The Level of Stress among B Sc. Nursing 1st Year Students and Gnm 1st Year Students.

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Abstract:- *It has been estimated that most of all student experience academic related stress that affect their academic performance information load ,high expectation , academic burden or pressure, unrealistic ambitions limited opportunity ,high competitiveness are some of the source of the stress which create the tension ,fear and anxiety.*

The objectives of the study were to assess the level of stress among B Sc. Nursing 1st year student and GNM 1st year students studying in RMCH Bareilly . Materials and Methods: Descriptive design was used. The sample for the study was n=50. B Sc. Nursing 1st year student and GNM 1st year students studying in RMCH Bareilly were selected by using Non probability convenient sampling technique. A structured knowledge questionnaire was used to assess the level of stress; the data was analyzed by using descriptive statistics. Results: The study observes that 30% of the children were having NO stress, 38% of the students suffering from mild stress & moderate 20% where as 12% with severe stress. Conclusion: the study concluded that the highest rate of stress was among girls. Mental and psychological care should be part of routine health care provided to nursing students. There is need for well developed system of care for nursing students.

Keywords: *stress, B.Sc.Nursing1st year and GNM 1st year students, Health education pamphlets.*

I. Introduction

Stress is the 'non-specific response of the body to any kind of demand made upon it'.

SELYE-1956

Stressors are demands made by the internal or external environment that upset balance, thus affecting physical and psychological well-being and requiring action to restore balance (Lazarus & Cohen, 1977). However, they differ from the degree of severity and duration of stress; what is stressful for an individual may not be a stressor for another.

Stress is the emotional and physical strain caused by our response to pressure from the outside world. It is specific response by the body to a stimulus that disturbs normal functioning. 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.

Stress is a normal part of life. In small quantities, stress is good; it can motivate us . However, too much stress, or a strong response to stress can be harmful. How we perceive a stress provoking event and how we react to it determines its impact on our health.

College students, especially fresher are particularly prone to stress due to transitional nature of college life. Students may need to develop entirely new social contacts and are expected to take responsibility for their own needs. Stress among nursing students is a paramount concern of nursing educators because high stress levels often lead to decreased learning and higher drop-out rates. Moderate to high levels of stress have been found to have a negative effect on learning and impaired judgment. The purpose of this exploratory study was to determine the level of stress experienced by nursing students enrolled in their first nursing course. Stress experienced by nursing students may adversely affect academic achievement, personal wellbeing and long-term professional capabilities. These experiences may interfere with the learning process in nursing students, and may put students at risk for physical or psychological problems. The complex nature of the nursing profession places unique demands and challenges on students in dealing with patients.

Clinical sources of stress include working with dying patient interpersonal conflicts with other nurses, in security about personal clinical competence, fear of failure, interpersonal problems with patient work overload and concerns about nursing care given to patients. Learning psychomotor skills, E.G. administering injection and performing female catheterization have been associated with high levels of anxiety and a perceived lack of practical skills is a common worry for many students.

Several studies suggested that there are many sources of stress during undergraduate nursing education and training. The most common sources of stress identified by students and faculty that relate to academics includes academic demands, assignments and examinations, 11 high workload, and combining clinical work with academic demands. Other reported sources of stress include negative interaction with instructors, being observed by instructors and being late, poor relationship with clinical staff student nurses.

II.   Need for study

It has been estimated that 10% to 30% student experience academic related that affect their academic performance information load ,high expectation , academic burden or presser, unrealistic ambitions limited opportunity ,high competitiveness are some of the source of the stress which create the tension ,fear and anxiety. Mental illness is a major concern for the college student population, yet nearly half of the students report receiving no education on mental health issues before starting college, including education from family, friends, teachers, counselors. In addition, approximately half of students report receiving no information on mental health from their college or university.

According to **NAMI (National Alliance on Mental Illness),** on mental health needs and how they can be better support those students' academic experience., the NAMI surveyed from August to November 2011 among 765 people diagnosed with a mental health condition who are currently enrolled in college (68 percent were) or were enrolled within the past five years. The study results revealed that depression is one of the most common problems for students, with 27 percent reporting it as their primary diagnosis. Twenty-four percent had bipolar disorder, 11 percent reported anxiety, and 12 percent had other conditions such as eating disorders, autism and obsessive-compulsive disorder.

