



## A STUDY TO ASSESS THE STERSS LEVEL AMONG FOURTH YEAR BSC NURSING STUDENTS IN SELECTED COLLEGES

**AJITHA E**

Associate Professor, Sardar Rajas College of Nursing, Kavalkinaru, Tirunelveli, Tamilnadu, India.

### ABSTRACT

A descriptive study is to assess the stress level among fourth year BSc nursing students in selected colleges. The period of data collection was one day. In this study non experimental design was used. The sample consisted of 50 students of fourth year BSc nursing, lottery sampling technique was used to select the samples. The findings reveal that among the study subjects 38% have mild stress, 60% samples have moderate stress and 2% of samples have severe stress. The study revealed that there was no significant association between the level stress among fourth year BSc nursing and the selected demographic variables.

### KEYWORDS:-

### INTRODUCTION

Stress is a normal reaction the body has when changes occur, resulting in physical emotional and intellectual responses. Stress is a normal human reaction that happens to everyone [1]. Everyone experiences stress to some degree. The way you respond to stress, however makes a big difference to your overall wellbeing. Sometimes, the best way to manage your stress involves changing the way you respond to the situation [2]. Stress in nursing education is one of the most important issues in the modern world. It can be identifying as a 20th century disease and has been viewed as a complex and dynamic between individual and their environments. Everyone has stress and which is faced in our daily life. Nursing students are prone to stress due to transitional nature of college life.

Corresponding Author

**Mrs. AJITHA E**

Email: - [ajitha0803@gmail.com](mailto:ajitha0803@gmail.com)

High levels of stress are believed to affect student's health and academic functions Feeling of loneliness, sleeplessness, nervousness and worrying about result. Basically the stress among the nursing students can be divided in to four financial stress, Academic stress, social stress and clinical areas stress [3]. In nursing students experience increased tension before their clinical rotation and written test, especially their finals. Dhar R et al among nursing students reported 48.83% mild stress. And 11.62% moderate stress. [4] The aim of the study to assess the stress level among fourth year BSc nursing students.

### Statement of the problem

A study to assess the stress level among the fourth year BSc Nursing students in selected colleges at Kanyakumari district.

### Objectives

To assess the level of stress among the fourth year BSc nursing students

To study the association between the level of stress and selected demographic variables.

### Methodology

Quantitative research approach was adopted for this study using descriptive research design. Fourth year BSc nursing students are selected using simple random sampling technique. The samples were selected based on the criteria of sample selection. [5] After getting initial permission the investigator got informed consent from the participants and proceeded with data collection with a given period of time. The investigator collected the data using students stress factor questionnaire. The data was collected regarding demographic variables and the students stress factor questionnaire on stress the scoring was given based on the answer. Ethical principle, justice



were maintained during and after the course of data collection.

## RESULTS AND DISCUSSION

The findings of the study reveal that the age group between 20-21 yrs. have 6% of mild stress, 8% have moderate stress, and 2% have severe stress. Regarding locality of living when 26% have mild stress, 18% have moderate stress, 2% have severe stress and in rural areas, 12% have mild stress, 42% have moderate stress. Regarding type of family. In nuclear family 36% have mild stress, 52% have moderate stress and 2% have severe stress and in joint family 23% have mild stress, 2% have moderate stress. Regarding income between

Rs.3000-5000, 80% have mild stress, 24% have moderate stress, income between Rs 5000-9000, 12% have mild stress, 20% have moderate stress and 2% have severe stress. Income above Rs.9000 have 10% have mild stress, 12% have moderate stress. Regarding birth order first birth order 14% have mild stress, 26% have moderate stress and in second birth order 18% mild stress, 26% have moderate stress and 2% have severe stress. Regarding religion, Hindus have 6% of mild stress and Christians have 2% mild stress, 5% moderate stress and Muslims 1% have mild. The study findings reveal that 60% have moderate stress. The study subjects perceive moderate stress.

**FIG:1 Frequency distribution of the samples according to the level of stress**



**Fig: 1 shows 38% of samples have mild stress (10-20) 60% of samples have moderate stress (21-30) of 2% of sample have severe stress (31-40)**

## CONCLUSION

The study is to assess the stress level among fourth year BSC nursing using descriptive method. Data was collected by using students stress factor questionnaire. The data collection period was one week. The results show that 38% have mild stress, 60% samples have moderate stress and 2% of samples have severe stress. The investigator has analyzed the data collected has come to the conclusion that the stress level among

fourth year BSC nursing the study subjects perceive moderate stress.

Conflict of interest: There is no conflict of interest

Source of fund: Self

## Ethical clearance

The proposed study was conducted after the approval of the ethical committee. Assurance was given to the study participants regarding the confidentiality of the data collection.

## REFERENCES

1. Cleveland clinic (2023) care at Cleveland clinic retrieved from
2. Elizabeth Scott,(2022) effect on health very well minds , dot dash Meredith retrieved from
3. Baba vajrala (2018) international journal of India psychology retrieved from
4. Sankappa Gulaganji, Manjunath patil (2020). International journal of innovative science and research technology retrieved from www. Ijisrt.com
5. Suresh K Sharma (2014) Nursing research and Statistics (second edition) Elsevier publication.

