

A Correlational Study between Parental Expectations and Educational Stress among Nursing Students of Selected Nursing Institutes of Guwahati, Assam

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ABSTRACT

BACKGROUND: Globally educational stress is one of the most serious issues among nursing students according to UNICEF studies, upto 85%- 87% of students report experiencing high academic pressure. In India, studies indicates high levels of academic stress and intense parental pressure, with around 81.6% of adolescents experiencing exam related anxiety and approximately 66% reporting pressure from parents to achieve high grades.

OBJECTIVES: To find out the Correlation between Parental Expectations and Educational Stress among Nursing Students of Selected Nursing Institutes of Guwahati, Assam.

MATERIALS AND METHODS: The research approach of the present study is quantitative research approach and research design is correlational research design. The Study was conducted at selected Nursing Institutes of Guwahati, Assam and the population for this study is Nursing Students who are studying in GNM 1st year and GNM 2nd year. Sample size for this study is 108 and Non-probability Convenient Sampling Technique was used to select the sample.

RESULTS: The result revealed that, out of 108 nursing students 58(53.8%) of the nursing students belonged to the age group of 20-22 years, 98 (90.74%) of the nursing students were female, 59(54.63%) of the nursing students belonged to Islam religion, 69(63.89%) of the nursing students belong from the rural area, 93(86.11%) of the nursing students were from nuclear family, 54(50%) of the nursing students studied 2 hours in a day, 39 (36.1%) of the nursing students father's educational qualification was high school certified, 46(42.51%) of the nursing students mother's educational qualification was high school certified, 48(44.44%) of the nursing students father's occupation was business / self employee, 75(69.44%) of the nursing students mother's occupation was home maker, 22(20.37%) of the nursing students family income per month was 39,830-59,794 and another 22(20.37%) was 23,870-39,829, 55(50.93%) of the nursing students medium of education was English

in 12th passed. Among 108 nursing students 56(51.86%) of the nursing students parents had moderate level of expectations, 37(34.26%) of the nursing students parents had high level of expectations, 15(13.88%) of the nursing students parents had low level of expectations. Among 54 (50%) of the nursing students had low level of Educational Stress, 44(40.75%) of the nursing students had moderate level of Educational Stress and 10 (9.25%) of nursing students had high level of Educational Stress. The calculated 'r' value was 0.244, which shows that there is a weak positive correlation between parental expectations and educational stress among nursing students and $p=0.005$, which was statistically significant. The religion, father's educational qualification, mother's educational qualification, medium of education in 12th pass. of the nursing students was found significant association at $p<0.05$ but other demographic variables were found to be non significant at $p<0.05$ level of Parental Expectations among nursing students with socio-demographic variables, hence the research hypothesis H_2 was partially accepted and null hypothesis H_{02} was partially rejected. Total hours of self study of nursing students was found significant association at the level of $p<0.05$ but the other demographic variables were found to be non significant at the level of $p<0.05$ educational stress among nursing students with socio-demographic variables, thus research hypothesis H_3 was partially accepted and null hypothesis H_{03} was partially rejected.

CONCLUSION: The study shows that there was a positive correlation between Parental Expectation and Educational Stress among nursing students of selected nursing institutes of Guwahati, Assam.

Keywords: Correlation, Parental Expectations, Educational Stress and Nursing Students.

INTRODUCTION

Stress is a state of physical and psychological strain which imposes demands for adjustment upon the individual. It has been reported that student nurses are affected with the stressors in academic, clinical, financial, parental expectations, competition for grades and career choices.¹

Parents and parenting style have a significant impact on children's behaviour. Parenting behaviour including attitudes, beliefs and resulting emotions such as frustration or joy, influences children's social, emotional and cognitive growth.² It is crucial for parents to provide appropriate role models for their children. Negative role models can have a harmful effect on a child's growth and may lead to undesirable behaviour.³

Research shows that a large proportion of nursing students experience moderate to high level of academic stress e.g. approximately 43.8 % to 62.9% of nursing students reported moderate stress and about 10.5% reported high stress in previous studies. Moreover, systematic review indicates that around 42.1% of nursing students experience moderate stress with a substantial proportion also exhibiting anxiety symptoms.

STATEMENT OF THE PROBLEM:

"A correlational study between Parental Expectations and Educational Stress among Nursing Students of selected Nursing Institutes of Guwahati, Assam."

