Assessment of the Level of Depression, Anxiety and Stress Among 1st Year RGNM Students

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ABSTRACT   *BACKGROUND: Stress is a part and parcel of human lifestyle. It can serve as a driving force in terms of obtaining results, but on the other hand, non-stop stress can act as a killer in terms of performance.*

OBJECTIVES : The present study aimed to determine the level of Depression, Anxiety and Stress .

METHODOLOGY : A descriptive research approach , non experimental descriptive research design was adopted, 55 samples included by non-probability convenient sampling technique.

RESULTS: - Depression 19 (34.55%) normal , 01 (01.82%) Extremely severely depressed , about anxiety majority 19 (34.55%) having moderate anxiety , 04 (7.27%) Extremely severely anxious , stress 42 (76.36%) normal and only 2(3.64%) having severe stress.

Study shows that there was statistical significance about stress for place of living (hostel and family).

CONCLUSION:- It has been concluded that the nursing students perceived different levels of stress due to academic, clinical, and other psychosocial factors.

Introduction

Stress is a part and parcel of human lifestyle. It can serve as a driving force in terms of obtaining results, but on the other hand, non-stop stress can act as a killer in terms of performance. It is a known fact that students are subjected to different kinds of stressors, such as the pressure of academics with an obligation to succeed, an uncertain future, and difficulties of integrating into the system.1

Stress has been defined as a process, which causes or participates individual to believe that they are unable to cope up with situation facing them and the feeling of anxiety, tension, frustration, and anger, which results from the recognition that they are failing in some ways and situation is getting out of control. The term 'coping' is derived from the Greek word "kolaptin"- to strike. The term denotes control and contending successfully. 2

Today, mental disorders stand among the leading cause of disease and disability in the world. One in four (25%) people in the world will be affected by mental or neurological disease at some point in their lives. Being 'stress' as a universal phenomena reflecting in each aspect of life cycle, was identified as a major cause of attrition among all categories of people. Although stress affects the biophysical and emotional wellbeing of the people, it varies with age, gender, mental capabilities, and environmental conditions. 2

The World Health Organization (WHO) has estimated that stress-related disorders will be one of the leading causes of disability by the year 2020. Schools are now recognized as a stressful environment that often exerts a negative effect on the academic performance and psychological well-being of the students. Studies from the United Kingdom and India have reported increasing levels of stress among nursing students. 1

Objectives:

The present study aimed to determine the level of Depression, Anxiety and Stress among 1st year RGNM students.

To know the association between sociodemographic variable.

METHODS & MATERIALS

Research Approach a descriptive research approach used for the study. Research Design was non experimental descriptive research design. Study conducted on 55 students studying in 1 st year RGNM in Krishna Institute of Nursing Sciences Karad. Sampling technique was non-probability convenient sampling . The researcher obtained permission from concern authority. The investigator introduced herself to subject. The investigator explained the purpose of the study to subject. Informed written consent was taken from the each subject. Data were collected by using a structured questionnaire. Structured questionnaire was prepared

on demographic data, for assessing Depression, Anxiety and Stress (DASS 21) scale was used. The DASS 21, is a 21 item self report questionnaire designed to measure the severity of a range of symptoms common to both Depression and Anxiety. In completing the DASS, the individual is required to indicate the presence of a symptom over the previous week. Each item is scored from 0 (did not apply to me at all over the last week) to 3 (applied to me very much or most of the time over the past week). The data were tabulated and analyzed in terms of objectives of the study, using descriptive and inferential statistics.

Result

### Table 1: Frequency and percentage distribution of sample characteristics

N= 55

Sr. No	Demographic Variables	Frequency	(%)
1	Age		
	18-20years	46	83.64
	21-23 years	5	9.09
	24-26years	2	3.63
	27-29 years	2	3.63
	30years&above.	-	-
2	Gender		
	Male	6	10.9
	Female	49	89.09
3	Place of living		
	Hostel	26	47.27
	With family	29	52.73
	With classmates	-	-
	As a paying guest	-	-
4	Type of Family		
	Nuclear	35	63.64
	Joint	20	36.36
	Extended	-	-
5	Order of birth		
	Elder	32	58.18
	Middle	10	18.18
	Younger	13	23.63
6	Economic support		
	Parents	54	98.18
	Educational loan	01	1.82
	Others	-	-
7	Hobbies		
	Reading	25	45.45
	Watching television	04	7.27
	Listing to the music	19	34.55
	Painting	03	5.45
	Others	04	7.27
8	Selection /choice of course		
	Forced by parents	-	-
	Students own choice	55	100
	Others	-	-
9	Religion		
	Hindu	44	80
	Muslim	04	7.27
	Christian	-	-
	Others	07	12.72

10	Income		
	Less than Rs. 2000	12	21.81
	Rs. 2001-3000	05	9.09
	Rs. 3001-4000	07	12.72
	Rs. 4001-5000	12	21.81
	Rs. 5000and Above	19	34.54

Table no. 1 shows that Majority that majority of the students 46 (83.64%) belonged to 18-20years of age and minimum 2 (3.63%) were 27-29 years. 49(89.09%) are female and 6(10.9%) are male. Majority are staying 29 (52.73%) with family and 26 (47.27%) are staying in hostel. Majority of the students are elder 32(58.18%) and 10 (18.18%) are middle order of birth

