

A Comparative Study to Assess the Educational Stress Level of Students of School of Nursing and School of Pharmacy in RIMT University, Mandi Gobindgarh, Punjab

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Abstract:

A comparative study design was adopted for the study. Total 160 students were selected for the study out of which 80 students were selected from each of the two school by using purposive sampling techniques. Results showed that 72.5% of nursing students experience moderate stress, 27.5% experience mild stress and none of the students are in severe stress. Whereas 63.8% of Pharmacy students experience moderate stress, 36.3% had mild stress and no one is in severe stress level.

Keywords: Assess, Educational stress level, School of Nursing, School of Pharmacy.

INTRODUCTION

Stress is the rate of all wear and tear caused by life and stress is classified into Distress and Eustress. Distress is negative stress which is harmful and cause helplessness, frustration, and disappointment where as Eustress is positive stress which occurs when gap between what one has and what one wants is slightly pushed but not overwhelmed. Challenging stimulus can lead to positive outcomes such as motivation and improved task performance ewhile threating ones or distress can results in anxiety, depression, social dysfunction and even suicidal intention.

American Psychological Association in 2023, stated that stress is not itself an illness but it can cause serious illness if not tackled. It is important to recognize the symptoms of stress early. This will help you figure out ways of coping and save you from adopting unhealthy coping methods, such as drinking or smoking. Spotting the early signs of stress will also help prevent it worsening and potentially causing serious complications, such as high blood pressure, anxiety and depression.

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so situation that feels stressful to one person may in fact be motivating to another. Many of life demands can cause stress, especially work, relationships and money problems, and when you feel stressed, it can affect everything

you do. Stress can affect how you feel, how you think, how you behave and how your body works. Sleeping problems, sweating, loss of appetite difficulty concentrating are common signs of stress. Transition from secondary school to high education is usually hard and demanding experience for students which lead to stress. Gregory Fricchione, conducted this study among health professions students, stress is commonly observed. 1, 2, 3, 4 Students in medical, dental, nursing, and pharmacy programs experience a variety of academic and personal stressors. In medical students, perceived stress is one of the strongest predictors of emotional exhaustion and lack of accomplishment, Specific to pharmacy, students present with higher stress levels and lower quality of life scores in their first to third (PI-P3) years as compare to nursing students. Stress in the pharmacy student population corresponds to a host of negative personal (e.g. lower quality of life, more health problems), academic (e.g. lower grades), and professional outcomes (eg. career dissatisfaction). Ammar Ihsan Awadh conducted study on A comparison study of perceived stress and quality of life among Master of Pharmacy and non-pharmacy master's students results shows that One hundred percent of MPharm students (n=26) and 88% of Non-MPharm students (n=100) participated in this study. The mean Perceived stress scale scores were insignificantly different between the MPharm students and Non-MPharm students. Negative correlations were found between stress and mental and physical HRQOL in MPharm students. However, only negative correlation between stress and mental HRQOL in Non-MPharm students.

NURAINI MARDEA¹, ANNA WAHYUNI WIDAYANTI², conducted study on Stress level comparison between pharmacy students and non-pharmacy students in Indonesia and results showed that The analysis showed that most of pharmacy students (50.31%) experienced severe level of stress, whereas only 37.19% non-pharmacy students experienced stress in this level. About 39.24% final year students felt moderate level of stress and 42.24% mid-year students felt mild level of stress. Both types of faculty and level of study significantly affected level of stress with p-value

Materials and Method

A Comparative Research Design was adopted for the study. The study sample comprised of 80 Nursing Students and 80 Pharmacy students. Non- probability Purposive sampling technique was used to collect the data. The tool consists of three parts: Part A: Socio Demographic Variables to obtain information on aspects like age, gender, Course, Academic year, Dietary habits, Physical activities, extracurricular activities. Part B: Self structured 5 point Likert Scale. The scale consist of 20 items to assess the educational stress level. Total score is 100. Which is categorized into mild, moderate and severe.

Results

Comparison of frequency and percentage distribution of both groups according educational stress level. =160

Category Level	School of Nursing(80)		School of Pharmacy (80)	
	F	%	F	%
Severe (55-80)	0	0	0	0
Moderate(28-54)	58	72.5%	51	63.8%
Mild (0-27)	22	27.5%	29	36.3%

The result shows that majority of nursing students had moderate level of stress 72.5% and 27.5% experience mild level of stress. Whereas majority of pharmacy students had moderate level of stress 63.8% and 36.3% experience mild level of stress.

**Comparison of educational stress scores between School of Nursing and school of Pharmacy
N=160**

Unpaired T test		Mean	S.D	N	Mean %	Unpaired Test	P Value	Table value at 0.05	Result
Stress Score	School of Nursing	32.46	11.38	80	40.58	1.298	0.196	1.975	Non-Significant
	School of Pharmacy	30.23	10.39	80	37.78				

The results showed that, mean stress score for nursing students was 32.46 (40.58%), whereas for pharmacy students was 30.23 (37.78%). It indicates that stress level is higher in Nursing students as compared to Pharmacy students.

Association of educational stress score of school of Nursing and school of pharmacy with selected demographic variables.

There is significant association of Educational stress score with Age, physical activities and dietary pattern at P-value <0.05 of both nursing students and pharmacy students. **Discussion:**

Objective 1: To assess the educational stress level of students of school of nursing and school of pharmacy in RIMT University, Mandi Gobindgarh. Study revealed that, stress score of School of Nursing indicates that 72.5% of nursing students experienced moderate stress, 27.5% experienced mild stress, none of the students were in the severe stress category. Similar study results are supported by Bushra Mushtaq, Javaid Ahmad Mir, et.al. (2021), which showed 37.5% study subjects had high perceived stress, 63.5% study subjects had moderate stress.

Study revealed stress score of School of Pharmacy indicates that 63.8% experienced moderate stress, while 36.3% had mild stress. None of the students fell into the severe stress category. The results are supported by GS Paneerselvam, Long Chiau Ming, et.al. (2023), which showed 63.8% of the pharmacy students experienced moderate stress level followed by 23.5% of severe stress and 12.7% of mild stress.

Objective2: To compare the educational stress level of students of school of nursing and school of pharmacy in RIMT University, Mandi Gobindgarh, Punjab. Study revealed that, among nursing students, the majority 72.5% reported moderate stress, while 27.5% had mild stress. In contrast. 63.8% of pharmacy students experienced moderate stress, and 36.3% had mild stress. This shows that moderate stress is more prevalent in nursing students, whereas pharmacy students show a slightly higher proportion of mild stress, though overall stress levels remain within manageable limits for both groups. Results were supported by Similar study conducted by Amol Bhagwat Kanade, Shubhangi Sarwan, et.al. (2021), showed that majority of 53.33% of nursing students had moderate level of stress and majority of the students follows coping strategies such as try to find meaning in the situation, pray and trust in God, seek help from family or friends.

Objective3: To assess the association educational stress level score with selected socio-demographic variables. study it was found that, there was significant association of educational astress scores in nursing with age, physical activities, at p-value<0.05. results supported by K. Jayasankara Reddy, Ms.Karishmarajanmenon, (2018), showed that there were association with gender and activities.

Moreover, there were significant association of stress scores in pharmacy with age and dietary pattern at p-value<0.05 and result supported by study conducted by Zana Ibraimi, Shpend Voca, et.al. (2025),

showed that significant association with gender at p-value<0.05.44.

Conclusion

The findings of the study revealed majority of educational stress level is higher in school of nursing as compared by school of pharmacy.

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