

“A Study to Assess the Level of Stress and Health Among Nursing Students At SMVNC, Puducherry”.

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ABSTRACT

Background: Nursing students experience academic, clinical, and interpersonal stress that may affect their health and well-being. **Aim:** To assess the level of stress and health among nursing students at Sri Manakula Vinayagar Nursing College (SMVNC), Puducherry. **Methods:** A quantitative descriptive research design was adopted. The study included 30 B.Sc. Nursing students selected by purposive sampling. Data were collected using a structured questionnaire assessing demographic variables and stress and health-related domains. Stress levels were categorized as very little, mild, moderate, severe, and major stress. Frequency, percentage, mean, standard deviation, and chi-square test were used for analysis. **Results:** Among the 30 participants, 5 (16.7%) had very little stress. Ten (33.3%) participants had mild stress, while 9 (30.0%) had moderate stress. Six (20.0%) participants experienced severe stress, and none had major stress. The overall mean stress score was 92.46 ± 41.19 . The majority of students were aged 20–23 years (73.3%) and female (73.3%). All participants were B.Sc. Nursing students, unmarried, Hindu, and studying in the second year. A statistically significant association was found between monthly family income and stress level ($\chi^2 = 20.373$, $p = 0.0157$). Other selected demographic variables were not significantly associated with stress level. **Conclusion:** The study identified mild to severe levels of stress among a considerable proportion of nursing students. Half of the participants experienced moderate or severe stress. Regular assessment of stress and health is important among nursing students. Counselling, stress-management programmes, and supportive academic environments may promote better coping and well-being.

Keywords: Nursing students; Stress; Health; Stress level; Well-being; Nursing education; Students; Puducherry.

I. INTRODUCTION

Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. In the modern scenario, stress is being reported as one of the most common issues. Stress is a nonspecific response of the body to any demand. On other hand, stressor is an event or any stimulus that causes an individual to experience stress. The World Health Organization has estimated that stress-related disorders will be one of the most leading causes of disabilities by the year 2020. Nursing colleges are now recognized as a stressful environment which often influences the academic performance and the psychological well-being of the students. Sometimes the challenges faced in the clinical setting make the student more stressful. The researchers, as student planned to take up this study and help their fellow batch mates and juniors to identify the stressors at the earliest time and inform the measures that could be taken in the available setting to overcome stress.

STATEMENT OF THE PROBLEM

A study to assess the level of stress and health among nursing students at SMVNC puducherry.

OBJECTIVES OF THE STUDY

- To assess the level of stress and health among nursing students in SMVNC.
- To associate the level of stress and health among nursing students with their selected demographic variables.

II. MATERIALS AND METHODS

This chapter describes the research methodology followed to assess the level of stress and health among nursing students in SMVNC Puducherry. It deals with research approach, research design, setting of the study,

population, sample, sample size, sampling technique, criteria for sample selection, plan for data collection and tools and instruments.

RESEARCH APPROACH

A quantitative research approach is adopted for this present study.

RESEARCH DESIGN

Descriptive research design was adopted for this present study.

SETTING OF THE STUDY

The study was conducted target population for this study comprises of all nursing students at SMVNC.

SAMPLE

The study sample consists of nursing students at SMVNC, Puducherry.

SAMPLE SIZE

Sample size consists of 30 nursing students who meet the inclusion criteria.

SAMPLING TECHNIQUE

Purposive Sampling technique was adopted for this study.

Inclusion criteria:

- Nursing students who were willing to participate.
- Nursing students who are available at the time of data collection.
- Both nursing students male and female

Exclusion criteria:

- B.Sc. Nursing students who are not willing to participate in the study.
- B.Sc. Nursing students who are not available at the period of data collection.

TOOL DESCRIPTION

The structure administered questionnaire consists of two sections.

