

Assessment of Level of Perceived Stress Among B.sc. Nursing Students of PCN&RC Residing in Hostel and Home



Nursing

KEYWORDS :

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ABSTRACT

A comparative study to assess the level of perceived stress among B.Sc Nursing students of PCN&RC residing in hostel and home in Bhopal.

The comparative descriptive design was used. Totally 50 samples from hostel and 50 samples from home were selected by using purposive sampling technique. Result: perceived level of stress revealed that majority 42% moderate, 6% mild, 2% severe perceived level of stress in hostel and 6% mild, 40% moderate, 4% sever perceived level of stress. On association with demographic variables significant association was found between the level of perceived stress of B.Sc. Nursing students residing in hostel and home.

INTRODUCTION

" Stress is the feeling of being under pressure."

Stress is a part of life. When children are protected from experiencing stress they are likely to be vulnerable in later life and unable to cope effectively with life events. Although being under stress usually is viewed as a negative experience, its outcomes can be positive. During severe stress some people draw on resources that they never realised they had and grow from those experiences. Stress is the debilitating effects caused by constant pressure both at work and home, are a modern phenomena.

College students, especially fresher's or a group particularly to stress (D'Zurilla and Sheedy, 1991). Due to the transitional nature of college of life (Towbes and Cohen, 1996). They must adjust to being away from home for the first time, maintain a high level of academic achievement, and adjust to a new social environment, college students, regardless of year in school, often deal with pressures related to finding a job or a potential life partner. These stressors do not cause anxiety and tension by themselves. Instead, stress results from the interaction between stressors and the individual's perception and reaction to those stressors (Romano, 1992). The amount of the stress experienced may be influenced by the individual's ability to effectively cope with stress full events and situations (D'Zurilla).

Material and Methods

A comparative study to assess the level of perceived stress among B.Sc Nursing students of PCN&RC residing in hostel and home in Bhopal. Research design adopted for the present study was non experimental descriptive comparative design and sampling technique used was purposive sampling technique. Conceptual modal based on modified Betty Neumans system model.

The data was collected from 50 students residing and from 50 students of home at PCN&RC Bhopal.

The tool was organised under two Sections A: Demographic data consist of questionnaires about demographic variables to elicit the background information it consisted of Age, Year of study, Religion, Medium of instruction, Educational qualification, Habitat, Types of family, Family income. Section B: Perceived stress scale.

The pilot study was conducted to check the clarity of the item, reliability, feasibility and practicability and the research design. A formal permission was obtained from the Principal PCN&RC to conduct pilot study.

The data collection was done at Peoples College of Nursing and Research Centre Bhopal. The data was collected from 100 B.Sc. Nursing Students residing in hostel and home who meet the inclusion criteria. The obtained data was analyzed by using descriptive and inferential statistics and interpreted in terms of objectives of study.

Results

Assessment of perceived level of stress revealed that majority 42% moderate ,6% mild,2% severe perceived level of stress among students residing in hostel and 40% moderate, 6% mild, 4% severe perceived level of stress. Demographic variables were significant in both perceived level of stress among B.Sc. Nursing students residing in hostel and home.

Section A: Association between perceived level of stress and demographic variables residing in hostel.

Table No. 1 showing Association between B.Sc. Nursing Students perceived level stress with selected demographic variables residing in hostel

S. No.	Demographic Variable	Total subject	df	Stress Score			Chi square Value
				Mild	Moderate	Sever	
1	Age						2.24*
	a) 17-20	28	2	2	25	1	
	b) 21-24	22		4	17	1	
	c) 25-28	0		0	0	0	
2	Year of study						3.69*
	Second year	14	4	0	13	1	
	Third year	18		3	15	0	
	Fourth year	18		3	14	1	
3	Religion						27.1*
	Hindu	44	4	3	40	1	
	Christian	2		1	1	0	
	Muslim	4		2	1	1	
4	Medium of instruction						2.99*
	Hindi	38	2	3	33	2	
	English	12		3	9	0	
5	Education qualification						0
	Higher secondary	50	0	6	42	2	
	Graduate	0		0	0	0	
6	Habitat						1.58 (NS)
	Rural	3	2	1	2	0	
	Urban	47		5	40	2	
7	types of family						0.87 (NS)
	Nuclear	37	2	5	31	1	
	Joint	13		1	11	1	
8	Family income						34.82*
	Less than 10,000	2	9	0	2	0	
	10,000-15,000	0		0	0	0	
	15,000-20,000	6		1	4	1	
	20,000-above	42		5	36	1	

N= 100, NS= Not Significant, **- Highly Significant, *- Significant

Section B: Association between perceived level of stress and demographic variables of home.