Department of Community Medicine, New Delhi, has done an Assessment of mental health status of senior secondary school children. A cross-sectional study was carried out on a sample of 458 children, selected by 2-stage sampling. Goldberg's General Health Questionnaire containing 60 items (GHQ-60) was used for assessment of mental health. GHQ was administered to 239 boys and 219 girls in the age group of 15 to 20 years. the study results shown that out of 458 students, 113 (24.7%) had a score>or=16, the cutoff score, indicating mental morbidity among them. Among boys and girls, 28.5% and 20.5%, respectively, had some component of mental morbidity. Morbidity was significantly higher in children hailing from nuclear families and among children who had either failed or those who had scored highest in the class.

Stress among students:

The study was conducted at the national institute a nursing education PGIMER, Chandigarh, the target population consisted of all the b.sc nursing 1ˢᵗ year (4ᵗʰ batch) students, study sample comprised of 40 nursing student, mean age of the subjects was 78.23 years, ranging between 17-20 years the study revealed that 48.83% were having mild stress and only 11.62% had moderate stress. A study in Thai done by Ratana in 2003, she measured stress prevalence by using standard stress scale in 871 adolescence students age 12-22 years. One third 34.9% of the student having stress symptoms, late adolescence (18-22 years) suffered with high % at 33.1% gender differences existed in stress symptoms in all subjects with P-value<0.001, females were more likely than males to have stress symptoms.

A descriptive study to assess the level of stress among B Sc. Nursing 1ˢᵗ year student and GNM 1ˢᵗ year student in RMCH barelly U.P. with a view to develop health education pamphlet
 Objectives
* To assess the level of stress among student.
* To find the association between the level of stress and selected demographic variable.
*To prepare and distribute health education pamphlet among the student.

HYPOTHESIS
H1- There will be significant association between the level of stress and selected demographic variables.

III.   Material And Methods

Research design:- In this study descriptive design was used
Research setting: The study was conducted in "ROHILKHAND MEDICAL COLLEGE AND HOSPITAL, BAREILLY U.P".
Sample and sampling techniques:- 50 students with age group of 19 years and above who were studying in RMCH were selected by using non- probability convenient sampling techniques

Criteria for sample selection:-
Inclusive criteria:
Studying in RMCH at Bareilly.
* First year students age groups of 19 years and above.
* Students, who came in class at the time of data collection
Exclusive criteria:
* Students, who were not ready to participate.
*Students, who were not available at the time of study.

Ethical consideration:- The study protocol approved by the Research ethics committee of the faculty of the Nursing. The nature of the study was harmless. All data were kept confidential and used only for the research purpose. The study subjects willingly agreed to participate in the study and gave their verbal consent and each participant was free to withdraw at any time throughout the study. Before the interview, students were informed about the purpose of the study and assured them about confidentiality of data. The interview took about 20-30 minute

Development of data collection instrument:- The tool was constructed to assess the knowledge of 1st year students regarding stress. Extensive review of literature i.e. books, journals, internet expert opinion, the investigator professional experience was provided for the construction of structured tool.

Tool description
The instruments used for data collection was structured knowledge questionnaire, which consist of 3 sections
The tool consist of the following sections
✓   Section A- Includes the socio-demographic variables.
✓   Section B- Structured interview schedule to assess psychosocial problems.
✓   Section C- Increase rating scale to assess coping strategies.

IV. Result And Discussion

S.NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	**AGE IN YEARS**		
	19 years	33	66%
	Above 19 years	17	34%
2.	**GENDER**		
	Male	15	30%
	Female	35	70%
3.	**COURSE**		
	B Sc. Nursing	25	50%
	GNM	25	50%
4.	**RELIGION**		
	Hindu	35	70%
	Muslim	4	8%
	Sikh	5	10%
	Christian	6	12%
5.	**TYPES OF FAMILY**		
	Nuclear	27	54%
	Joint	15	30%
	Broken	1	2%
	Separate	7	14%
6.	**NUMBER OF SIBLINGS**		
	1	8	16%
	2	9	18%
	3	13	26%
	Above	20	40%
7.	**OCCUPATION OF PARENTS**		
	Government	19	38%
	Private	12	24%
	Self-employ	11	22%
	Others	8	16%
8.	**RESIDENTIAL AREA**		
	Rural	15	30%
	Urban	15	30%
	City	20	40%
	Capital		
9.	**SOURCE OF INFORMATION REGARDING STRESS**		
	Television	11	22%
	Newspaper	7	14%

