress and year of study feasible to $p=0.02$; marital status $p=0.04$ stating that married are more stressed than the single. Based on the findings, recommendations such as educating fresh students on adapting to college stressors, provision of counselling services in the colleges and focusing counseling on personal stressors as much as on academic related ones were made for stakeholders and future researchers. Implications of the findings include the fact that they can be useful in the management and counseling of nursing students on coping strategies.

Keywords: *Stress, Nursing students, coping strategies, counselling*

Stress in nursing education is one of the most important issues in the modern world. It can be identifying as a 20th century disease and has been viewed as a complex and dynamic between individual and their environments. It can be regarded as a psychological threat in which the individual perceives a situation as a potential threat. Everyone has stress and which is faced in our daily life.

Nursing students are prone to stress due to the transitional nature of college life. High levels of stress are believed to affect student health and academic functions. If the stress is not dealt

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effectively, Feelings of loneliness, nervousness, sleeplessness and worrying may result. Basically the stress among the student nurses can be divided into four, Social stress, financial stress, Academic stress, Clinical areas stress.

Stress affects the mind. Body and behavior in many ways and everyone experiences stress differently. Long time stress among nursing students or prolonged stress can cause memory problem and inability to concentrate in the studies.

According to the previous research about 63.7% of the students were in the range between 20-22 years and only 36.3% were between 23-24 years majority of the students belong to general category 79.5%, 20.5% belong to Sc\St. Has found that about stress. The stress level of nursing students at different level was mild -34.1%, moderate- 63.6%, Severe -2.3%.

Nursing colleges are now recognized as a stressful environment that often exerts a negative effect on the academic performance and psychological well-being of the students. Academic stress is mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure. Students have to face many academic demands, for example, university examination, answering questions in the class, showing progress in their subjects ,understanding what the teacher is teaching, competing with other class mates, fulfilling teachers and parents academic expectations. These demands may tax or exceed available resources of the students.

Learning to cope with stress is a useful skill for a nursing career and life ahead. By setting priorities, planning ahead and by organizing, self, one can minimize the impact of stress. Thus the present study was conducted to assess the causes of stress and coping strategies used by the newly admitted basic B.Sc. nursing students.

Coping is the process of managing demands that are appraised as taxing. It is not a one-time action that someone takes. “How a person copes can influence the degrees, duration and frequency of a stressful event. There is some ways stress management among the student nurses. i.e family brings great support during problem.

MATERIALS AND METHODS

Objectives of the Study

1. To assess the level of stress among B. Sc. Nursing students
2. To assess coping strategy during stress among B. Sc. Nursing students
3. To determine the association between stress and coping strategies with their selected variables.

Research approach: The researcher assessed the level of stress and Coping Strategy among B. Sc. Nursing Students by using quantitative research approach.

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Research design: The research design adopted for the present study was non experimental descriptive survey design; as it is powerful design for testing a hypotheses of casual relationships among variables.

Setting of the study: The present study was conducted in NRI College of Nursing, Chinakakni, Guntur District, Andhra Pradesh. The setting for the study was chosen as per convenience, availability of the subjects, cooperation from management, cost effectiveness and interest and curiosity of the researcher. Formal permission was obtained from the Principal of NRI College of Nursing for conducting the study.

Population: The accessible population for the present study was Bsc nursing students between the ages 17-35 years studying at NRI college of nursing, chinakakani, Guntur district, Andhrapradesh

Sample and Sampling Technique: the sample for the present study was Bsc nursing students between the age 17-35 years, studying at NRI college of nursing, chinakakani, Guntur, dist , Andhrapradesh. The design employed to recruit the subjects were probability sampling and sampling method was stratified random sampling to select 160 subjects from 1st, 2nd, 3rd and 4th year Bsc nursing students .

Inclusion Criteria

Study included nursing students who are

1. Male and female
2. I,II,III year Bsc nursing students between the ages 17-35 years studying in NRI college of nursing ,Chinakakani, Guntur, Andhrapradesh
3. available at the time of data collection.
4. willing to participate in the study.

Exclusion criteria

Study excluded the BSc nursing students who are

1. Transgender
2. With age below 17 and above 35 years
3. IV years Bsc nursing students.
4. not available at the time of data collection.
5. not willing to participate in the study.
6. Not studying at NRICON

Description of the tool

The structure questionnaire was used in the study to collect socio demographic data such as Age, Gender, Class, Marital status, Type of family, Type of residence, family income monthly, Religion; perceived stress scale to assess the level of stress and coping strategies were assessed by using questionnaire.

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Collection of data

Formal permission was obtained from principal of NRI college of nursing, informed consent was obtained from the respondents and confidentiality was assured to get the cooperation from the subjects throughout the study. The researcher collected the data from 27-9-2016 and 5-10-2016 by using stratified random sampling Technique, stress scale and coping strategies questionnaire was used to gather the data and the respondents who are with stress were referred to clinical psychologist.

