



A STUDY TO ASSESS THE STRESS AND HEALTH AMONG NURSING STUDENT

B.Sc. Nursing III Year Students*¹ and Prof. Dr. G. Neelakshi*²

²*Professor, Department of Psychiatric Nursing, Faculty of Nursing, Sri Ramachandra University, Tamil Nadu, India.

***Corresponding Author: Prof. Dr. G. Neelakshi**

Professor, Department of Psychiatric Nursing, Faculty of Nursing, Sri Ramachandra University, Tamil Nadu, India.

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ABSTRACT

A Descriptive study design with survey approach was used for this study to assess the stress and health among nursing students studying at selected nursing college studying 2nd 3rd & 4th year B.Sc. nursing program available during the data collection period. 240 students were collected by Purposive sampling techniques. The subjects were assessed for their perceived stress and health using Perceived stress scale comprised 30 items with Six Factors; Each item is assessed using 5 point Likert scale ranging from '1' (not stressful at all) – '4' (very stressful at all). The total score ranged from 1 – 120. The higher score indicated 'higher degree of stress. & Bio psycho social response scale comprised of 22 items with Six Factors: Each item is assessed using a 'five' point Likert scale, ranging from 1 (never) – 4 (always). Total score range from 1-88. A higher score indicates the presence of more symptoms and poorer bio-psychosocial status. developed by Sheu et al, 2002).

KEYWORDS: Health, Stress and Nursing Students.

INTRODUCTION

Stress is a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation. Stress can be external and related to the environment but may also be created by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc. Humans experience stress when they do not believe that their resources for coping with obstacles (stimuli, people, situations, etc.) are enough for what the circumstances demand them. Stress causes a surge of hormones in our body: mainly cortisol, adrenaline and nor-adrenaline. These stress hormones are released to boost your ability to deal with pressures or threats, described as fight or flight. Once that pressure or threat has passed, stress hormone levels usually return to normal. If we are under constant stress, these hormones remain in your body causing the symptoms of stress. Stress is a major problem for nursing students. It is an emotional problem that slow down the learning and performance of an individual. When compared to students from other health related courses, nursing students have been reported to experience higher levels of stress and more physical and psychological symptoms. Stress leads to many issues with emotional and physical health and can be brought on by a number of causes. Stress is an organism's response to a stressor. A stressor is any action or situation that places physical or psychological demands on a person and can be anything that can unbalance an individual's equilibrium. Stressors that causes stress

among nursing students may be due to financial stress, multitasking stress facing the future, increased responsibility and independence, love affairs, diagnosed with known illness, substance abuse, lack of bonding with parents, financial problems, love affairs, lack of friendship, leisure time activities, lack of sleep at night, not interested in nursing, clinical practices schedule, time bound in completion of requirement., etc. There is likely a connection between stress and illness. Theories of the stress – illness link suggest that both acute and chronic stress can cause illness. According to these theories, both kinds of stress can lead to changes in behavior and in physiology. Behavioral changes can be smoking and eating habits and physical activity. Physiological changes can be changes in sympathetic activation or hypothalamic pituitary adrenal corticoid activation and immunological function. Stress can make the individual more susceptible to physical illnesses like the common cold. Stressful events, such as job changes, may result in insomnia, impaired sleeping and health complaints. Research indicates the type of stressor (whether it is acute or chronic) and individual characteristics such as age and physical well-being before the onset of the stressor can combine to determine the effect of stress on an individual. An individual's personality characteristics (such as level of neuroticism), genetics, and childhood experiences with major stressors and traumas may also dictate their response to stressor.

OBJECTIVES

To assess the stress and health among nursing student

To correlate demographic variables among three programs students

To correlate the stress and health among nursing student

MATERIAL AND METHODS

The present study was conducted using descriptive study design with survey approach to assess the stress and health among nursing students studying at selected nursing college studying 2nd, 3rd & 4th year B.Sc. nursing program available during the data collection period. 240 students were collected by Purposive sampling techniques. The subjects were assessed for their perceived stress and health using Perceived stress scale comprised 30 items with Six Factors; Each item is assessed using 5 point Likert scale ranging from '1' (not stressful at all) – '4' (very stressful at all). The total score ranged from 1 – 120. The higher score indicated 'higher degree of stress. & Bio psycho social response scale comprised of 22 items with Six Factors: Each item is assessed using a 'five' point Likert scale, ranging from 1 (never) – 4 (always). Total score range from 1-88. A higher score indicates the presence of more symptoms and poorer bio-psycho-social status. Developed by Sheu *et al.*, (2002).

RESULTS

Year wise Frequency and percentage distribution of background variables of nursing students from 2nd to 4th year (N=243) age, professionals in family, interest in clinical experience, clinical practice schedule, arrears, substance abuse, spending leisure time, love affairs, arrears of current posting, financial problems, mode of transport, parent live together, type of friendships and time spending with friends were statistically significant at p= .001 level except mode of entry into nursing program, diagnosed as illness, interest in course at the moment of study, residence and sex of the students (table-1).

Frequency and percentage distribution of Health of nursing students among 2nd, 3rd & 4th year (N=243), majority 87 (87%), 83 (96.5%) and 48 (84.2%) had low level of health with mean and standard deviation of 19.83+-11.245. The interpretation of the scores says that lower the score higher the health status (Table 2). In the present study all three program students had lower degree of health symptoms. It indicates that students had good bio-psycho-social health status.

Frequency and percentage distribution of perceived stress of nursing students among 2nd, 3rd & 4th year (N=243), majority 71 (71%), 78 (90%) and 46 (80.7%) had perceived mild level of stress with mean and standard deviation of 33.58+-13.978. The interpretation of the scores says that lower degree of score indicated lower level of stress (Table 3). Result denotes that all three programs students had low level of stress.

Mean and Standard deviation score of bio-psycho-social health among 2nd, 3rd & 4th year nursing students were

19.06 +-11.507, 20.24 +- 7.60 and 20.56 +- 14.62 respectively with a p value of .663 at .05. It showed that there was no statistical significance identified in term of their bio-psycho-social health status. Whereas the Mean and Standard deviation score of perceived stress among 2nd, 3rd & 4th year nursing students were 35.26 +- 16.075, 31.31 +- 10.68 and 34.05 +- 14.18 respectively with a p value of .152 at .05. It showed that there was no statistical significance identified in term of their perceived stress.

CONCLUSION

The present study concludes that majority of students in all three programs had lower degree of health symptoms and perceived mild level of stress. It shows that all students were with good bio-psycho-social health status that in general all students were healthy.

RECOMMENDATIONS

1. Similar study can be replicated from novice students
2. A qualitative study can be conducted to explore risk factors of stressors
3. A comparative study can be done to rule out the stress and health among other disciplines students
4. The study can be conducted using multi method research approach.

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