- **Section A:** This section consists of demographic variables information from the adults such as the age, gender, religion, educational status, occupational status, marital status, family income, dietary pattern, maintaining healthy diet of the clients.
- **Section B:** Knowledge items regarding Wellbeing of Post COVID. It consists of knowledge items of 30 items Multiple Choice Question. Each question has 4 response. All question had only 1 correct answer and 1 wrong answer, awarded as one score for each correct answer 0 score for wrong answer. It consists of questionnaires include Physical Wellbeing, Psychological Wellbeing, Social Wellbeing, Spiritual Wellbeing.

SCORE INTERPRETATIONS

INTREPRETATION	SCORING
Very little stress	0-42
Mild stress	43-84
Moderate stress	85-126
Severe stress	127-168
Major stress	169-210

Table 1: Frequency and percentage wise distribution of demographic variables to associate the level of stress and health among nursing students [n=30]

S.NO	DEMOGRAPHIC DATA	FREQUENCY	PERCENTAGE
1.	Age of year		
	a) 17-19 years	8	26.7
	b) 20-23years	22	73.3
	c) 24-27years	0	0
2.	Gender		
	a) Male	8	26.7

	b) Female	22	73.3
3.	Education		
	a) ANM	0	0
	b) GNM	0	0
	c) B.Sc., (Nursing)	30	100
4.	Marital status		
	a) Married	0	0
	b) Unmarried	30	100
5.	Religion		
	a) Hindu	30	100
	b) Christian	0	0
	c) Muslim	0	0
	d) Others	0	0

Table 1: Frequency and percentage wise distribution of demographic variables To associate the level of stress and health among nursing students

Out of the 30 who were interviewed, Majority of the students 22 (26.7%) of study population were in the age group are 20 to 23 years. Majority of the students were female 22(73.3%). Majority of the students, Educational status were B.SC 30(100%).

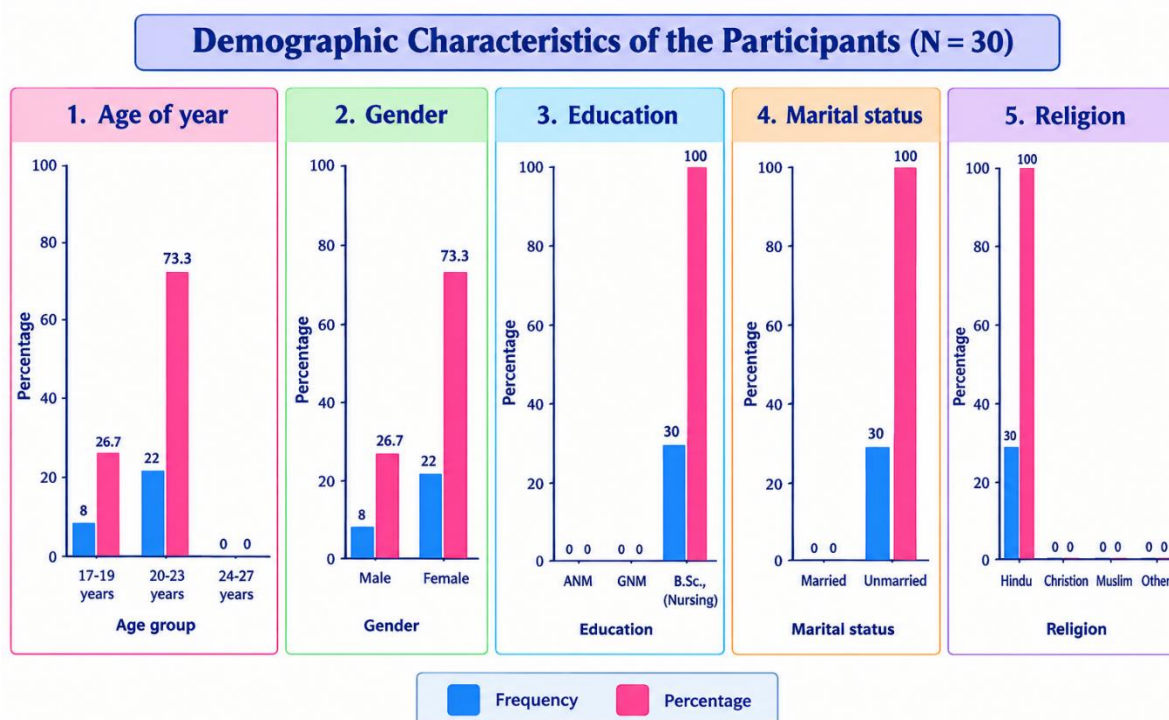


FIGURE: 1

Table 2: Frequency and percentage wise distribution of demographic variables to associate the level of stress and health among nursing students

