

“A STUDY TO ASSESS THE LEVEL OF STRESS AND COPING BEHAVIOR AMONG NURSING STUDENTS AT SELECTED NURSING COLLEGES OF MYSURU”

*Aswathy Devi M. K.

Principal, JSS College of Nursing, Mysuru.

Received date: 03 May 2021

Revised date: 23 May 2021

Accepted date: 13 June 2021

*Corresponding author: Aswathy Devi M. K.

Principal, JSS College of Nursing, Mysuru.

ABSTRACT

Nursing education is a very important stage in a nurse's career. During their professional education, students experience academic demands like tests, theoretical and practical course work, aspects of professional practice as well as the practical matters of providing health services. The aim of this study was to assess the level of stress and coping behavior among Nursing students. A descriptive survey approach was adopted for the study. 60 Nursing students were selected by using simple random sampling technique. Proforma for selected personal variables was used to assess the selected personal variables. Level of stress was assessed by Structured stress scale and Coping behavior was assessed by Structured coping scale. The finding of the study showed that, majority (65%) of students having severe stress, 21.6% of students having moderate stress whereas 13.3% of students having mild stress. The mean level of stress score among nursing students was 28.3 with SD +/- 11.91 ranged from 1 to 47. Majority 32(61.2%) of nursing students had poor coping behavior, 21(21.2%) had average coping behavior and 7(17.6%) had good coping behavior. Mean coping score was 12.5 with SD +/- 9.21 and ranged from 1-30. There was no significant association between level of stress and coping behavior among nursing students with their personal variables such as age, gender, religion, parents education, parents occupation, place of residence.

KEYWORDS: level of stress, coping behaviour and Nursing students.

INTRODUCTION

The word stress is derived from the Latin word "stringi", which means, "to bedrawn tight". Stress can be defined as non specific response of the body to any kind of demand made upon it.^[1] Student at the university level experience high level of stress, related to worry about successes, availability of time, engagement in patient care.^[2] There are many sources of stress among university student, which can be related to academic workload, many assignments, and expose to a new setting. The rate and level of stress and depression is an alarm among students in different academic fields.^[3]

The World Health Organization (WHO) has estimated that stress-related disorders will be one of the leading causes of disability by the year 2020. Nursing schools are now recognized as a stressful environment that often exerts a negative effect on the academic performance and psychological well-being of the students. Studies from the United Kingdom and India have reported increasing levels of stress among nursing students.^[4,5]

A cross sectional study was conducted among 139 students of a nursing college in Delhi selected from different batches by purposive sampling method. Data was collected using a self administered questionnaire consisted of items on socio-demographic profile, clinical stress, stress reactions and coping strategies after getting written informed consent. Data was analyzed using SPSS software (version 17). Coefficient of correlation between clinical stress and stress reaction; stress reaction and coping strategies; clinical stress and coping strategies was calculated and "p" value less than 0.05 was considered significant. The study results revealed that A majority (70.5%) of study subjects were in the age group of 20-22 years, educated up-to post high school (83.4%) and belonged to nuclear families (86.3%). The mean clinical score for stress was 56.8 ± 15.7 . Maximum number of study subjects (76.97%) reported moderate degree of stress with a mean stress score of 60.18. Study subjects reported both psychological and physical stress reactions but physical reactions (average-160.2) were more evident. Study result also revealed that anticipated coping and seeking

social support were the most common coping strategies.^[6]

A descriptive cross-sectional study was carried out to determine the type of stress and coping strategies among nursing students in at University of Dammam in Saudi Arabia. A sample of 184 students were selected by using Convenient sampling technique. The data was collected by Perceived Stress Scale (PSS) and Coping Behaviours Inventory (CBI). The study result revealed that Students perceived moderate level of stress, most commonly attributed to assignments and workload, teachers and nursing staff, peers and daily life, and taking care of patients. The most frequently used coping mechanism was problem solving. The study found that age, Grad Point Average, education level and residence are good predictors of the use of transference as a coping behaviour. The study conclude that A moderate level of stress among students illustrates the need for stress management programs and the provision of suitable support.^[7]

Review of the scientific literature on stressors in Nursing students. The search comprised all the articles published at the end of 2010. The most common sources of stress relate to academics, Other sources of clinical sources stress includes fear of the unknown, a new clinical environment, conflict between the ideal and real clinical practice, unfamiliarity with medical history, lack of professional nursing skills, unfamiliar patients' diagnosis and treatments, providing physical, psychological and social care to patients, fear of making mistakes, giving medication to children, and the death of a patient, In general, no changes occur at the different years of the student's education.^[8]

Other reported sources of stress include negative interaction with instructors, being observed by instructors and being late, poor relationships with clinical staff and even talking with physicians.^[9,10] With this focus a study is planned by the researchers to asses the level of stress and I coping behavior among Nursing students at selected Nursing colleges in Mysuru.

