ASSESS THE LEVEL OF STRESS AMONG FIRST YEAR B.SC NURSING STUDENT STUDYING IN SELECTED COLLEGE AT CHENNAI

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ABSTRACT

Stress is an integral part of life, especially for a college student. Stress is defined as the outcome of reactions of our body to various situations that may be environmental, physical or social. This leaves an impact on our emotions and motives. The students and adolescence do have higher stress. The students during the learning are compelled to adjust and change to these expectations or demand for the next phase in their life. And experiencing such challenge constantly result in stress. “A study to assess the level of stress among first year B.Sc nursing students studying in selected college, Chennai” Quantitative research approach was adopted for this study. The research design selected for the study was descriptive research design. 50 first year BSc nursing students were selected randomly using lottery method. An interview schedule was used to collect the Demographic variables and the stress level was assessed using a perceived stress scale. The study result showed that 55% of the students experienced severe stress, 12.5% of the sample experienced moderate level of stress and 32.5% of the student experienced mild level of stress.

KEYWORDS: Level of Stress, BSC (N) 1st Year Students

INTRODUCTION

Stress is an way of responding our body for a threat, Some individuals tend to become anxious in a situation which is totally new for them. Students Pursuing first year of the baccalaureate nursing programme experience stress and anxiety since nursing profession makes them feel new in the situation they are into. They continue to face such situation for an extended time and this in turn increase the degree of anxiety. consequently, it affects the self-esteem levels. There is a need to explore the relationship between anxiety and level of self-esteem. Immediately the nursing students enter into the hospital life making stressful situations. The students, during their learning period, are compelled to adjust and change to the expectations or demand for the next phase in their life. And experiencing such challenges constantly results into stress. In addition to the academic pressure, fear of making errors and adjusting to the new environment making much more stress for the students. The ward environment is very much demanding for the novice students without experience and skill.

PROBLEM STATEMENT

A study to assess the level of stress among first year B.sc nursing students studying at selected college, Chennai.
OBJECTIVES

- To assess the level of stress among first year BSc nursing students.
- To associate the level of stress among first year B.Sc nursing with their selected demographic variables

METHODOLOGY

Quantitative research approach was adopted for this study. The research design selected for the study was descriptive research design. 50 first year B.Sc nursing students were selected randomly using lottery method. An interview schedule was used to collect the Demographic variables and the stress level was assessed using a perceived stress scale.

Section A

Semi structured questionnaires to assess the demographic variables which consist of items related to age, qualification, studying area, place and source of information.

Section-B

Modified Cohen’s Perceived Stress Scale (PSS) was used to assess the level of stress. The Scale was identified by cohen, Kamarch, & Mermelstein (1983) to assess the stress level for an individual. In PSS totally there are 10 items with five options as never, almost never, sometimes, fairly often and Very often.

RESULTS AND FINDINGS

Table 1: Frequency and Percentage Distribution to Assess the Level of Stress among First Year B.sc Nursing Students N=50

<table>
<thead>
<tr>
<th>Level of Stress</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>moderate</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>severe</td>
<td>29</td>
<td>58</td>
</tr>
</tbody>
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Tables 1 shows that the frequency and percentage distribution to assess the level of stress among B.Sc nursing students. The majority of 29 (58%) students had severe stress, 20 (40%) had moderate stress and 1 (2%) students had mild stress.

The analysis revealed that there was no statistically significant association between the level of stress among BSc nursing students with their demographic variables.

CONCLUSIONS

This study clearly indicates that the majority of students had severe stress due to strange environment, separation of their family, Financial problems and adaption of new course. In this study results concludes that the students needs counselling and support after entry into the new course.
REFERENCES