S.NO	DEMOGRAPHIC DATA	FREQUENCY	PERCENTAGE
1.	Year of study		
	a) I year	0	0
	b) II year	30	100
	c) III year	0	0

	d) IV year	0	0
2.	Residency		
	a) Urban	15	50
	b) Rural	15	50
3.	Mode of the stay		
	a) Private hostel	3	10
	b) College hostel	9	30
	c) Home	18	60
	d) Rent house	0	0
4.	Father occupation		
	a) Government job	4	13.3
	b) Non-government job	15	50
	c) Businessman	3	10
	d) Agriculture	8	26.7
5.	Birth of the order		
	a) 1 order	19	63.3
	b) 2 orders	9	30
	c) 3 orders	2	6.67
6.	Sources of the information		
	a) Newspaper	1	3.33
	b) Books	6	20
	c) Television	2	6.67
	d) Internet	21	70
7.	Type of family		
	a) Nuclear family	25	83.3
	b) Extended family	2	6.67
	c) Joint family	3	10
8.	Monthly income		
	a) >Rs.15000	8	26.7
	b) Rs.15000-Rs.20,000	13	43.3
	c) Rs.20,000-Rs.25,000	5	16.7
	d) >Rs.20,000	4	13.3
9.	Facilities of internet in home		
	a) Mobile phone	27	90
	b) WIFI	3	10
10.	Facilities used for online		
	a) Smart phone	27	90
	b) Laptop	2	6.67
	c) Computer	1	3.33
11.	Education qualification of parents		
	A. No formal education	6	20
	B. Primary school	8	26.7
	C. High school	4	13.3
	D. Intermediate	12	40

Majority of the students, Monthly income of the family per month were 17 (56.7%) Below Rs.5000/-, All of the students were Unmarried 30 (100%). Majority of the students were hindu 30 (100%). Majority of the students were II Year 30 (100%). Majority of the students, days scholars 18 (60%). Majority of the students were non govt job 15 (66.7%). Majority of the students were birth order is 1st 19 (63.7%). Majority of the students, Source of

information regarding cancer were Medical professionals 15(50%). Majority of the students source of information is internet 25(83.3%).