OBJECTIVES OF THE STUDY:

1. To assess the level of Parental Expectations among Nursing Students of selected nursing institutes of Guwahati, Assam.

2. To assess level of Educational Stress among nursing students of selected nursing institutes of Guwahati, Assam.
3. To find out the Correlation between Parental Expectations and Educational Stress among nursing students of selected nursing institutes of Guwahati, Assam
4. To find out the association between Parental Expectations with selected socio-demographic variables of nursing students of selected nursing institutes of Guwahati, Assam.
5. To find out the association between Educational Stress with selected socio-demographic variables of nursing students of selected nursing institutes of Guwahati, Assam.

HYPOTHESES:

H₁= There is a significant correlation between Parental Expectations and Educational Stress among nursing students at 0.05 level of significant.

H₂ = There is a significant association between Parental Expectations with selected socio-demographic variables at 0.05 level of significant.

H₃= There will be significant association between Educational Stress with selected socio- demographic variables at 0.05 level of significant.

MATERIALS AND METHOD:

The research approach of the present study is quantitative research approach and research design is correlational research design. The Study was conducted at selected Nursing Institutes of Guwahati, Assam and the population for this study is Nursing Students who are studying in GNM 1st year and GNM 2nd year. Sample size for this study is 108 and Non-probability Convenient Sampling Technique was used to select the sample. The tool used for data collection consisted of 3 parts. Part 1: Socio-demographic performa, Part 2: Self- administered structured rating scale consist of 20 items to assess the level of Parental Expectations and Part 3: Student Nurse Stress Index is a standardized 5 point Likert Scale consisting of 22 items to assess the Educational Stress among the Nursing Students. The reliability of the rating scale to assess the level of Parental Expectations was tested by using Cronbach's Alpha was found to be $r=0.81$. At the end of data collection, the investigators expressed their gratitude to all the respondents for their participation. The collected data were analyzed using descriptive and inferential statistics.

RESULTS

The major findings of the study were as follows

TABLE 1. FREQUENCY AND PERCENTAGE DISTRIBUTION OF SOCIO-DEMOGRAPHIC VARIABLES OF NURSING STUDENTS n=108

SL NO	DEMOGRAPHIC PERFORMA	CATEGORIES	FREQUENCY	PERCENTAGE (%)
1	Age	18-19 years	40	37.04
		20-22 years	58	53.8
		23-25 years	6	5.55
		>25 years	4	37
2	Gender	Male	10	9.26

		Female	98	90.74
3	Religion	Christianity	15	13.89
		Hinduism	34	31.48
		Islam	59	54.63
4	Area of residence	Rural	69	63.89
		Urban	39	36.11
5	Type of family	Nuclear	93	86.11
		Joint	15	13.89
6	Total hours of self study in a day	1hours	28	25.93
		2 hours	54	50
		3hours or More	26	24.07
7	Father's educational qualification	Profession or Honors	8	7.4
		Graduate	35	32.4
		Intermediate or diploma	5	4.6
		High school certificate	39	36.1
		Middle school certificate	15	13.8
		Primary school certificate	3	2.77
		Illiterate	4	3
8	Mother educational qualification	Profession or Honors	3	2.79
		Graduate	5	13.89
		Intermediate or diploma	7	6.45
		High school certificate	46	42.51
		Middle school certificate	23	21.3
		Primary school certificate	10	9.25
		Illiterate	4	3.78
9	Father's occupation	Business/Self employee	48	44.44
		Government employee	40	37.03
		Private	15	13.89
		Unemployed	5	4.62
10	Mother's occupation	Government employee	15	13.89
		Private employed	7	6.48
		Self-employed	11	10.18
		Home maker	75	69.44
11	Family income per month	1,59,586 and above	5	4.62
		79,756-159,585	18	16.67
		59,795-79,755	14	12.96
		39,830-59,794	22	20.37
		23,870-39829	22	20.37
		7989-23,869	20	18.51
		≤7988	7	6.48
12	Medium of education in 12th	English	55	50.93
		Assamese	53	49.07

Data in the table.1. shows that Majority 53.8% of the participants belong to the age group of 20-22 years of age, 98% of the participants are female, 54.62% of the participants belong to Islam religion, 63.89% of the participants are from rural area, 86.11% of the participants belong from the nuclear family, 50% of the participants do the self study 2 hours in a day, 36.1% of the participants father's educational qualification is High school certified, 42.51% of participants mother's educational qualification is High school certified, 44.44% of the participants father's occupation is business or self employed, 69.44% of the participants mother's occupation is home maker, 20.37% of the participants family income per month 39,830-59,794 and 50.93% of the participants are from the English medium of education in 12th passed.

