



“STRESS AND COPING STRATEGIES AMONG FIRST YEAR NURSING STUDENTS IN SELECTED NURSING COLLEGES OF MUMBAI CITY”

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ABSTRACT

Introduction: Stress is a multidimensional phenomenon which is focused on dynamic relationship between the individual and the environment. Graduate nursing student often express high level of stress resulting in psychological and emotional impairment.

Aim: To assess the level of stress and coping strategies among first year nursing students.

Methods and Material: Non experimental descriptive survey research design was adopted for the study. The study included total 200 nursing students selected by using non-probability purposive sampling technique.

Results: The present study showed that regarding the level of stress maximum nursing student showing moderate stress & Majority of students are using coping strategies. From that 65% Students coping with stress by talking with friends and only 20% subjects are used strategies like playing. 62.5% students doing spiritual practice to cope with stress. Only 27.5% used to talk with parents regarding stress.

KEYWORDS : stress, nursing students, coping strategies

Introduction:

Stress can be defined as 'any challenge to homeostasis', or to the body's internal sense of balance. It can manifest itself either as *eustress* or as *distress*. It should be noted that some degree of stress can be effective on increasing and improving individuals' performance. Evidences indicate that most of the human successes are created in stressful conditions; but high rate of stress would followed by numerous consequences, including mental and physical illnesses, sleep disorders, restlessness, irritability, forgetfulness, abnormal fatigue, reduced individual's resistance and recurrent infections, headaches, poor concentration, memory impairment and reduce in problem solving ability.² In general, everyone experiences the stress, but students are a group of people who are at the higher risk of stressors due to the transitional nature of the student life; because they need to adjust themselves with the life environment which requires compliance with new social norms and new friendship.³ Accordingly, their perception from an event is affected as a stressor and selecting coping strategies which they use them in the particular situations.⁴ These groups should cope with the increasing global demands i.e. decision making about issues such as occupation, life style, friends, family, religion and politics.⁵ They should also meet the needs of family, teachers, friends and other groups; therefore, they establish important emotional ties with the environment or non-family members and also establish their own value systems which, in most of the cases, influenced by the family and the culture they have been belonged to.⁶

Statement of the Problem

“A study to assess the stress and coping strategies among under graduate first year nursing students in selected nursing colleges of Mumbai city.”

Objectives:

1. To assess the level of stress in first year nursing students.
2. To explore causes & sign and symptoms of stress in nursing students.
3. To identify coping strategies used by nursing students to overcome stress.

Materials and Methods:

Non experimental descriptive survey approach was used. Study was conducted in selected nursing colleges of Mumbai city.. Total 200 first year B.Sc nursing students were selected by using Non-Probability purposive sampling technique. The tool used was self reported checklist in three parts, which include general information, PERCEIVED STRESS SCALE, causes, sign and symptoms of stress, coping strategies used to release stress by students. The data was analyzed using descriptive strategies.

Result :

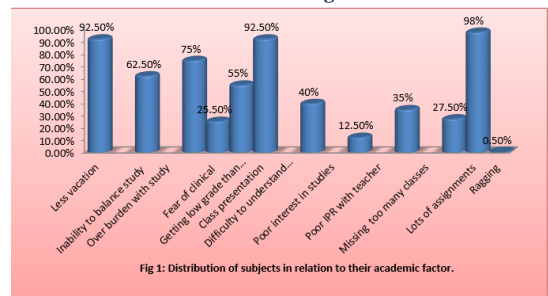
- Maximum students 90% belonged to young age group of 18-20 years and 10% were in age group of 25-30 year . data related to gender of student maximum 85% were female & 15% were male.
- Distribution of subjects in relation to their level of stress majority

of the students 60% were having moderate stress and 26 % mild stress and 4% subjects having severe stress which is not negligible

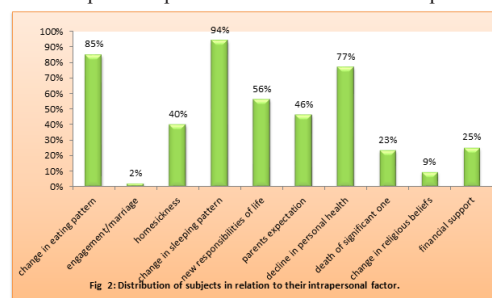
- Data related to activity of leisure it reveals that Majority of students 62.5% were used to Listening to music/reading/watching T.V/Playing
- games and 67.5% doing dancing and 27.5% drawing and painting The signs and symptoms were reported by students verbally were loss of appetite, insomnia, irritability, fatigue and homesickness.

