



A STUDY TO ASSESS THE STRESSORS AND LEVEL OF STRESS AMONG B.SC NURSING STUDENTS IN SELECTED COLLEGE OF NURSING, MAHALON, S. B.S NAGAR, PUNJAB

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Abstract: A quantitative research approach and descriptive design were used to collect data on stress and stressors level. 100 B.Sc Nursing students were selected from Sandhu Institute of Nursing, Mahalon, S.B.S Nagar, Punjab. Non-Probability convenience sampling technique were used for data collection. A self structured perceived stress and stressors scale were used to assess the level of stress among B.Sc nursing students. The findings reveals that 94% of the students had moderate level of stressors followed by (3%) mild or severe level of stressors 69% of the students had moderate level of stress followed by 20% mild stress and 11% severe level of stress. Socio-demographic profile of students, had no association with their mean stressor score and mean stress score. The findings clearly suggest that the stress has an impact on the physiology, psychology and social well-being of the students. During the education and training of nurses furthermore revision and revision of the curriculum should be done on a regular basis.

Index Terms - Stress, Stressors, B.Sc Nursing Students.

I. INTRODUCTION

Every human being has to deal with stress on a regular basis. To begin with no one is resistant to stress. During nursing college and training, Student nurses are exposed to a variety of situations on a regular basis stressors that may obstruct their ability to learn and perform and they often frequently plagued by tension and anxiety. As a result, dealing with stress entails recognizing which facets of one's life contribute to unnecessary stress. Understanding stressors may aid in coping and, as a result, reduce the intensity of stress reactions. Main aim of the study is to assess the stressors and level of stress among B.Sc nursing students and to assess the relationship between stress, stressors with their socio-demographic variables

MATERIAL AND METHODS

A quantitative research approach was used to collect data on stress level and stressors. The non-experimental descriptive research design was chosen for the study. The present study was conducted at Sandhu Institute of Nursing, Mahalon, S.B.S Nagar, Punjab. The criteria for selecting the settings were availability of the sample, the feasibility of performing the analysis, ethical approval, economy of time and expected cooperation. The target population of the present study was B.Sc nursing students of Sandhu Institute of Nursing, Mahalon, S.B.S Nagar. The sample consisted of B.Sc Nursing 1st year, 2nd year, 3rd year, 4th year students. Sample was collected by non-probability convenience sampling technique. This research used a sample of 100 nursing students enrolled in a B.Sc Nursing program of Sandhu Institute of Nursing, Mahalon, S.B.S Nagar, Punjab.

DESCRIPTION OF THE TOOL:

The researcher devised a 5-point likert scale that included the elements mentioned below.

A) The B.Sc Nursing students' socio-demographic profile, which include age, gender, religion, place of living, marital status, type of family, economical support.

B) A stressor scale was developed to measure the level of stressors that students were exposed to: There are 34 elements on the perceived stressor scale. There are five options for each item: never, rarely, sometimes, often, and always. Curriculum Infrastructure, Clinical Facilities, Teaching Faculty, communication, and Support systems are among the stressors.

C) A stress scale was used to determine the amount of stress that the students were experiencing: There are 34 elements on the perceived stress scale. The updated likert style scale is used to assess it. There are five options for each piece never, rarely, sometimes, often, always. Physical, emotional, social, cognitive, and spiritual stress are all included.

In the present study the reliability was checked by Cronbach's alpha. The reliability of tool is 0.78.

ETHICAL CONSIDERATIONS

Formal written permission was obtained from the principal of Sandhu Institute of Nursing, Mahalon, S.B.S Nagar to conduct the study. After explaining the purpose and need of the study to the subject, informed written consent was obtained from each subject to assess the level of stress and stressors.

DATA COLLECTION METHOD

A formal written permission was obtained from the Principal of Sandhu institute of nursing Mahlon, S.B.S Nagar, Punjab. The data collected from 24/05/2021 to 31/05/2021, from B.Sc Nursing students who fulfilled sample inclusion criteria. Before conducting the study, consent was taken from the students by explaining the objectives of the study. They were given 30 minutes to complete the questionnaire.

PLAN FOR DATA ANALYSIS

The data was intended to be analyzed using descriptive and inferential statistics in order to meet the study's objectives. As a result, a data processing strategy was devised.

