

A STUDY ON PERCEIVED STRESS AND SOURCES OF STRESS AMONG FIRST YEAR MEDICAL STUDENTS IN SHIVAMOGGA

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ABSTRACT

Background

Medical profession, although a noble profession, is not spared from the stress and suicidal tendencies. It is a well known fact that the medical professionals and students are going through substantial stress and the same has been validated and ratified through different media.

Aims and Objectives

To determine the prevalence of stress in first year medical students in Shivamogga Institute of Medical Sciences, Shivamogga and to identify the stressors among these students.

Materials and Methods

A cross-sectional, questionnaire based survey was conducted among 100 First Year MBBS students aged between 18-20 years at Shivamogga Institute Of Medical Sciences, Shivamogga using Perceived Stress Scale and a questionnaire to identify the sources of stress.

Results

Out of 100 students, 61% were under stress (score ≥ 14) and 39% were not stressed (score < 14) according to the Perceived Stress Scale. Females were significantly more stressed out compared to their male counterparts (p -value <0.05). The most important stressor is academic related being the large amount of content to be learnt followed by tests and examinations.

Conclusions

This study has found that majority of First year undergraduate students experience stress. Mainly academic and social related factors are responsible for this stress. Proper guidance and counseling by faculties may help to improve the present scenario.

KEYWORDS: Stress, Medical Students, Stressors