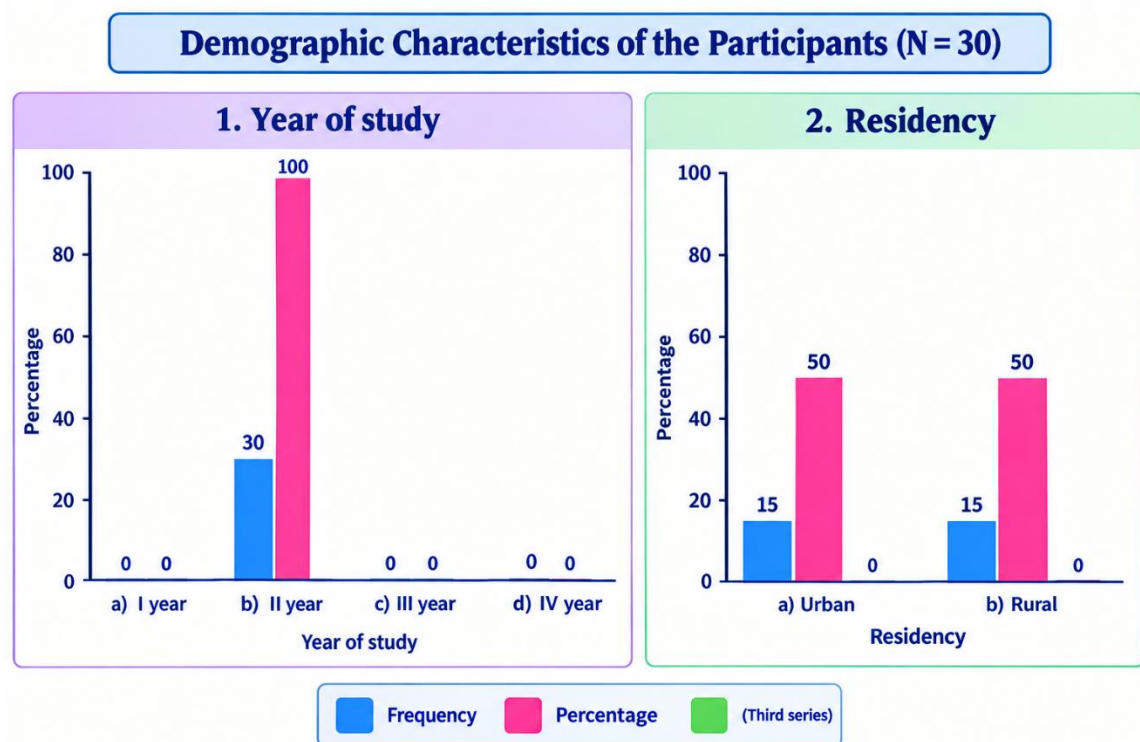


FIGURE:2:

TABLE – 3 : Assessing the level of stress and health for nursing students using student stress rating scale. [n= 30]

SCORING INTERPRETATION	FREQUENCY	PERCENTAGE
Very little stress	5	17
Mild stress	10	33
Moderate stress	9	30
Severe stress	6	20
Major stress	0	0

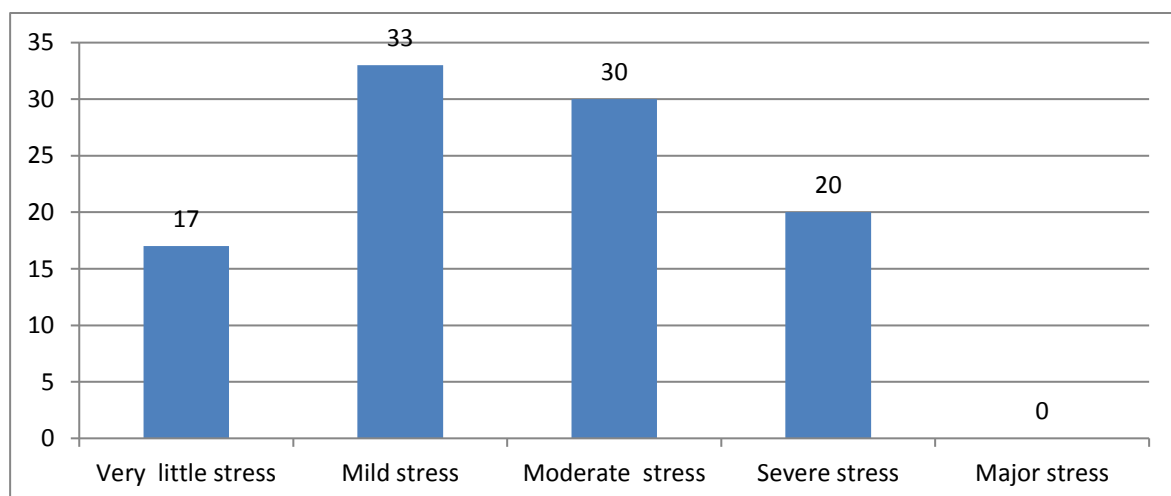


FIGURE:3

TABLE – 4: Mean and Standard deviation of level of stress and health was obtained [N = 30]

MEAN	STANDARD DEVIATION
92.46	41.19

It Shows that area wise mean and standard deviation about the level of knowledge regarding level of stress among nursing students. The findings reveal that mean (92.46) and standard deviation (41.19) of knowledge of level of stress among nursing students