TABLE 2: FREQUENCY AND PERCENTAGE DISTRIBUTION OF PARENTAL EXPECTATIONS AMONG NURSING STUDENTS

n=108

PARENTAL EXPECTATIONS	FREQUENCY (f)	PERCENTAGE (%)	SCORE RANGE	MEDIAN	MODE	MEAN	SD
LOW LEVEL PARENTAL EXPECTATIONS	15	13.88	(57-13) 44	42	40	40.58	9.095
MODERATE LEVEL PARENTAL EXPECTATIONS	56	51.86					
HIGH LEVEL PARENTAL EXPECTATIONS	37	34.26					

Data in table 2. shows majority of the Nursing students i.e. 56 (51.86%) have moderate level of parental expectations, 37 (34.26%) have high level of parental expectations and 15 (13.88%) have low level of parental expectations.

TABLE 3: FREQUENCY AND PERCENTAGE DISTRIBUTION OF EDUCATIONAL STRESS AMONG NURSING STUDENTS

n=108

EDUCATIONAL STRESS	FREQUENCY (f)	PERCENTAGE (%)	SCORE RANGE	MEDIAN	MODE	MEAN	SD
LOW LEVEL EDUCATIONAL STRESS	54	50	(104-33) 71	54.5	54	56.70	14.84
MODERATE LEVEL EDUCATIONAL STRESS	44	40.75					
HIGH LEVEL	10	9.25					

EDUCATIONAL STRESS							
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Data in table 3. shows majority of nursing students i.e. 54 (50%) have low level of educational stress, 44 (40%) have moderate level of educational stress, 10 (9.25%) have high level of educational stress.

TABLE 4: CORRELATION BETWEEN PARENTAL EXPECTATIONS AND EDUCATIONAL STRESS AMONG NURSING STUDENTS

n=108

CORRELATION	r VALUE	p VALUE
Parental Expectations	0.244	0.005*
Educational Stress		

**p<0.05 Level of significance*

Data in table 4. shows that there is a weak positive correlation between parental expectations and educational stress among nursing students ($r=0.244$) and ($p=0.005$) was statistically highly significant. Thus, the research hypothesis (H_1) is accepted.