Table No.2: Table showing association between B.Sc. Nursing Students stress with selected Demographic Variables of Home

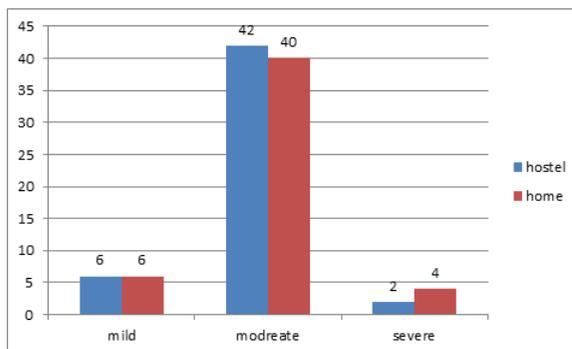
S.No.	Demographic Variable	Total subject	Df	Stress Score			Chi square Value
				Mild	moderate	Sever	
1	Age						8.31*
	a) 17-20	29	2	3	26	0	
	b) 21-24	20		4	12	4	
	c) 25-28	1		0	1	0	
2	Year of study						6.33*
	Second year	16	2	1	15	0	
	Third year	10		0	10	0	
	Fourth year	24		5	17	2	
3	Religion						0.52 (NS)
	Hindu	46	2	6	38	2	
	Christian	4		1	3	0	
	Muslim	0		0	0	0	
4	Medium of Instruction						4.94*
	Hindi	33	2	2	27	4	
	English	17		4	13	0	
5	Education qualification						14.72*
	Higher secondary	44	2	5	38	1	
	Graduate	6		2	2	2	
6	Habitat						1.51*
	Rural	3	2	1	2	0	
	Urban	47		5	38	4	
7	types of family						13.72*
	Nuclear	37	2	6	31	0	
	Joint	13		0	9	4	
8	Family income		9				9.11*
	Less than 10,000	2		0	2	0	
	10,000-15,000	3		1	2	0	
	15,000-20,000	9		2	7	0	
	20,000-above	36		4	28	4	

N= 100, NS= Not Significant, **- Highly Significant, *- Significant

SECTION- C ASSESSMENT OF PERCEIVED LEVEL OF STRESS

Table No.3 showing comparison of the perceived level of stress between students residing in home and hostel

SNO.	PERCEIVED LEVEL OF STRESS		
	MILD	MODERATE	SEVERE
Hostel	6	42	2
Home	6	40	4



Findings related to objectives of the study

To assess the perceived level stress among BSc. Nursing Students residing in Hostel:

Assessment of perceived level of stress revealed that majority 42% moderate, 6% mild, 2% severe level of stress. The findings showed that most of Student have moderate level of stress.

To assess the perceived level of stress among BSc. Nursing Students residing in Home:

Assessment of perceived level of stress revealed that majority 40% moderate, 6% mild, 4% severe level of stress. The findings showed that most of student has moderate level of stress.

To compare the perceived level of stress among B.Sc. Nursing Students residing in Home and Hostel:

Assessment of perceived level of stress revealed that 6% mild, 42% moderate, 2% severe level of stress in Hostel and perceived level of stress revealed that 6% mild, 40% moderate, 4% severe level of stress in Home. The table maintained in table No.3

To find out the association between the perceived stress and socio demographic variables: The association between perceived level of stress and demographic variables were maintained in table No.1 and table No.2

CONCLUSION:

The present study shows the assessment of perceived level of stress among BSc. Nursing students, 100 BSc. Nursing students selected for the study by the using of purposive sampling technique. A non experimental descriptive research was adopted in the study.

Assessment of perceived level of stress revealed that 6% mild, 42% moderate, 2% severe level of stress residing in hostel and perceived level of stress revealed that 6% mild, 40% moderate, 4% severe level of stress in home.

It was observed that there is a significant association between perceived level of stress and demographic variables, the chi square value was taken at 0.05% level of significant.

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