

Level of Stress Between B.Sc. Nursing 1st Year & B.Sc. Nursing 2nd Year Students

Kamlesh Singh¹, Mrs. C. Gomathi², Ms. Santoshi Ahirwar³

¹Brig. (Retd.) (Principal), R. D. Memorial College of Nursing Bhopal (M. P)

²(Professor), R. D. Memorial College of Nursing

³(M.Sc. Nursing Student), R. D. Memorial College of Nursing

ABSTRACT

Stress is a universal experience. Stress is part of being alive. Stress is a person environment interaction. Stress may be viewed as an individual's reaction to any changes that requires an adjustment or response, which can be physical, mental or emotional. Stress is associated with negative situations, but good things also produce stress. Stress from positive experiences, such as becoming newly married, promoted at work, etc. is called eustress. A stressor is any situation that shows anxiety responses. Stress and stressors are different for each person; therefore, it is important that the nurse knows the stress producers for each of her patient. Stress is define as "any process, either in the external environment or within an individual that demand a response from the individual" Engel (1962). Stress level seems to be high in India than other countries. The finding shows that between B.Sc nursing 1st year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress and B.Sc nursing 2nd year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress. Statistical analysis showed that mean of B.Sc nursing 1st year student level of stress is 25.66 and mean of B.Sc nursing 2nd year is 24.93 and t value was 0.31.

Keywords: Stress, B.Sc. Nursing 1st Year & B.Sc. Nursing 2nd Year Students.

INTRODUCTION

Stress is a physical or emotional state always present in the person as a result of living. It is intensified in a non- specific response to an internal and external environmental change or threat. It is also a condition in which human system responds to change in its normal balanced state. The word stress issued in two ways first refers to the subjective feeling of tension experienced in the physiological, mental or spiritual real environmental events that are perceived as threatening and second use of the word commonly refers to those environmental events those results in internal feelings of stress. Varies twentieth- century researchers have contributed to several different concepts of stress. Three of these concepts include stress as a biological response, stress as an environmental event, and stress as an environmental event, and stress as transaction between the individual and the environment.. Three of these concepts include stress as a biological response, stress as an environmental event, and stress as an environmental event, and stress as transaction between the individual and the environment. Stress is the most important issue in

nursing education. Stress is the psychological threat in which the individual perceives a situation as a potential threat. Everyone face the stress in daily living life. Nursing student is more prone to stress situation because of transitional nature of college. High level of stress change the students health also affect the academic session. Stress also affects the nursing student performance. If stress not deal effectively they causes loneness, sleeplessness, worry etc. stress in nursing students four types- social, financial, academic and clinical.

OBJECTIVES

1. To assess the stress level among B.Sc. nursing 1st year students.
2. To find out stress level among B.Sc nursing 2nd year students.
3. To compare the level of stress between B.Sc 1st year and B.Sc 2nd year nursing students in selected nursing college at Bhopal.
4. To find out association of stress level of B.Sc nursing 1st year students with their selected socio demographic variables.
5. To find out association of stress level of B.Sc. nursing 2nd year students with their selected socio demographic variables.

METHODOLOGY

The research design used for the study was comparative research design research design with one group pre-test design. The study was conducted among B.Sc. Nursing 1st and 2nd year students who were study at selected college Bhopal. The analysis, interpretation and discussion of data collected from 60 subjects through convenient sampling, B.Sc. Nursing 1st and 2nd year students at selected nursing college Bhopal (MP). Descriptive and inferential statistics were adopted for the analysis and interpretation of the data.