1. The data was coded and translated into a master sheet for statistical purpose examination
2. The frequency and percentage of demographic data is intended to be represented.
3. Total scores of B.Sc. Nursing students' mean, median, and standard deviation was calculated.
4. The T-test, anova was used to determine the relationship between the level of Stressors, stress, and demographic variables.

RESULT

Table 1: Frequency and percentage distribution of students according to the sociodemographic characteristics.

N=100

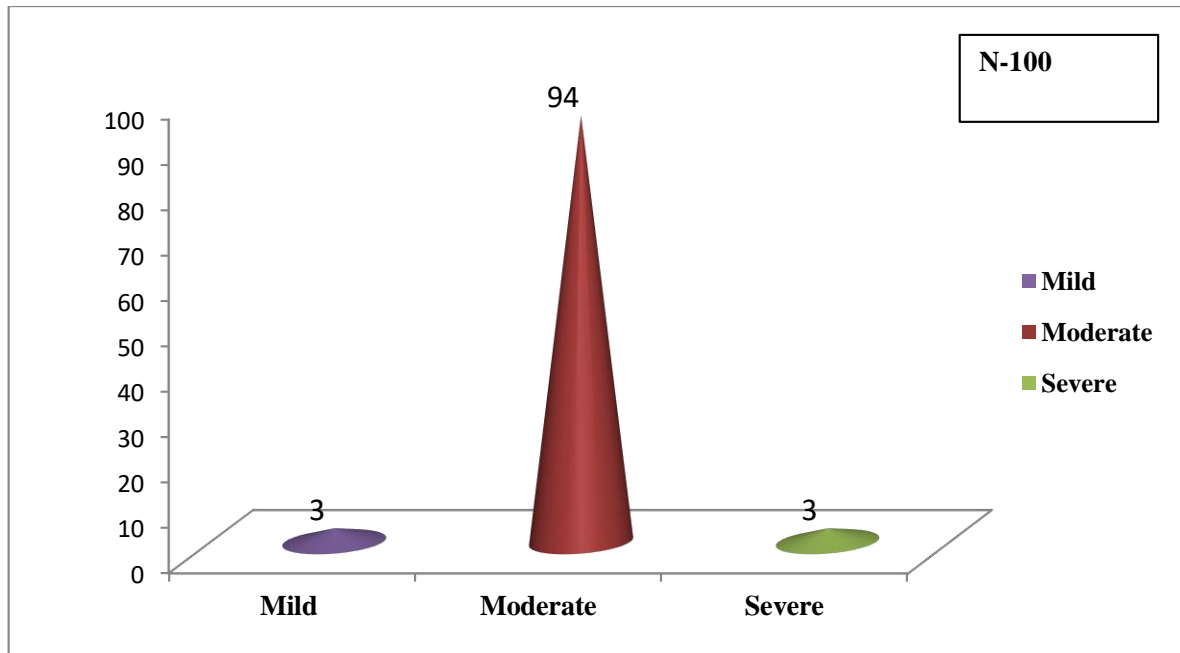
Demographic Variables	f(%)
Age (in year)	
18 -21	70%
22-25	29%
>26	10%
Gender	
Male	2%
Female	98%
Religion	
Sikh	41%
Hindu	47%
Muslim	11%
Christian	1%
Place of Living	
Hostel	30%
With Family	70%
Paying guest	-
Marital Status	
Married	6%
Unmarried	94%
Type Of Family	
Nuclear	63%
Joint	37%
Extended	-
Economical Support	
Parents	99%
Husband	1%
Wife	-
Education Loan	-

Mean age \pm SD=20.7 \pm 1.46

Table 1 illustrates that majority (70%) of the students were in the age group 18-21 years followed by (29%) in the age group of 22-25 years followed by (10%) in the age group of >26 years with mean age of 20.7 \pm 1.46. Majority (98%) of them were female followed by (2%) male. Majority (47%) of them were hindu followed by (41%) sikh followed by (11%) muslim and (1%) Christian. Majority (70%) of them were living with family followed by (30%) living in hostel and none of them were paying guest. Maximum (94%) of them were unmarried followed by (6%) married. Majority (63%) of them belongs to nuclear family followed by (37%) joint family and none of them belongs to extended family. Majority (99%) of them were economical supported by their parents followed by 1% by their husband and none of them were supported by their wife or by educational loan.

