



STRESS ON UNIVERSITY STUDENTS

Psychology

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ABSTRACT

Objective. To determine the frequency of stress and its impact on anxiety and depression in students of the Bachelor of Medicine of the School of Health Sciences of the University of Valle de México, Campus Villahermosa.

Methodology. An observational, analytical, cross-sectional and prospective study was conducted to relate stress, anxiety and depression in second-semester students of the Bachelor of Medicine at the University of Valle de México, Campus Villahermosa in April 2018. Results. 128 students aged 20 ± 2.94 years were interviewed; finding a relationship between stress with depression and anxiety ($p < 0.05$).

Conclusion. Positive cases of stress are evident in the emerging university population

KEYWORDS

Students, Stress, Anxiety.

Introduction

Stress affects important aspects of the daily life of individuals, and impairs the ability to work with precision and intensity,¹ cause discomfort both directly and indirectly, and are associated with irritability and hostility, which impact job performance, general health physical or mental and psychological disorders.²

In accordance with the above, it should be noted that the alteration may be secondary to variables such as alcohol consumption, carbonated beverages, and episodes of depression; since the issue has become a public health problem in the first level, it is incipient in the school population, which increases given the demands as they progress in the semesters.^{3,4}

It should be noted that the birth of these cases are in accordance with the study program that the student studies, in the student community; Events that are not detected in time and form may present undesirable outcomes such as low academic performance, school dropout, psychological, behavioral alterations and in the latter case in suicide, due to inadequate adaptability.⁵

Therefore, the objective of the study was to analyze the impact of stress on the students of the Bachelor of Medicine in April 2018.

Methodology

Study design

An observational, analytical, cross-sectional and prospective study was conducted to relate stress, anxiety and depression in second-semester students of the Bachelor of Medicine at the Universidad del Valle de México, Campus Villahermosa in April 2018

Universe, Sample and sampling

The universe will consist of all enrolled students, selected by a non-probabilistic sampling for convenience.

Criteria

Inclusion: registered students, without distinction of gender or age, **exclusion:** Students who do not accept to participate in the study.

Elimination: students who have withdrawn, incomplete questionnaire, who receive help to answer the questionnaire.

Data collection plan

The DASS 42 was used to place subjects with stress, anxiety and depression, in addition to mediating variables such as sex, age, semester⁶

Statistical analysis plan

The data collection was analyzed using Microsoft Excel®, SPSS version 23®, Fisher's exact test was used where required, accepting $p < 0.05$

Ethical considerations

This study follows the guidelines of the General Health Law Title Fifth Article 99. (Secretary, 2016), the participants signed a prior informed consent. The project was approved by the ethics and research committee of the Universidad del Valle de México Campus Villahermosa.⁷

Results

A total of 128 university students were evaluated, of which ten cases were related to stress, anxiety and depression ($p < 0.05$). Table 1

Table 1.

	Depression		OR	CI 95 %	P
	Yes	no			
Stress					
Yes	10	1	106	(16.04-2907.01)	0.000
No	2	114			
Anxiety					
Yes	9	6	8.4	(1.52-70.03)	0.000
No	4	112			

No relationship was found between sex with stress $p > 0.05$.

Discussion

The lack of adaptation to a change in the educational system can generate stress, as a response to inadequate adaptation to the

environment, in the present study ten cases of students were found who showed a relationship between stress and depression. In this sense in comparison to the El Rey Abdulaziz University (KAU), Jeddah KSA in the Faculty of Medicine, in a sample of 305 students with ages in the range of 20-29 years, average of 22 ± 1.3 years, 65% presented high levels of stress⁸; This reflects that the phenomenon has been presented in the student population, which emphasizes intervening in order to avoid adverse events.

The stress from remote times has been present in the stages of human life, when it fails to mitigate it can become chronic, people are exposed to various varieties of stress, placing it as part of the safety and resilience of human beings, however, it is necessary to denote if the presence of this affects certain skills such as learning in front of the individuals who present it.⁹

On the other hand, Brand et al. (2015) mentions that a relationship of stress with perfectionism can arise in 346 students of the faculties of medicine and psychology at the University of Basel (Switzerland), with an average age of 23.87 ± 1.93 years old; I note that sleep disturbance is associated with increased perception of stress, lack of coping, regulation under emotion, and low mental hardness.¹⁰ Added to this, stress showed a relationship in nine cases with anxiety among students, it does shows a close relationship between both psychological and behavioral processes.

Conclusión

The presence of stress in university students is evident, being this associated to other psychological affectations such as anxiety and depression, which emphasizes the intensive search of cases to be treated opportunely.

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