RESULTS

Distribution of Sociodemographic Variables among the B Sc Nursing Students Regarding Level of Stress And Coping Strategies (N=160)

S. N	Demographic variables	Frequency	Percentage	
1.	Gender	a. Male	57	35.63
		b. Female	103	64.38
2	Age	a. >18 years	15	9.38
		b. 19-25 years	144	90
		c. 26-30 years	1	0.63
3	Year of the study	a. 1 st years	35	21.87
		b. 2 nd years	50	31.25
		c. 3 rd years	30	18.75
		d. 4 th years	45	28.12
4	Marital Status	a. Single	145	19.62
		b. Married	15	9.37
5	Type of family	a. Nuclear	114	71.25
		b. Joint	46	28.75
6	Type of Residence	a. Living in the Hostel	87	54.37
		b. Living with Parents	66	41.25
		c. Live at Rent	7	4.37
7	Family House whole income monthly	a. <10,000	53	33.12
		b. 10,000-30,000	77	48.12
		c. >50,000	30	18.75
8	Religion	a. Hindu	70	43.75
		b. Muslim	8	5
		c. Christian	82	51.25
		d. Any Other	-	-

The above table describes that, majority of the nursing students were females(103),falling in the age 19-25 years(144),single(145)with nuclear families(114),residing in hostel(67),earning Rs10000-30000(77),believing Christianity(82)and Most of them were from studying second year B.sc nursing(50).

Description of stress

Majority of subjects 60.30% experienced low stress, 37.46% experienced moderate stress, and stress was high among 2.24% subjects. Perceived stress scale mean score (31.33) was

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high for the first year B.sc nursing and low mean((26.28) stress scores among 4th year B.sc nursing.

Description of coping strategies

Mean scores of coping strategies were high year after their course and low among 1st year B.sc nursing students (22.28)and high among 4th year B.sc nursing students (29.66).

Description of Association between stress and demographic variables

There was significant association between stress and year of study feasible to $p=0.02$; marital status $p=0.04$ stating that married are more stressed than the single

Description of Association between coping strategies and demographic variables

As age was continuous variable and it did not follow normality. There was significant association between coping and marital status of the nursing students indicating low coping score of married in contrary to single

DISCUSSION

Stress is a global phenomenon and affects everyone. The incidence of stress among students can have serious and negative effects on their health and studies. Knowledge of the stressors and their severity among nursing students in the nursing training colleges can be helpful in effective management and counseling of the students on how to cope and adapt to stressors. Researchers are therefore interested in assessing level of stress among various categories of students. The present study therefore examined the level of stress and coping strategies among the B.sc nursing students at NRI college of nursing .The findings of the present study provides baseline information for future researchers. The present study also examined the level of stress with regards to the demographic characteristics of respondents .Based on these objectives a number of hypotheses were tested. The findings are discussed in the light of the objectives and hypothesis as follows.

The first objective of the study was to examine the level of stress in terms of its severity among the students. The hypothesis based on this objective stated that respondents would report high & moderate level of stress. The results indicated that the students generally experienced or reported severe levels of stress thus supporting the hypothesis.. This finding is consistent with the findings of previous studies such as that of Seyefatemi et al. and Beck and Srivastava which also revealed that nursing students experience high levels of stress Laddawan Daengthern stated that 2nd and 3rd year students during their clinical practice were at high level of stress 53.2%, followed by 22.7% at moderate level. Edward Abasimi, Samuel et.al indicated that students experience several levels of stress.

The second objective was to examine the level of coping strategies in stress among students. The coping strategies were high year after their course and low among 1st year B.sc nursing students and high among 4th year B.sc nursing students. Charanjeev Sing stated that 2/3rd of interns had moderate to severe stress, especially during their clinical practice and medium

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coping mechanism .It was found that 63.6% of the students experienced stress due to assignments and workload. Sandhya Shrestha stated that majority of the Students experienced moderate stress level and majority of the Students were having moderate coping. The final objective was to assess the association between the level of stress and coping strategies with socio demographic variables. The present study findings are consistent with the findings of previous studies; Atindanbila and Banyem also found no significant differences in stress with regard to gender among undergraduate students. It is partly consistent with their study because it found that married respondents reported significantly higher academic stress and low coping than their single counterparts.

CONCLUSIONS

Strengthening nursing students' positive coping skills may be helpful for them to effectively deal with various stressors during their educational experiences while maximizing learning. Implementing empirically tested approaches may be useful to prevent the recurrence of stress and lessen its impact such as stress management counseling, counseling programs, establishing peer and family support systems, and formulating hospital policies that will support nursing students.

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Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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