	Internet	24	48%
	Others	8	16%

Table 1- Frequency and percentage distribution of students according to demographic variable.
N=50

S No.	LEVEL OF STRESS	SCORE	FREQUENCY	% OF STUDENTS
1.	No stress	0-6	15	30%
2.	Mild stress	7-12	19	38%
3.	Moderate stress	13-18	10	20%
4.	Severe stress	19-24	6	12%
	TOTAL		50	100

Table 2: Frequency and percentage distribution of the level of stress among B Sc. Nursing 1ˢᵗ year and GNM 1ˢᵀ year students.

The diagrammatic representation of the Table 2 shows that less than half (38%) of the sample had mild stress and (20%) shows moderate stress whereas (12%) suffered severe stress which indicates the direct need for an intervention to combat this serious problem

Table 3: Mean, SD and Mean % of stress level among 1ˢᵗ year students

N=50

Variable	Mean	SD
Stress among students	10.4	4.97

Maximum score =24
Data in Table 3 shows overall Mean, SD & Mean % of stress among 1ˢᵗ year students.

To test the association between the level of stress and selected demographic variables.

Table 4: Association between level of stress and demographic variables among students N=50

S.N.	Demographic variable	No stress		Mild stress		Moderate Stress		Severe stress		Df	Calculated value (χ2)	Tabulated value	Level of Significance
		F	%	F	%	F	%	F	%				
1.	**Age in years….** **a)**19 years b)Above 19 years	11 4	22% 8%	11 8	22% 16%	6 4	12% 8%	4 2	8% 4%	3	6.23	7.82	#
2.	**Sex…..** a) Male b)Female	5 10	10% 20%	7 12	14% 24%	1 9	2% 18%	2 4	4% 8%	3	2.409	7.82	#
3.	**Course..** a) B Sc.(N) b) GNM	9 6	18% 12%	10 9	20% 18%	3 7	6% 14%	3 3	6% 6%	3	2.252	7.82	#
4.	**Religion…** a) Hindu b) Muslim c) Sikh d) Christian	11 2 2 0	22% 4% 4% 0%	16 0 3 0	32% 0% 6% 0%	5 1 3 1	10% 2% 6% 2%	3 1 0 2	6% 2% 0% 4%	9	15.099	16.92	#

5.	**Types of family….** a) Nuclear b) Joint c) Broken d) Separate	8 6 0 1	16% 12% 0% 2%	7 8 1 3	14% 16% 2% 6%	9 1 0 0	18% 2% 0% 0%	3 0 0 3	6% 0% 0% 6%	9	17.159	16.92	*
6.	**Number of siblings….** a) 1 b) 2 c) 3 d) Above	2 3 4 6	4% 6% 8% 12%	3 4 5 7	6% 8% 10% 14%	2 2 3 3	4% 4% 6% 6%	1 0 0 5	2% 0% 0% 10%	9	5.1138	16.92	#
7.	**Parents occupation** a)Government job b)Private – job c)Self employed d) Others	5 2 4 4	10% 4% 8% 8%	9 7 2 2	18% 14% 2% 4%	3 1 5 1	6% 2% 10% 2%	2 2 1 1	4% 4% 2% 2%	9	11.895	16.92	#
8.	**Residential area** a)Rural b)Urban c)city d) Capital	5 7 3 0	10% 14% 6% 0%	5 4 10 0	10% 8% 20% 0%	5 2 3 0	10% 4% 6% 0%	0 2 4 0	0% 4% 8% 0%	9	9.05	16.92	#
9.	**Source of information** a)TV b) Newspaper c)Internet d)Others	2 4 8 1	4% 8% 16% 2%	4 3 8 4	8% 6% 16% 8%	5 0 3 2	10%0 6% 4%	0 0 5 1	0% 0% 10% 2%	9	12.476	16.92	#

This table shows that there was significant association between levels of stress and variable like types of family and stress at the level $p < 0.05$, hence the hypothesis is accepted.