FINDINGS AND DISCUSSION

Section-I: Description of demographic variables

- Show that among 30 students only 11(36.67%) were between 17 to 18 yrs, 17(56.67%) were from 19 to 20 yrs., 2(6.66%) were from more than 20 yrs.
- Among total respondent 3(10%) were between 5000 to 10000, 16(53.33%) were between 11,000 to 15000, 3(10%) were between 16000 to 20000, 8(26.67%) were more than 20000.
- Among total respondent 8(26.67%) were between less than 4 hours, 20(66.67%) were between 5 to 7 hours, 2(6.66%) were between 8 to 10 hours, 0(0.00%) were more than 10 hours.
- Among total sample 0(0.00%) were between less than 3 hours, 18(60%) were between 4 to 7 hours, 9(30%) were between 7 to 8 hours, 3(10%) were between more than 8 hours.
- Religious depicts that 19(63.33%) were Hindu, 2(6.67%) were Muslim, 0(0.00%) were Sikh, 9(30%) were Christian.
- Known Language depicts that 13(43.33%) were Hindi, 0(0.00%) were English, 0(0.00%) were Malayalam, 17(56.67%) were 2 language or more than 2.
- Table 1- Show that among 30 students only 0(0.00%) were between 17 to 18 yrs, 23(76.67%) were from 19 to 20 yrs., 7(23.33%) were from more than 20 yrs.

- Among total respondent 1(3.33%) were between 5000 to10000, 20(66.67%) were between 11,000 to15000, 5(16.67%) were between 16000 to20000, 4(13.33%) were more than20000.
- Among total respondent 22(73.33%) were between less than 4 hours, 8(26.67%) were between 5 to 7hours, 0(0.00%) were between 8 to 10 hours, 0(0.00%) were more than 10hours.
- Among total sample 2(6.67%) were between less than 3 hours, 17(56.66%) were between 4 to 7hours, 9(30%) were between 7 to 8 hours, 2(6.67%) were between more than 8hours.
- Religious depicts that 20(66.67%) were Hindu, 0(0.00%) were Muslim, 0(0.00%) were Sikh, 10(33.33%) were Christian.
- Known Language depicts that 9(30%) were Hindi, 0(0.00%) were English, 0(0.00%) were Malayalam, 21(70%) were 2language or more than2.
- Mean of B.Sc nursing 1st year students is 25.66 and B.Sc nursing 2nd year mean value is24.93.
- Standard deviation of B.Sc nursing 1styear student’s levelofstressis9.76andB.Sc nursing2ndyearstandard deviation is8.60.
- There will be no significant association of stress level among B.Sc nursing 1styear and 2nd year students with their selected socio demographic variables is accepted under age, monthly income, Hours spent for studying, Hours of sleep at night, Religion, known language.

Section- II: Analysis the level of stress between B.Sc Nursing 1st year and 2nd year students.

S.No.	Subject	Mean	SD	SE	t- value
1	B.Sc nursing first year students	25.66	9.76	2.38	0.31
2	B.Sc nursing first year students	24.93	8.60		

*** p<0.05

The data in the table depicts that it was found that between B.Sc nursing 1st year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress and B.Sc nursing 2nd year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress. Statistical analysis showed that mean of B.Sc nursing 1st year student level of stress is 25.66 and mean of B.Sc nursing 2nd year is 24.93 and t value was 0.31 and Unpaired t-test calculated value is 0.31 and tabulated t- value is more than calculated value so retained null hypothesis (p<0.05).

Section- III: Chi-square analysis to find out association of stress levelbetweenB.Sc nursing1styearand2ndyearstudents with their selected socio demographic variables.

Association was done the stress level between B.Sc nursing 1st year and 2nd year students with their selected socio demographic variables such as age, monthly income, Hours spent for studying, Hours of sleep at night, Religion, known language. Hypothesis (H₀) -There will be no significant associationofstresslevelbetweenB.Sc nursing1styear and 2nd year students with their selected socio

demographic variables is accepted under age, monthly income, Hours spent for studying, Hours of sleep at night, Religion, known language.

CONCLUSION

It this study found that between B.Sc nursing 1st year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress and B.Sc nursing 2nd year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress. Statistical analysis showed that mean of B.Sc. nursing 1st year student level of stress is 25.66 and mean of B.Sc nursing 2nd year is 24.93 and t value was 0.31. The study finding showed that level of stress of B.Sc nursing 1st year students is higher than B.Sc nursing 2nd year students.

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