Data related to causative factors are analyzed in following heading ie... Academic, Intrapersonal and Environmental factors causing stress:

Data related to Academic factors causing stress:



- Fig no.1 reveals the Distribution of students in relation to their academic factor of the stress. Stress occur due to in majority 98% students with lots of assignments ,92.50% students with less vacations and class presentations. Followed by 75% students due to over burden with study, 62.50% with inability to balance study and 55% getting low grade than anticipation, and 40% due to difficulty to understand language.
- Fig. no 2 depict that: Distribution of subjects in relation to their intrapersonal factors of stress. Majority of Students 94% had stress with change in life pattern, 85% and 77% with change in eating pattern and decline in personal health respectively, 56% students due to new responsibilities of life and very few 46% and 40% due to parent expectation and home sickness respectively.



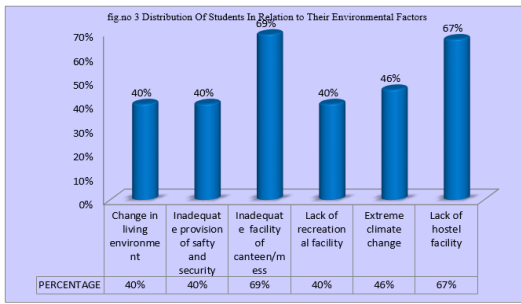


Fig no.3 reveal that distribution of students in relation to their environmental factors. stress occur in maximum 69 % students with inadequate facility of canteen /mess and 67% students with lack of hostel facility. Followed by 46% due to extreme climate change and 40% due to change in living environment, inadequate provision of safety and security and lack of recreation facility.

Table 1- Data related to Coping strategies used by students to overcome stress.

COPING WITH PROBLEM	Yes		No	
	F	%	f	%
talk with parents	55	27.5%	145	72.5%
talk with friends	130	65%	70	35%
Playing	45	22.5%	155	77.5%
doing exercise	12	06%	188	94%
smoke/drinking	00	00%	00	00%
practicing hobbies	25	12.5%	175	87.5%
doing spiritual practice	125	62.5%	75	37.5%
Meditation	00	00%	00	00%

Data related to coping strategies used by the students to overcome stress were used talking with friends , doing spiritual practice playing ,talking with parent followed by using defense mechanism no students were practicing meditation and smoking.

Discussion:

As an aid to the reader this chapter deals with the overview of the present study and summarizes the study findings comparing with the previous studies. The aim of this study was to assess the level of stress and coping abilities among first year nursing students in selected nursing colleges in Mumbai city.

The some of the studies conducted on topic gives same findings. The study was conducted by Al- Gamal ,Al Zayyat A.S. The finding illustrate that the highest reported types of stressors at both data -collection times were taking care of patient ,stress related to teachers & nursing staff and for assignments and work load . the most utilize coping strategy at both data collection times was problem solving¹¹

The another study was conducted by Shaban J.A. et al. The result shows that coping strategy used by students was problem solving behavior followed by staying optimistic and transference attention from the stressful situation to other things while avoidance was the least frequent used.¹²

The study conducted by Chan CK etal .the result of study showed that most common stressor was lack of professional knowledge & Skills. Among four types of coping strategies (transference ,stay optimistic ,problem solving ,& avoidance) transference was the most frequently used. furthermore senior students who have perceived a higher level of stress from taking care of patient ,stress from teacher & nursing staff.¹³

This research project makes an important contribution to exploring the perceived stress and stress coping ability among first year nursing students.

The study included multi domain measures in stress coping ability like talk with parents, talk with friends, Playing, doing exercise ,smoke/drinking, practicing hobbies, doing spiritual practice, Meditation

It was found that 60 % of samples having moderate acuity of stress, these samples needs stress management strategies. 65% of samples having good stress coping ability by talking with friends. This was an

extensive research project exploring stress level and stress coping ability.

If the college provide physical facilities, recreation , parents meeting , and mess /canteen, to the students the stress will help to minimize.

Recommendations for further study:-

This study indicated that future research also include stress management measures

- A comparative study can be done on Government &Private college of nursing.
- A similar study can be done on a large number of subject and duration of study can be increased.
- A study can be done on all year nursing students & in various clinical setting .

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