Major Findings of the Study:
The findings are summarized to as follows:
- Highest percentages of students (66%) were in age group 19 yrs.
- Maximum samples were females (70%).
- Highest percentage of religion (70%) was Hindu.
- Majority (54%) were belonging to nuclear family.
- Majority (40%) were having above number of siblings.
- Majority of samples parentshaving government job (38%).
- Highest percentage (40%) belonged to city background.
- Majority (48%) were having information regarding stress from internet.

The overall mean for the stress among B Sc. (N) and GNM 1ˢᵗ year students was 10.4 with the SD of 4.97. The study proved that there was no significant association between demographic variables such as age, gender, course, religion, number of siblings, parents occupation, residential area, source of information. But there was significant association between types of family and stress.

Interpretation-
The finding of the present study identifies the thrust area in the field of mental health i.e stress among 1ˢᵗ year students. It highlights the global concern for prompt intervention in order to promote their psychological

wellbeing. The study observe that 38% of the students were suffering from mild stress and moderate 20% whereas 12% with severe stress.
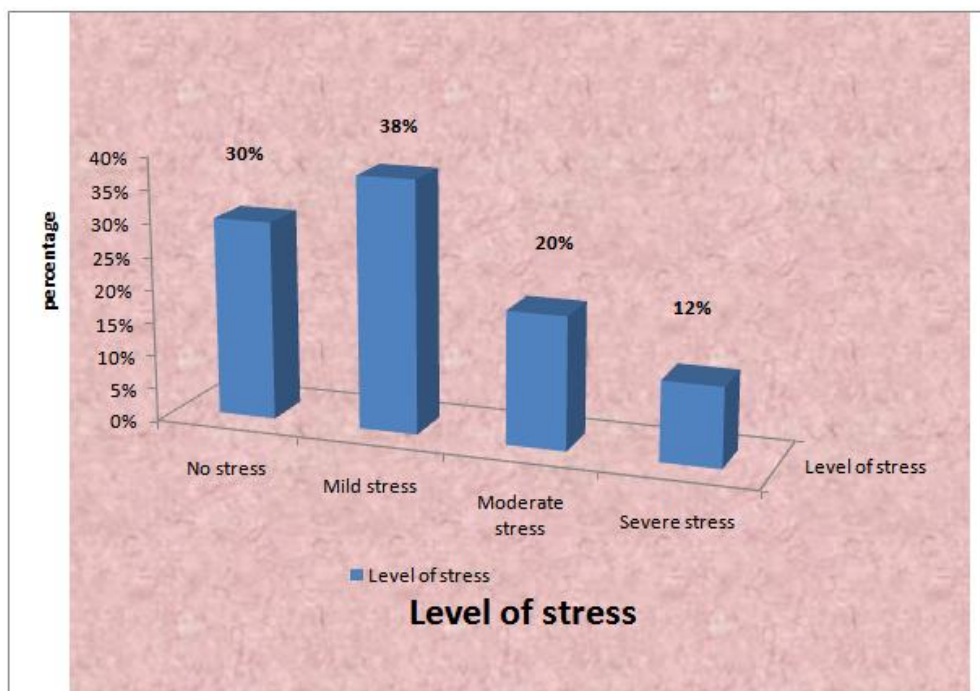

Figure 1:- Bar diagram representing grading of stress level among the students

Recommendations
Based on the findings of the study the following recommendations have been recommended for further research:
- ✓ A large scale study can be conducted on larger samples to generalize the findings.
- ✓ A pre experimental study can be conducted to assess the level of stress among 1ˢᵗ year students.
- ✓ A descriptive study can be conducted to assess the level of stress among B Sc.(N) & GNM 1ˢᵗ year students.
- ✓ A study can be done on the health care providers regarding the level of Stress.
- ✓ The instrument used for assessing level can further be developed and evaluated for standardizing it.

IV.   Conclusion

On the basis of findings of the study obtained following conclusions were drawn.

The highest rate of stress was among girls.Nursing students experienced significant stress during their study period. Environmental factors like overcrowding in one dormitory, change in living environment and personal factors like problem of poor personal relations and wariness about family and academic factors are almost problems of all students. They used limited coping methods, they lacked awareness of counselling and guidance service and hence the utilization of these services in the campus was negligible. Stress influences the wellbeing and academic performance of student's. If it is not identified and managed effectively; it could adversely affect nursing students' health and have a negative influence on their perception of this noble profession.

There is need for regular psychological assessment of the students should be carried for early detection and proper management of any mental abnormalities especially among girls.

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