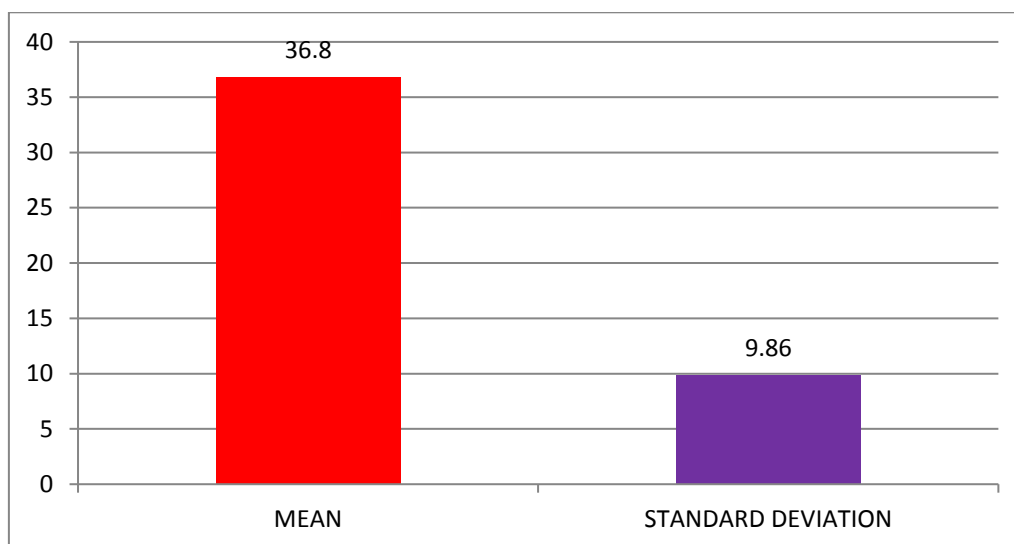


FIGURE: 4

TABLE – 5 : Association between the level of stress and health among nursing students with their selected demographic variables. [n = 30]