CORRELATION BETWEEN PARENTAL EXPECTATIONS AND EDUCATIONAL STRESS AMONG NURSING STUDENTS

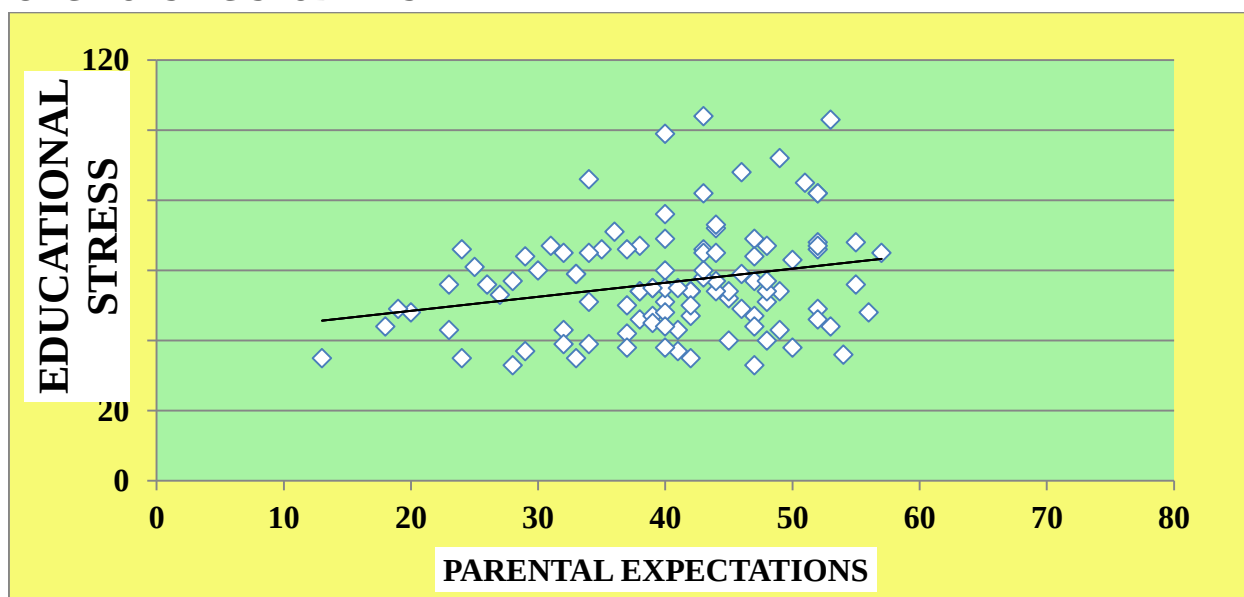


FIGURE 1. SCATTERED DIAGRAM SHOWING WEAK POSITIVE CORRELATION BETWEEN PARENTAL EXPECTATIONS AND EDUCATIONALC STRESS AMONG NURSING STUDENTS

TABLE 5: ASSOCIATION BETWEEN PARENTAL EXPECTATIONS AND SELECTED SOCIO DEMOGRAPHIC VARIABLES

n=108

SL. NO	DEMOGRAPHIC PERFORMA	LEVEL OF PARENTAL EXPETATIONS			CHI ²	df	P Value
		LOW	MODERATE	HIGH			

1	Age 18-19 years 20-22 years 23-25 years >25 years	4 8 3 1	21 30 2 2	15 22 - -	11.55	6	0.073 NS
2	Gender Male Female	2 14	6 48	1 37	2.52	2	0.99 NS
3	Religion Christianity Hinduism Islam	8 3 5	3 23 28	4 8 26	25.28	4	0.00004*
4	Area of residence Rural Urban	11 5	29 25	29 9	51.3	2	0.07 NS
5	Type of family Nuclear Joint	14 2	46 8	34 4	0.36	2	0.83 NS
6	Total hours of self study in a day 1hours 2 hours 3hours or More	4 11 1	16 20 18	10 21 7	7.87	4	0.09 NS
7	Father's educational qualification Profession or Honors Graduate Intermediate or diploma High school certificate Middle school certificate Primary school certificate Illiterate	- 6 1 7 1 - 1	5 20 3 17 8 1 -	1 11 1 14 6 2 3	25.286	12	0.01*
8	Mother's educational qualification Profession or Honors Graduate Intermediate or diploma High school certificate Middle school certificate Primary school certificate Illiterate	2 2 1 6 2 - 3	2 6 5 25 13 4 -	- 6 1 14 9 6 1	23.34	12	0.02*
9	Father's occupation Business/Self employee	5	25	19	7.006	6	0.32 NS

	Government employee	10	19	10			
	Private	1	7	6			
	Unemployed	-	4	2			
10	Mother's occupation						
	Government employee	2	10	3			
	Private employed	2	4	1	4.26	6	0.64NS
	Self-employed	2	5	5			
	Home maker	10	26	28			
11	Family income per month						
	1,59,586 and above	1	3	1			
	79,756-159,585	3	11	4			
	59,795-79,755	2	6	6	5.29	12	0.95 NS
	39,830-59,794	2	11	8			
	23,870-39829	3	11	9			
	7989-23,869	4	8	8			
	≤7988	1	5	1			
12	Medium of education in 12th						
	English	13	24	17	7.38	2	0.02*
	Assamese	3	31	20			

***p<0.05 Level of significance**

Data presented in above Table 5. shows no significant association between Parental Expectations of nursing students and their socio-economic variables such as Age in years, Gender, area of residence, type of family, total hours of Self -study in a day, fathers occupation, mother occupation, family income per month.

On the other hand, significant association is found between level of Parental Expectations of Nursing students with their religion, fathers educational qualification, mothers educational qualification, medium of education in 12th pass.

Therefore the research hypothesis H₂: There is a significant association between the level of Parental Expectations of nursing students with selected socio-demographic variables is retained in case of religion, fathers educational qualification, mothers educational qualification, medium of education in 12th pass. And the null hypothesis (H₀₂) is partially rejected.