Objective 1: To assess the stressors among B.Sc nursing students.

Figure 1 shows that majority (94%) of the students had moderate level of stressor followed by (3%) mild or severe level of stressor. The mean level of stressor score was 102.58 ± 40.1 . Though the mean score of moderate level of stressor was 102.4 ± 11.8 followed by mild 71.3 ± 4.7 or severe 136.6 ± 7.2 .

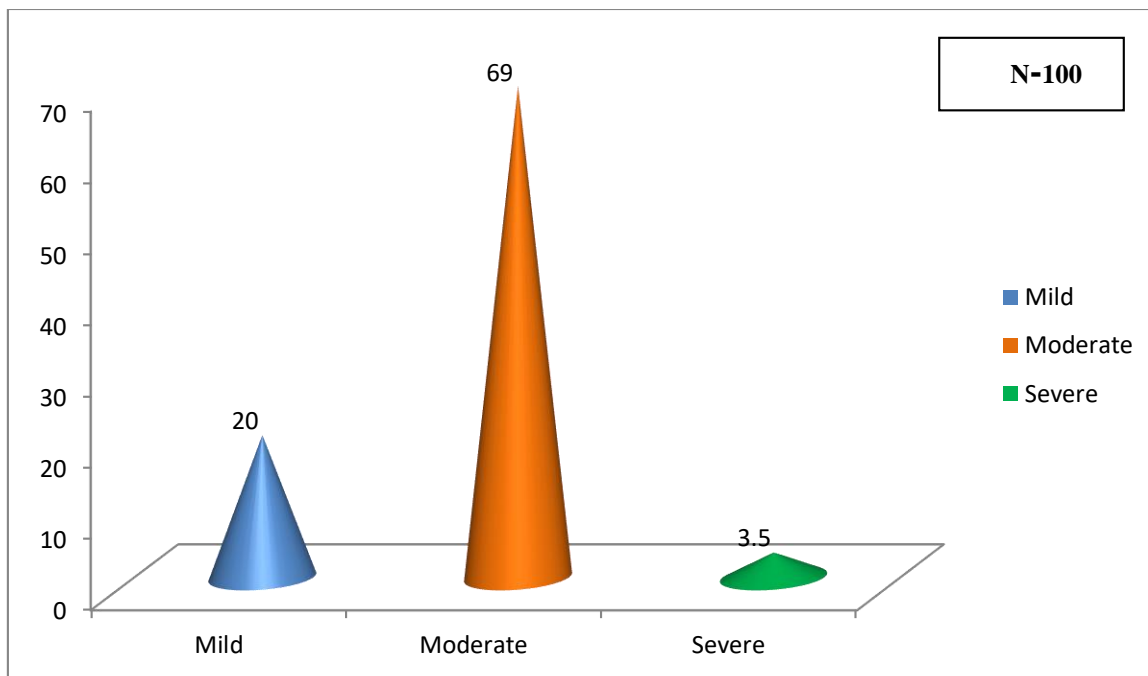
Figure 1: Percentage distribution of level of stressors among B.Sc (N) Students**Table 2: Area wise categorization of stressor levels of B.Sc (N) students.**

S.No.	Domains	Minimum score	Maximum score	Mean	Mean %	S.D
1	Curriculum	09	45	32.09	71	5.08
2	Infrastructure	06	30	16.8	56	5.06
3	Clinical facility	04	20	11.57	58	3.57
4	Teaching faculty	05	25	16.3	65	3.73
5	Communication	05	25	12.1	48	3.54
6	Support system	05	25	13.4	53	4.66
	Total	34	170	17.04	58.5	0.74

Table 2 show that the B.Sc Nursing students had severe stressors in curriculum(71%) and it is followed by Teaching faculty (65%), clinical facility (58%), infrastructure (56%), support system (53%), communication(48%) as there stressors.

Objective 2: To assess the level of stress among B.Sc Nursing Student.

Figure 2 shows that majority (69%) of the students had moderate level of stress followed by (20%) mild stress followed by (11%) severe level of stress. The mean level of stress score was 98.2 ± 2.13 . Though the mean score of moderate level of stress was 100.7 ± 13.6 followed by mild 70.1 ± 7.7 or severe 133 ± 6.8 .