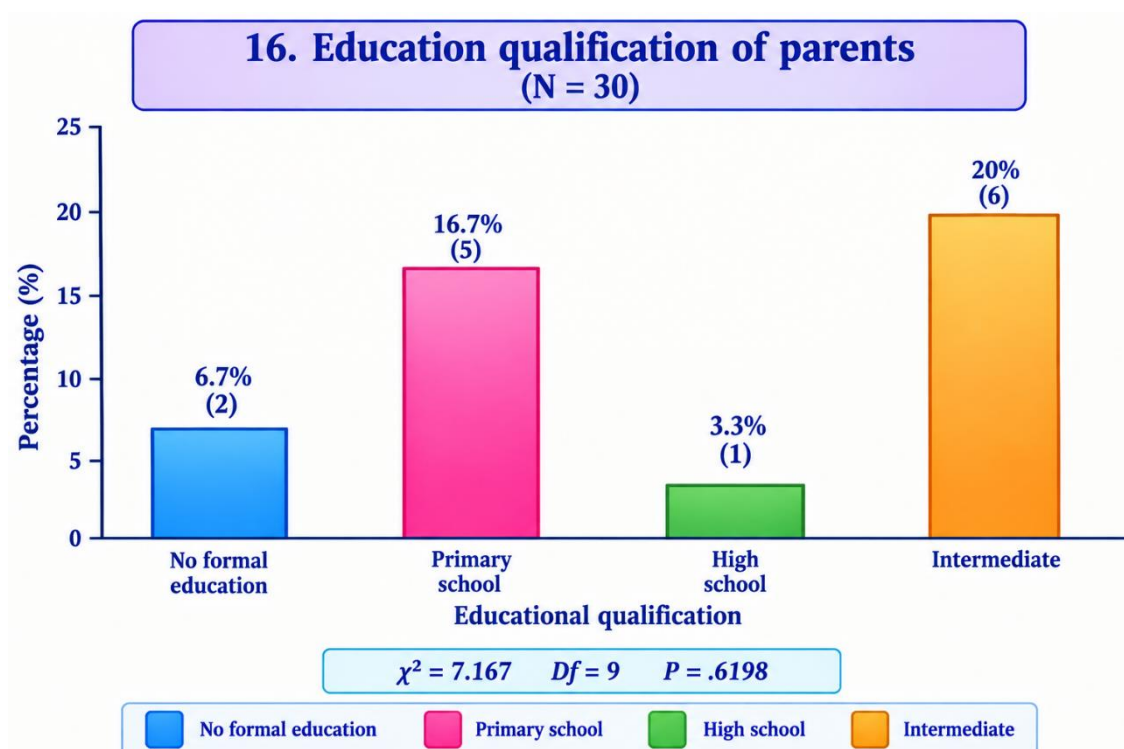
S.NO	DEMOGRAPHIC DATA	Very little stress		Mild stress		Moderate stress		Severe stress		X ²
		N	%	N	%	N	%	N	%	
1.	Age of year									X ² =3.319 Df=3 P=.345
	17-19 years	1	3.3	3	10	1	3.3	3	10	
	20-23years	4	13.3	7	23.3	9		3	10	
	24-27years	0	0	0	0	0		0		
2.	Gender		0							X ² =5.170 Df=3 P=.1597
	Male	3	10	3	23.3	2	6.7	0		
	Female	2	6.7	7	33.3	7	23.3	6	20	
3.	Education		0							X ² =1
	ANM	0	0	0	33.3	0		0		
	GNM	0	0	0	0	0		0		
	B.Sc., (Nursing)	5	16.7	10	33.3	9	30	6	20	
4.	Marital status									X ² =1 1
	Married	0	0	0		0		0		
	Unmarried	5	16.7	10	33.3	9	30	6	20	
5.	Religion		0							X ² =1 1
	Hindu	5	16.7	10	33.3	9	30	6	20	
	Christian	0	0	0		0		0		
	Muslim	0	0	0		0		0		
	Others	0	0	0		0		0		

6.	Year of study		0							X ² =1
	I year	0	0	0		0		0		
	II year	5	16.7	10	33.3	9	30	6	20	
	III year	0	0	0		0		0		
	IV year	0	0	0		0		0		
7.	Residency		0							X ² =3.867 Df=3 P=.2761
	Urban	4	13.3	6	20	3	10	2	6.7	
	Rural	1	3.3	4	13.3	6	20	4	13.3	
8.	Mode of the stay		0							X ² =3.907 Df=6 P=.6892
	Private hostel	0	0	2		1	3.3	0		
	College hostel	1	3.3	2	6.7	3	10	3	10	
	Home	4	13.3	6	6.7	5	16.7	3	10	
	Rent house	0	0	0		0		0		
9	Father occupation		0							X ² =9.425 Df=9 P=.3990
	Government job	0	0	3	10	1	3.3	0		
	Non-government job	3	10	6	20	4	13.3	2	6.7	
	Businessman	0	0	1	3.3	1	3.3	1	3.3	
	Agriculture	2	6.7	0		3	10	3	10	
10.	Birth of the order		0							X ² =5.426 Df=6 P=.4905
	1 order	4	13.3	8	26.7	4	13.3	3	10	
	2 orders	1	3.3	1	3.3	4	13.	3	10	
	3 orders	0	0	1	3.3	1	3.3	0		
11.	Sources of the information		0							X ² =8.857 Df=9 P=.4506
	Newspaper	0	0	1	3.3	0		0		
	Books	0	0	2	6.7	2	6.7	2	6.7	
	Television	0	0	2	6.7	0		0		
	Internet	5	16.7	5	16.7	7	23.3	4	13.3	
12.	Type of family		0							X ² =9.847 Df=6 P=.1312
	Nuclear family	4	13.3	9	30	7	23.3	4	13.3	
	Extended family	1	3.3	1	3.3	2	6.7	0		
	Joint family	0	0	0		0		2	2.7	
13.	Monthly income		0							X ² =20.373 Df=9 P=.0157**
	>Rs.15000	2	6.7	3	10	3	10	0		
	Rs.15000-Rs.20,000	3	10	6	20	2	6.7	2	2.7	
	Rs.20,000-Rs.25,000	0	0	0		4	13.3	1	3.3	
	>Rs.20,000	0	0	1	3.3	0		3	10	
14.	Facilities of internet in home		0							X ² =2.716 Df=3 P=.4375
	Mobile phone	5	16.7	9	30	7	23.3	6	20	
	WIFI	0	0	1	3.3	2	6.7	0		
15.	Facilities used for online		0							X ² =6.568 Df=6 P=.3627
	Smart phone	5	16.7	8	26.7	8	26.7	6	20	
	Laptop	0	0	2	6.7	0		0		
	Computer	0	0	0		1	3.3	0		