OBJECTIVES OF STUDY

1. To assess the level of stress among Nursing students of selected Nursing institution in Mysuru.
2. To assess the coping behavior among Nursing students of selected Nursing institution of Mysuru.
3. To find an association between the level of level of stress and coping behavior among nursing students with their selected personal variables.

HYPOTHESIS

H₁: Their will be significant association between level of stress and coping behavior among nursing students with their selected personal variables.

DATA COLLECTION PROCEDURE

Formal administrative permission to conduct the study was obtained from the principal of JSS college, Mysuru. In order to obtained free and true response, the subject was explained about the purpose and usefulness of study and assurance about the confidentiality of their responses were also provided. Informed consent was also obtained from the subject was indicating their willingness to participate in the study. Date was collected between 20/9/2020 to 23/9/2020. The study sample were administered with structured stress scale and structured coping scale along with a proforma for selected personal variables through Google forms. The data collection process was terminated after thanking each respondent for their participation and Co – operation.

DATA COLLECTION TECHNIQUE AND INSTRUMENTS

The data collection tool in the study consist of 3 Sections.

SECTION 1

Performa for selected personal variables

Selected personal variables was used to collect sample characteristics viz. age, gender, parent occupation, parent education, religion, place of residence.

SECTION 2

Structured stress scale

The tool consists of 47 items regarding stress which are categorized into following areas like academic stressors includes 18 items, interpersonal stressors includes 7 items, intrapersonal stressors include 15 items, family stressors include 4 items, environmental stressors include 6 items. There were 5 alternative responses.

Columns: seldom, rare, sometimes, often and always, and is scored as 1 for seldom, 2 for rare, 3 for sometime, 4 for often and 5 for always.

SCORING

The total score ranged from 1-47. This was further arbitrarily divided in to (1-15), moderate stress (16-30), and severe stress (31-47)

SECTION 3

Structured coping scale

Structured coping scale was used to assess the coping behavior of Nursing students. The tool consists of 30 items regarding coping behavior which are categorized into following areas like time management includes 10 items, positive thinking includes 10 items and ventilation include 10 items. There were 5 alternative responses.

Columns: never, seldom, sometimes, often and always and is scored as 1 for never, 2 for seldom, 3 for sometime 4 for often and 5 for always.

SCORING

The total score is ranged from 30. This was further arbitrarily divided into poor coping (1-10), moderate coping (11-20) and good coping (21-30).

RESULTS**SECTION: 1****FREQUENCY AND PERCENTAGE DISTRIBUTION OF NURSING STUDENTS ACCORDING TO THEIR SELECTED PERSONAL VARIABLES****TABLE 1**

n = 60

Sl.no	Sample characteristics	Frequency(f)	Percentage(%)
1	Age in years		
	1.1 18-20 years	18	30%
	1.2 21-22 years	42	70%
2	Gender		
	2.1 Male	7	11.7%
	2.2 Female	53	88.3%
3	Religion		
	3.1 Hindu	17	28.3%
	3.2 Muslim	4	6.7%
4	3.3 Christian	39	65%
	Parent education		
	4.1 Non formal education	2	3.4%
5	4.2 Higher primary and secondary school	38	63.3%
	4.3 Graduation	20	33.3%
	Parent occupation		
6	5.1 Government	8	13.3%
	5.2 Private	24	40%
	5.3 Others	28	46.7%
6	Place of residence		
	6.1 Rural	34	56.6%
	6.2 Urban	26	43.4%

SECTION 2**ASSESS THE LEVEL OF STRESS AND COPING BEHAVIOUR AMONG NURSING STUDENTS****PART-1**

Description of the level of stress among nursing students.

TABLE 2

Frequency and percentage distribution according to the level of stress among Nursing students.

Level of stress	Frequency	Percentage
Mild stress	39	65%
Moderate stress	13	21.6%
Severe stress	8	13.4%

TABLE 3

Mean, Median, range and Standard deviation scores of Nursing students regarding level of stress.

n=60

Variables	Mean	Median	Range	Standard deviation
Stress	28.3	36.2	1-47	11.91

PART 2

Description of coping behavior among Nursing students.