Majority are from 35 (63.64%) from nuclear family and 20 (36.36%) are from joint family. Majority 54 (98.18%) are having economic support from parents. Majority of the students 25(45.45%) are having hobbies like reading and 03 (5.45%) are having painting.
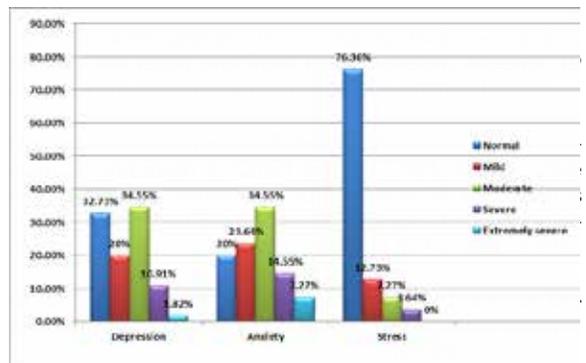
The data presented in graph indicates that about depression 18 (32.73%) are normal, 19(34.55%) are having moderate depression 11(20.00%) are having mild depression, 06(10.91%) are having severe depression and only 1(1.82%) is having extremely severe depression.

About anxiety 11 (20%) are normal, 13(23.64%) are having mild anxiety, 19(34.55%) are having moderate anxiety, 8(14.55%) are having severe anxiety, and 4(7.27%) are having extremely severe anxiety.

About stress 42 (76.36%) are normal, 7(12.73%) are having mild stress, 4(7.27%) are having moderate stress and only 2(3.64%) are having severe stress.

Correlation coefficient

Correlation coefficient (r) between depression and anxiety was 0.05600(95% confidence interval: 0.3461to 0.7186), p value <0.0001. where as in depression and stress Correlation coefficient (r) was 0.5227 (95% confidence interval: 0.2988 to 0.6921), p value <0.0001 and in depression and anxiety Correlation coefficient (r) between was 0.4610 (95% confidence interval: 0.2229to 0.6472), p value 0.0004.

Table 2 Association between socio demographic variable

		Mean	S.D.	t value	P value
Age					
Depression	Below 20 yrs	12.95	5.83	0.2786	0.7816
	Above 20 yrs	13.33	6.22		

		Mean	S.D.	t value	F value
Anxiety	Below 20 yrs	10.95	6.29	0.1306	0.8966
	Above 20 yrs	10.66	4.79		
Stress	Below 20 yrs	11.91	5.32	0.2608	0.7952
	Above 20 yrs	11.4	7.18		
Place of living					
Depression	Hostel	12.69	5.54	0.4317	0.6677
	Family	13.37	6.19		
Anxiety	Hostel	11.15	6.79	0.2824	0.7788
	Family	10.68	5.37		
Stress	Hostel	15.53	5.52	2.044	0.0459
	Family	10.48	5.54		
Type of family					
Depression	Nuclear	12.28	5.11	1.298	0.1999
	Joint	14.4	6.88		
Anxiety	Nuclear	10.4	6.132	0.8252	0.4130
	Joint	11.8	5.908		
Stress	Nuclear	11.71	5.98	0.3639	0.7174
	Joint	12.3	5.28		
Hobbies					
Depression	Reading	13.52	12.66	0.5353	0.5947
	Others	6.41	5.41		
Anxiety	Reading	10.32	11.4	0.6574	0.5138
	Others	5.82	6.26		
Stress	Reading	10.8	12.86	1.350	0.1827
	Others	5.56	5.72		
Income per month					
Depression	Below 4000/-	13.75	6.22	0.7731	0.4429
	Above 4000/-	12.51	5.58		
Anxiety	Below 4000/-	11.25	5.16	0.3657	0.7161
	Above 4000/-	10.64	6.70		
Stress	Below 4000/-	11.08	12.58		
	Above 4000/-	4.21	6.61		
Order of birth		Mean	S.D.	t value	F value
Depression	Elder	13.25	6.6		
	Middle	11.8	5.77		
	Younger	13.53	5.66	0.7534	0.2847
Anxiety	Elder	11.5	5.81		
	Middle	10.4	6.78		
	Younger	9.84	6.29	0.6846	0.3817
Stress	Elder	12.81	5.56		
	Middle	8.6	3.53		
	Younger	12.30	6.72	0.1191	2.218

The finding in table 2 reveals that there was statistical significance about stress for place of living (hostel and family) remaining others are not significant.

Discussion

Stress in nursing students is an area of growing concern, and it may result in psychological distress, physical complaints, behavior problem, and poor academic performance. The present study was conducted in KINS assess the depression, stress and anxiety of nursing students.

In the present study, result revealed that only 2(3.64%) are having severe stress .This was supported by the study done by Sheu et al, on stress levels and coping behavior of nursing students, which showed that the level of stress in nursing students (1.7%) students had severe stress.

The present study findings shows that there was no signifi-

cant association between level score and with demographic variables such as age, gender, religion, type of family, order of birth, economic support, hobbies, selection/choice of course. Findings of the present study are consistent with another study conducted in Bangalore to assess the stressors, the level of stress, and coping methods adopted by the M Sc. nursing students. The sample size was 100. The results of the study showed that there was no significant association between the stress levels with selected demographic variables. Findings of the present study are consistent with another study conducted in Punjab to assess the stress level and coping strategies among nursing students. The sample size was 180. The results of the study showed that there was no significant association between the coping strategies with selected demographic variables.

Conclusion

It has been concluded that the nursing students perceived different levels of stress due to academic, clinical, and other psychosocial factors. Majority of students had moderate stress and moderate anxiety and normal stress level as per DASS Scale. Hence, the researcher emphasizes the need for more research to improve the knowledge and coping mechanism by applying the research finding for future.

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