TABLE 6: ASSOCIATION BETWEEN EDUCATIONAL STRESS AND SELECTED SOCIO-DEMOGRAPHIC VARIABLES

n=108

SL. NO	DEMOGRAPHIC PERFORMA	LEVEL OF EDUCATIONAL STRESS			CHI ²	df	P Value
		LOW	MODERATE	HIGH			
1	Age						
	18-19 years	18	21	2	6.3	6	0.39NS
	20-22 years	33	21	4			

	23-25 years	3	3	-			
	>25 years	1	1	1			
2	Gender						
	Male	6	3	-	1.31	2	0.52NS
	Female	49	43	7			
3	Religion						
	Christianity	8	8	-	3.59	4	0.47NS
	Hinduism	14	17	3			
	Islam	33	21	4			
4	Area of residence	37	26	5			
	Rural	18	20	2	1.47	2	0.48NS
	Urban						
5	Type of family	46	41	6			
	Nuclear	9	5	1	2.59	4	0.63NS
	Joint						
6	Total hours of self study in a day	10	19	1			
	34	14	5				
	1hours	11	13	1	12.09	4	0.017*
	2 hours						
	3hours or More						
7	Father's educational qualification						
	Profession or Honors	1	6	-			
	Graduate	18	13	3			
	Intermediate or diploma	3	2	-	13.69	12	0.32NS
	High school certificate	22	15	3			
	Middle school certificate	7	8	-			
	Primary school certificate	3	-	-			
	Illiterate	1	2	1			
8	Mother educational qualification						
	Profession or Honors	3	1	-			
	Graduate	7	8	-			
	Intermediate or diploma	6	1	-	11.58	12	0.48NS
	High school certificate	19	21	4			
	Middle school certificate	12	11	1			
	Primary school certificate	5	3	2			
	Illiterate	3	1	-			
9	Father's occupation						
	Business/Self employee	23	24	2			
	Government employee	20	15	3	9.94	6	0.13NS
	Private	10	4	-			
	Unemployed	2	3	2			

10	Mother's occupation						
	Government employee	9	5	1			
	Private employed	2	6	-	5.78	6	0.44NS
	Self-employed	5	6	-			
	Home maker	39	29	6			
11	Family income per month						
	1,59,586 and above	4	1	-			
	79,756-159,585	11	7	-			
	59,795-79,755	10	3	-	14.22	12	0.29NS
	39,830-59,794	11	9	3			
	23,870-39,829	10	11	1			
	7989-23,869	8	10	2			
	≤7988	1	5	1			
12	Medium of education in 12th						
	English	27	24	3	0.24	2	0.89NS
	Assamese	28	22	4			

*** $p < 0.05$ Level of significance**

Data presented in above Table 6 shows no significant association between Educational stress of nursing students and their socio-economic variables such as Age in years, Gender, religion, area of residence, type of family, fathers educational qualification, mothers educational qualification, fathers occupation, mother occupation, family income per month, medium of education in 12th pass.

On the other hand, significant association is found between level of educational stress of Nursing students with their total hours of Self -study in a day.

Therefore the research hypothesis H₃: There is a significant association between the level of Educational stress of nursing students with selected socio-demographic variables is retained in case of total hours of Self -study in a day. And the null hypothesis (H₀₃) is partially rejected.

DISCUSSION

DISCUSSION ON SOCIO DEMOGRAPHIC VARIABLES FINDINGS

The present study found that majority (98%) of the participants are female. Similarly in study done by Glenn Medallon Calaguas (2013)⁵ the female (57%) participants were more than male (43%) participants

The present study found that Majority (54.62%) of the participants belong to Islam religion. In contrary to that, Study done by Sreevani Rentala, Raghavendra BN, Sugnyani DP, Gayatri SH, Rajashree (2019)⁶ found that majority of subjects (79.6%) belonged to Hindu religion.

The present study found that Majority (86.11%) of the participants belong from the nuclear family. Similarly, study done by Adhikari Pampa , Adhikari Uma Rani and Roy Madhushri (2020)⁷ also found that majority of the subjects (50%) belonged to nuclear type of family.

The present study found that Majority (69.44%) of the participant's mother's occupation is home maker. Similarly a study done by Minani Gurung, Natkamol Chansatitporn, Kanittha Chamroonsawasdi, and Punyarat Lapvongwatana (2020)⁸ also found that most of the participants' mothers were housewives 128 (24.5%).

DISCUSSION ON PARENTAL EXPECTATIONS AMONG NURSING STUDENTS FINDINGS

The present study revealed that (51.86%) of the parents of the students had moderate level of expectations, (34.26%) parents of the students had high level of expectations and (13.88%) had low level of expectations.

In support of the study, a study conducted by Adhikari Pampa, Adhikari Uma Rani and Roy Madhushri (2020)⁷ also found that majority (63.89%) of the adolescents have perceived moderate parental expectations.

