



PSYCHOLOGICAL STRESS AMONG UNDERGRADUATE MEDICAL STUDENTS

Arts

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ABSTRACT

Background: Medical education is highly challenging and often places heavy demands on the mental health of the students. Stress and its psychological manifestations are currently a major source of concern. The M.B.B.S students suffer from high level of stress that definitely affect the psychological well being of these students.

Method: This was a cross sectional study on medical students of semester 1st to 4th year. Data were collected using a Kessler Psychological distress scale.

Result: Academic stress is the most important stressor of medical students.

KEYWORDS

Psychological stress ,Medical students.

INTRODUCTION:

Stress is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressure of the situation. Medical school is recognized as a stressful environment that often exerts a negative effect on the academic performance, physical health and psychological wellbeing of the students. Undergraduate medical students have been the most distressed group of students compare to undergraduates from any other course. Stress, health and emotional problem increase during the period of undergraduate medical education. This can be lead to mental distress and has a negative impact on cognitive functioning and learning. Medical education is identified as full stress an it is characterized by many psychological changes as well in students..It constitutes various stressors, which may cause impaired judgment, reduced concentration, loss of self esteem, increased Anxiety and depression. There are three stressor categories. Frustration, felt when the efforts to achieve a goal are hindered by an external or external obstacle or by the impossibility to achieve it, conflict, situation in which two completely opposite motivations or need occur simultaneously, and the other. Pressure, tension determined by the action of an inner or outer force to increase the pace or efforts made to reach a certain goal or to completely change the strategy to reach it.

Stress during the first year of medical school has a higher impact than during the ther years, especially before the exam and during it and mainly due to the highly competitive environment and the absence of extra-curricular activities, with very few differences between men and women. The identified cause were the absence of a learning strategy , the sleepless night before the exam and also an unhealthy food intake during the exam. So it may not be possible to completely eliminate stress in our colleges, but it is important that stress intervention programs may be designed to address an effective intervention and the stressors specific to college students must be determined .There is an urgent need of preventive intervention for medical students in order to prevent negative consequences of stress and improve their life –style, by promoting individual and social resources as well as doctor patient relationship at the formative period of the student's career. Therefor, increased awerness about stress, its consequences and stress management modalities Early in medical carrier is very important. Preliminary talks by the communiy psychiatrist may be extremely useful in the first year of the carrier of medical students.

OBJECTIVES :

To assess the level of stress among undergraduate medical students of RIMS Ranchi.

To assess the impact of socio-demographic correlates of stress among medical students.

METHOD

Study design : This was a cross sectional study.

The Samle: The sample consist of 95 undergraduate medical students. Purposive sampling technique was used for the selection of the students. Age range 17-26 years. subjects were screened based n the following inclusion and exclusion criteria

Selection criteria

Inclusion Criteria

- Both sexes
- Age from 17 to 26
- Only Government medical college students

Exclusion Criteria

- Age range below 17 and above 26.
- Students of other medical colleges.

Tools:

(a) The socio-demographic data: This data included the socio-demographic information of respondent like: age, marital status , religion, Parental occupation, Family income etc.

2) Medical student stressor questionnaire:

The MSSQ was developed by Yusoff & Rahim.(2010) These questionnaire identify the stressors of medical students as well as measure the intensity of stress caused by the stressors. The MSSQ consists of 40 items representing six stressor domains. Reliability analysis shows that the MSSQ has a high internal consistency as cronbach's alpha coefficient value was 0.95 which is more than the acceptable cut off point of 0.6(35).

RESULT AND DISCUSSION

Socio- demographic characteristics of the respondent on recorded and presented in the table 1.

Table -1: Socio-demographic profile of the Respondents

Variables		Frequency	Percentage
Age	17-21	35	36.8%
	22-26	60	63.2%
Sex	Male	27	28.4%
	Female	68	71.5%
Parental occupation	Doctor	17	17.9%
	Gov.job	34	35.8%
	Bussiness	9	9.5%
	Nurse	2	2.1%
	Other	33	34.7%
Family Income	Below 20000	27	28.4%
	20001-40000	15	15.8%
	40001-60000	14	25.3%
	60001-80000	1	1.1%
	80001 and above	28	29.5%

Table 1 shows the demographic characteristics of the subjects included in the study .Majority of the participant were female (71.6%) and from low and high household earning below 20,000 and above 80,001 with regard to occupation 17 (17.9%) of subjects were doctors , 34(35.8%) were government employees.

To assess the level of stress and sources of stress among medical students MSSQ was administered them, data were presented in the table 2 Analysis was done area wise.

Table -2 Mean and standard deviation of MSSQ Score in medical Students.

Areas of Stress	Mean	SD
Academic related	16.29	7.83
Intrapersonal& Interpersonal	11.36	7.53
Teaching & Learning related	10.21	5.89
Social related Stress	7.62	4.19
Drive & Desire related	4.81	4.84
Group Activities related	5.34	2.84

Table 2 shows that medical students were experiencing more stress due to academic pressure, intra and interpersonal related and teaching and learning related stress was also experienced by them. It also reported that medical students experiencing stress on drive and group activity related stress.

CONCLUSION :

Academic stress is the most important stressor of medical students.

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