16.	Education qualification of parents		0							$\chi^2=7.167$ Df=9 P=.6198
	No formal education	1	3.3	2	6.7	1	3.3	2	6.7	
	Primary school	1	3.3	1	3.3	5	16.7	1	3.3	
	High school	1	3.3	1	3.3	1	3.3	1	3.3	
	Intermediate	2	6.7	6	20	2	6.7	2	6.7	

*-p<0.05, significant and **-p<0.001, highly significant

Table 5: Shows that association on assess the findings reveal that Out of 30 Nursing students, Majority of the nursing students had 5(17%) very little level of stress, 10(33%) of them had mild level of stress, and 9(30%) Moderate level of stress, 6 (20%) of them had severe level of stress and that mean (92.46) and standard deviation (41.19) of knowledge of level of stress among nursing students respectively. The chi square reveals that it is statistically association with gender belongs to highly significant **-p<0.001, name of the unit belongs to significant *-p<0.05, others are belongs to non-significance.



III. RESULTS

The findings reveal that Out of 30 Nursing students, Majority of the nursing students had 5(17%) very little level of stress, 10(33%) of them had mild level of stress, and 9(30%) Moderate level of stress, 6 (20%) of them had severe level of stress and that mean (92.46) and standard deviation (41.19) of knowledge of level of stress among nursing students respectively.

IMPLICATION OF STUDY

The study had implications for nursing education, nursing practice, nursing administration, and nursing research.

NURSING EDUCATION

- As nursing educator nurse plays a major role in educating the students regarding how to manage stress and social stigma associated with the stress level and can play a major role in identifying risk factors and educating students about the effect of stress in family and society.

NURSING PRACTICE

- In nursing practice the main factor is to identify the cause and risk factors related to stress and health in individual, family, and society.

- A nurse can counsel to the students members to identify their problems and help them to cope up with the situation. A nurse can assess the stress in failure students and patients.

NURSING ADMINISTRATION

- As being the nurse administration a nurse should conduct the program to bring the awareness related to effect of stress (on health, economy, and society).
- The nurse should involve in planning and organizing health awareness program at the colleges and university level. To prevent and cope up with stressful situations.

NURSING RESEARCH

- This study helps to others scholars or the researcher to conduct such studies again. The study will provide as the reference and motivation for other researcher.
- This study will encourage the scholars to implement action to solve the identified problems or issues encountered during study.

IV. RECOMMENDATIONS

Based on the findings of the present study, the following recommendations have been found:-

- A similar study reflects on a larger sample to generalize the study results.
- Similar study can be used to assess the level of stress and health in nursing students.
The study can be implemented at various states of India.
- Descriptive study can be conducted with structured teaching programme on knowledge, attitude and practice.
- The study can be replicated with larger study participants for better generalisation.

V. CONCLUSION

Nursing students face not only academic stress during their training but also stress at work. Time pressures, workloads, decision making, continuous changes and financial failures at work are the most common stressors. The study revealed that gender and punishment given by teacher and other demographic variables were not associated with students' stress levels.

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