DISCUSSION ON EDUCATIONAL STRESS AMONG NURSING STUDENTS FINDINGS

The present study revealed that (50%) of the nursing students had low level of Educational Stress, (40.75%) of the nursing students had moderate level of Educational Stress and (9.25%) of nursing students had high level of stress.

In contrary to that, study conducted by Kadam S. (2021)⁹ found that majority (53.33%) of the nursing students had moderate stress, 31.67% of them had slight stress and 15% of them had high stress.

In contrary to that, study conducted by Adhikari Pampa, Adhikari Uma Rani and Roy Madhushri (2020)⁷ found that majority (69.44%) of the adolescents have perceived moderate stress.

DISCUSSION ON CORRELATION BETWEEN PARENTAL EXPECTATIONS AND EDUCATIONAL STRESS FINDINGS

The present study found that there is a positive correlation between Parental Expectations and Educational Stress among nursing students ($r=0.244$) and was found highly significant Correlation at $p<0.05$ ($p=0.005$)

Similarly a study done by Shriharsha C, Prakash Jiddimani, Deelip S. Natekar (2021)¹⁰ revealed a positive correlation between parental expectations and stress among adolescents ($r=0.296$).

Study conducted by Krishna C, Krishna D (2018)¹¹ also observed a moderately positive correlation ($r=0.144$) between parental expectations and stress among the adolescents.

DISCUSSION ON ASSOCIATION BETWEEN PARENTAL EXPECTATIONS AND SELECTED DEMOGRAPHIC VARIABLES FINDINGS

In present study a significant association is found between level of Parental Expectations of Nursing students with their religion, fathers educational qualification, mothers educational qualification, medium of education in 12th pass. However, there were no significant association between Parental Expectations of nursing students and their socio-economic variables such as Age in years, Gender, area of residence, type of family, total hours of Self -study in a day, fathers occupation, mother occupation, family income per month.

Similarly, study conducted by Adhikari Pampa, Adhikari Uma Rani and Roy Madhushri (2020)⁷ indicated that, father's education ($p=0.001$), mother's education ($p=0.013$), were significantly associated with perceived parental expectations. And, type of family ($p=0.501$), father's occupation ($p=0.149$), mother's occupation ($p=0.151$) were not significantly associated with perceived parental expectations.

DISCUSSION ON ASSOCIATION BETWEEN EDUCATIONAL STRESS AND SELECTED DEMOGRAPHIC VARIABLES FINDINGS

In the present study, significant association is found between level of educational stress of Nursing stud-

ents with their total hours of Self -study in a day.. However, no significant association between Educational stress of nursing students and their socio-economic variables such as Age in years, Gender, religion, area of residence, type of family, fathers educational qualification, mothers educational qualification, fathers occupation, mother occupation, family income per month, the medium of education in 12 pass.

Similarly, Study done by Adhikari Pampa, Adhikari Uma Rani and Roy Madhushri (2020)⁷ found that academic performance ($p= 0.004$) of adolescents was significantly associated with stress. Whereas, adolescent,,s class ($p=0.132$), type of family ($p=0.144$), number of sibling ($p=0.108$), mother's education ($p=0.080$), father's occupation ($p=0.416$), mother,,s occupation ($p=0.097$) and age ($p=0.982$), number of family member ($p=0.056$) of adolescents were not significantly associated with perceived stress.

LIMITATIONS

The study was limited to selected Nursing Institute of Guwahati, Assam. Therefore, the findings can be generalized only to this population.

NURSING IMPLICATIONS

- **Nursing Practice**
Education to the parents on how their expectations can affect the nursing students.
- Enhancing counselling services in institutional settings.
- **Nursing Education**
In-service education, continuing education, workshop should be conducted to upgrade the knowledge and skills of the nurse in proper management about stress and stress related disorders.
- **Nursing Administration**
Nursing administrators should consider offering mental health support services within educational institutions or healthcare settings to help students cope with stress.
- **Nursing Research**
Findings of the present study should be published so that members in the nursing field can utilise such findings.

RECOMMENDATION

- Larger sample size can be used for related study.
- Related study can be done to identify different levels of parental expectations and educational stress among different profession.
- Parents of nursing students can be used as sample for the study.
- Qualitative study can be carried out to gain in-depth knowledge on various academic stress faced by students.

CONCLUSION

The study concludes that there was a positive correlation between Parental Expectation and Educational Stress among nursing students of selected nursing institutes of Guwahati, Assam.

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