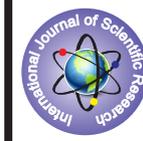


A study to assess the stressors, the level of stress, and coping mechanisms adopted by the M.Sc. Nursing Students, in selected Colleges of M.Sc. Nursing programme in Vidharba , Maharashtra.



Nursing

KEYWORDS: : Bacterial Vaginosis , Trichomoniasis, Vulvovaginal Candidiasis

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Objectives of the study

1. To assess the stressor's among M.Sc. Nursing students.
2. To assess the level of stress among M.Sc. Nursing students.
3. To assess the coping mechanism adopted by M.Sc. Nursing students.
4. To assess the relationship between stress, stressor's and coping mechanism, with selected variables.

METHOD & MATERIAL

Research Design: Non experimental descriptive study.

Population: M.Sc. Nursing students.

Sample: M.Sc. Nursing student's studying in nursing colleges in vidharba region, Maharashtra.

Sample Size: 100

Sampling Technique: purposive sampling

Material:

Research prepared structured questionnaire which consist socio demographic Performa of M.Sc. Nursing students five point likert scale for stressors, stress and coping methods. Perceived stressors scale consist of 35 items. It is measured with the help of modified likert scale. Each item has 5 alternative never, rarely, sometimes, often, and always. Stress scale to assess the level of stress experienced by the students. Coping scale to assess the level of coping method among students consists of 35 items.

Analysis and inferences

Stressor level of M.Sc. nursing students

In present study it was found that more than half of the M.Sc. Nursing students (68%) had moderate stressor and remaining students (18%) had mild stressor and (14%) of students are with severe stressors.

The findings also revealed the area wise categorization of stressor scores among the M.Sc. Nursing students that they had severe stressors in communication domain (mean% score 61.78%) and it is followed by curriculum (57.1%) and clinical facility as their stressors (55.2%). But when the findings are compared between the male and female students, it shows that male students showed severe stressors in the communication domain (61.52%) and it is followed by curriculum (56.86%) stressors and teaching faculty stressors (55.04%), where as the female students had severe stressors in communication domain (60.72%) and it is followed by curriculum (58.44%) and clinical facility as their stressors (56%). And lack of time for family and personal pursuits were the factors which caused stressors among students.

Stress levels of M.Sc. nursing students

In this study it was found that majority of the M.Sc. Nursing students (75%) had moderate stress and remaining students (13%) had severe stress and (12%) of students with severe stress.

The findings also shows the area wise categorization of stress scores among the M.Sc Nursing students that they had severe stress in spiritual domain (61.20%) and it is followed by emotional stress (45.24%) and physical stress (44.46%).

But when the findings are compared between the male and female students, it shows that male students showed severe stress in spiritual domain (61.9%) and it is followed by physical stress (42.86%) and emotional stress (42.28%), where as the female students had severe stress in spiritual domain (61%) and it is followed by emotional stress (46.02%) and physical stress (44.88%). More or less both male

and female students had similar stress.

3. Coping levels of M.Sc nursing students

In this study it was found that more than half of the M.Sc. Nursing students (74%) had moderate coping methods to counter the stressors and stress, and remaining students (14%) with good coping and (12%) of students had poor coping methods. The findings also revealed the area wise categorization of coping scores among the M.Sc. Nursing students that they had Positive Thinking as good coping ability (73.80%) and it is followed by spiritual support (71.56%) and divertional activity (65.52%).

But when the findings are compared between the male and female students, it shows that male students showed good coping in divertional activity (77.52%) and it is followed by positive thinking (74.10%) and spiritual support (69.81%). whereas the female students had Positive Thinking as good coping ability (73.80%) and it is followed by spiritual support (72.16%) and emotional, social support (62%).

Association between Stressors levels with selected demographic variables.

The study did not establish any significant association between the stressors with selected demographic variables viz... age, sex, religion, education, marital status, number of children, support from family members, type of family, place of living and clinical facility.

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Association between coping methods with selected demographic variables

The findings of the present study indicate that one of the most frequently used coping behavior Positive Thinking as good coping ability. It also revealed the area wise categorization of coping scores among the M.Sc Nursing students that they had Positive Thinking as good coping ability and spiritual support (70.56%) as good coping ability. But when the findings are compared between the male and female students, it shows that male students showed good coping in divertional activity and positive thinking follows it, where as the female students had Positive Thinking as good coping ability and it is followed by spiritual support and emotional, social support.

Major findings of the study

1. More than half of the M.Sc. Nursing students (68%) revealed moderate stressor and students experienced more stressor in the areas of communication domain (59.78%), curriculum (60.2%) and clinical facility (58.1%).
2. Male students showed severe stressors in the areas of communication domain (59.49%) and it is followed by curriculum (58.76%), stressors and teaching faculty stressors (53.24%).
3. Female students had severe stressors in communication domain (60.72%) and it is followed by curriculum (57.44%) and clinical facility as their stressors (57%).

4. Majority of the students (74%) experienced moderate stress and the area wise categorization of stress scores showed severe stress in spiritual domain (60.20%), emotional stress (45.24%) and physical stress (43.46%).

5. Male students showed severe stress in spiritual domain (60.9%) and it is followed by physical stress (43.86%) and emotional stress (43.28%).

6. Female students experienced severe stress in spiritual domain (61%) and it is followed by emotional stress (45.02%) and physical stress (45.88%).

7. More than half of the M.Sc. Nursing students (72%) had moderate coping methods to counter the stressors and stress and the area wise categorization of coping scores revealed positive thinking as good coping ability (72.80%) and it is followed by spiritual support (70.56%) and divertional activity (64.52%).

8. Most commonly used coping methods by male students were divertional activity (78.52%) and it is followed by positive thinking (75.10%) and spiritual support (70.81%).

9. Most commonly used coping methods by female students were Positive Thinking as good coping ability (74.80%) and it is followed by spiritual support (70.16%) and emotional, social support (65%).

10. There was significant correlation between stressor level and stress levels of M.Sc. Nursing students ($r = 0.45$, $P < 0.01$), indicating that there is a positive relationship between the stressor and stress.

11. There was no significant relationship between stressor and coping of M.Sc. Nursing students ($r = -0.01$, $P = 0.92$), indicating that there is a negative relationship between the stressor and stress.

12. There was no significant relationship between stress and coping of M.Sc. Nursing students ($r = -0.01$, $P = 0.14$), indicating that there is a negative relationship between the stressor and stress.

13. The male and female M.Sc. Nursing student's perceived similar stressor according to their mean scores 94.18 and 96.35 respectively. Both the groups' perceived curriculum domain as their highest stressors with a mean score of 26.43 and 27.22 respectively.

14. Male and female students perceived more physical and emotional stress than the social stress, and their mean stress scores were almost equal. There was no significant difference between the perception of stressors and stress among male and female M.Sc. nursing students.

15. There was significant difference between the coping abilities of male and female students when was compared to the overall mean scores, but very minimal difference between the area wise coping abilities of both the groups.

16. There was no significant association between stressors, the level of stress and the demographic variables.

17. There was no significant difference between the coping levels of the students and demographic variables.

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