Figure 2: Percentage distribution of level of stress among B.Sc (N) Students**Table 3: Area wise categorization of stress levels of B.Sc (N) students.**

						N=100
S.No.	Domains	Minimum score	Maximum score	Mean	Mean %	S.D
1	Physical stress	10	50	31.72	63	7.12
2	Emotional stress	10	50	30.64	61	8.39
3	Social stress	05	25	12.69	51	3.51
4	Cognitive stress	06	30	16.2	54	5.42
5	Spiritual stress	03	15	7.12	47	3.04
	Total	34	170	19.67	55.2	2.2

Table 3: shows that the B.Sc Nursing students had severe stress in physical domain (63%) and it is followed by emotional stress (61%) and cognitive stress (54%), social stress (51%), spiritual stress (47%) .

Objective 3: To assess the relationship between stressors with their sociodemographic variables.

Sociodemographic profile of students had no association with their mean stressor score and mean stress score as finding were found to be statistically non-significant.

DISCUSSION

K. Dhanapandi (2020) conducted a study to assess the stressors and coping strategies among the first year b.sc nursing students in selected college of nursing Coimbatore and the findings revealed that among 30 female students most of them are 18 years , hindu and christian religion, most of the students belongs to nuclear family from urban area.

Pinto. A.C. (2020) conducted a study to assess stress and stressors among undergraduate nursing students in selected college at Mangaluru and the findings revealed that 100% of samples were females and 58% of students belong to age group of 17-20 years. Majority of the students were staying in private hostel (93%).

Objective 1.To assess the stressors among B.SC nursing students.

Findings of present study revealed that majority (94%) of the students had moderate level of stressors followed by (3%) mild or severe level of stressors. The mean level of stressors was 102.58 ± 40.1 .

Findings of present study show that B.SC Nursing students had severe stressors in curriculum (71%) and it is followed by Teaching faculty (65%) clinical facility (58%), infrastructure (56%) , support system (53%) , communication (48%) as their stressors.

Similarly findings were reported by **K. Dhanapandi (2020)** reported that students have moderate stressors (66.67%) low stressors (16.67%) severe stressors was (16.67%).

Shinde M.B, Hiremath . P (2014) conducted a study on stressors, level of stress and coping mechanism adopted by undergraduate nursing students reported that in all four years B.SC nursing students 46% stressors was due to curriculum, 20% stressors due to clinical posting , 25% were from teachers faculty.

Henok .S .N, at.al (2015) conducted a study to assess the stress among B.SC Nursing students of Jimma university, South West Ethiopia and also reported that B.SC nursing students (45.1%) stressors due to overloading of study syllabus (17%) stressors due to change in living environment%) stressors due to assignment over load.

Objective 2: To assess the level of stress among B.SC Nursing Students.

Findings of present study revealed that majority (69%) of the students had moderate level of stress followed by (20%) mild stress followed by (11%) severe level of stress. The mean level of stress score was 98.2 ± 2.13 . Though the mean score of moderate level of stress was 100.7 ± 13.6 followed by mild level of stress 70.1 ± 7.7 or severe level of stress 133 ± 6.8 .

Chauhan. J.et .al (2018) conducted a study to assess the level of stress among the first year B. Sc nursing students at Manikaka Topawala institute of nursing, Changa , reported that 90.2% of students having moderate stress , 3.9% having low stress and 5.9% having severe stress.

Singh. D, Chaturvedi .M , (2019) conducted a study to assess the level of stress among B.SC Nursing first year students in selected nursing college of Indore ,reported that 30% students having mild stress , 63.33% were moderate stress and 6.67% having severe stress.

Objective 3: To assess the relationship between stressors and stress with their sociodemographic variables.

The findings of the present study revealed that there was no association between the mean stress and stressors score with their sociodemographic variables as findings were found to be statistically non significant.

Singh . D , Chaturvedi.M,(2019) conducted a study to assess the level of stress among B.SC Nursing first year students in selected nursing college of Indore also reported that there was no significant association of stress level among B.sc nursing first year students with their selected socio demographic variables (religion , hours spent for studying, hours of sleep at night).

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