TABLE 4
Frequency and percentage distribution according to their coping behavior scores.

Coping behavior	Frequency	Percentage
Poor coping	32	61.2%
Average coping	21	21.2%
Good coping	7	17.6%

TABLE 5
Mean, Median, Range and standard deviation scores of Nursing students regarding coping behavior

Variable	Mean	Median	Range	Standard deviation
Coping behavior	12.5	25.8	1-30	9.21

SECTION 3

ASSOCIATION BETWEEN LEVEL OF STRESS WITH THEIR SELECTED PERSONNAL VARIABLES

Chi-square test was computed to find out the association between level of stress and coping behavior among nursing students with their selected personal variables. This study findings showed that there was no significant association between level of stress and coping behavior among nursing students with their personal variables such as age, gender, religion, parents education, parents occupation, place of residence. Hence the null hypothesis (H_{01}) is accepted and research hypothesis is rejected.

LIMITATIONS

The limitations of the present study were:

1. This study is limited to students between the age group of 18-22years in years in selected college of Mysuru
2. The study adopted non probability convenience sampling technique.
3. The study sample size is only sixty students between the age group of 18 to 22y years hence this limits the generalization of Findings beyond the study samples

RECOMMENDATIONS

1. Similar study can be carried out on a larger sample for broader generalization.
2. A comparative study can be performed about assessing stress and coping behaviour male and female nursing students.
3. An exploratory study can be conducted to find out the factors associated with severe stress and poor coping.

CONCLUSION

A descriptive survey was conducted to assess the level of stress and coping behavior among 1st year Bsc. Nursing students in selected colleges at Mysuru. Data was collected from 60 1st Bsc. Nursing students. Data was analyzed by using descriptive statistics. Frequency, Mean, Median and Standard deviation was computed to analyze the level of stress and coping behavior among Nursing students. Chi square was applied to find out the association between level of stress and coping behavior with their selected personal variables. The analysis of study revealed that the Nursing students had mild level of stress and coping behavior.

BIBLIOGRAPHY

1. RSreevani. Psychology for Nurses. 2nd edition. New Delhi Jaypee Brothers Medical publishers (p) Ltd, 2013; 109-110.
2. Mohamed, B. M., & Ahmed, E. S. Perception of Nursing Students towards Clinical Stressors in the Faculty of Applied Medical Sciences–Al Jouf University-Saudia Arabia. *Journal of American Science*, 2012; 8(12).
3. El Ansari, W., Adetunji, H., & Oskrochi, R. Food and mental health: relationship between food and perceived stress and depressive symptoms among university students in the United Kingdom. *Cent Eur J Public Health*, 2014; 22(2): 90-97. <https://doi.org/10.21101/cejph.a3941>
4. Henson SM, Weldon LM, Hayward JL, Greene DJ, Megna LC, Serem MC. Coping behaviour as an adaptation to stress: post-disturbance preening in colonial seabirds. *Journal of Biological Dynamics*, 2012; 6: 17-37.
5. Gomathi. S. Impact Of Stress On Nursing Students. *International Journal of Innovative Research and Advanced Studies (IJIRAS)*, 2017; 4(4): 107-110.
6. Nirmala Singh, Charu Kohli. Stress Reaction and Coping Strategies among Nursing students in Delhi. *Asian Journal of Nursing Education and Research*, 2015; 5(2): 274-278.
7. Emad Shdaifat1, Aysar Jamama1 & Mohammed AlAmer. Stress and Coping Strategies Among Nursing Students. *Global Journal of Health Science*, 2018; 10(5): 33-41. Available at URL: <https://doi.org/10.5539/gjhs.v10n5p33>
8. Pulido-martos M., Augusto-landa J.M. & Lopez-zafra E. Sources of stress in nursing students: a systematic review of quantitative studies. *International Nursing Review*, 2011; 59(2): 15–25.
9. Salman H. Alsaqri, Stressors and Coping Strategies of the Saudi Nursing Students in the Clinical Training: *Hindawi Education Research International journal*, 2017; 6: 1-7, available at <https://doi.org/10.1155/2017/4018470>.
10. Hanish Dev Bhurtun, et Al, Stress and Coping Among Nursing Students During Clinical Training: An Integrative Review, *Journal of Nursing Education*, 2019; 58(5): 266-272.