

Assessment on level of Stress Regarding Examination during Covid-19 Pandemic Among Students of Selected Nursing School

Suhasini Vinayak Sanas

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Authors Affiliation:

Associate Professor, Department of Nursing, Sinhgad College of Nursing, Pune 411041, Maharashtra, India.

Corresponding Author: Suhasini Vinayak Sanas, Associate Professor, Department of Nursing, Sinhgad College of Nursing, Pune 411041, Maharashtra, India.

E-mail: suhasini_s009@yahoo.com

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Abstract

The present study was Assess the level of stress regarding examination during Covid-19 pandemic among students of selected nursing colleges of city.

Objectives: To assess level of stress regarding examination during Covid-19 pandemic.

Methodology: Research, Design Non experimental descriptive design, sampling technique Convenient sampling, Research Setting selected Nursing colleges of City.

Result: Findings of the study found that students experience severe stress i.e. 23.33%, moderate stress i.e. 23.33% and low stress i.e. 5% respectively. Given the harmful consequences of stress and the importance of mental and physical health among nursing students.

Conclusion: The study concluded that the psychological health of students is a significant issue. Some of these symptoms may be improved with better communication between the friends or family members of the students and the provision of more information regarding the academics and examinations. As well as college should strive to provide better support for students regarding their academics and examinations and also relaxation techniques.

Keywords: Assessment; Level of stress; Examination; Covid 19 Pandemic etc.

Introduction

COVID-19 entered into our lives at the end of 2019 in the whole world threatening the health of countless people and reached pandemic status as well. Since December 2019, there has been an outbreak of pneumonia of an unknown aetiology that was first reported in Wuhan, Hubei Province, China (Wang et al. 2020).

Due to this pandemic outbreak, lot of students developed psychological problems that are affecting learner's not only academics but all over personality (WHO, 2020). Countries worldwide implemented strict precautions on its citizens in an attempt to control the spread. The country switched its in person educational system to virtual learning, closing public places of aggregation and invoking travel bans. Living in quarantine period

which is also known as lockdown can be great mental toll for everyone. Quarantine affects mainly three components of mental health i.e. autonomy, competency and connectedness. People feel isolated as they get cut off by meeting their friends and perform their daily routine.¹

Due to COVID-19 crisis, education was shifted into emergency remote learning, and virtual classes were given through different educational platforms such as Blackboard, Zoom, and Google classroom. Besides, all assignments were handed out and submitted electronically to keep on evaluating students through different evaluation strategies. At the end of the semester, an online exam was assigned through blackboard as the final evaluation of the students' performance during COVID-19 crisis.²

Problem Statement

'Assessment on level of stress regarding examination during Covid-19 pandemic among students of selected nursing colleges of city.'

Objectives

- To assess level of stress regarding examination during Covid-19 pandemic among students of selected Nursing School.
- To associate the findings with selected demographic variables i.e. Age, gender, type of family, type of society, educational status.

Hypothesis

H_0 : There is no significant difference on level of stress regarding examination during Covid-19 pandemic among students of selected nursing colleges of city.'

H_1 : There is significant difference on level of stress regarding examination during Covid-19 pandemic among students of selected nursing colleges of city.

Review of Literature:

1. Review of literature related to stress regarding examination among students.
2. Review of literature related to examination during Covid-19 among students.
3. Review of literature related to stress regarding examination during Covid-19

among students.

Conceptual Frame Work

Dorothy Johnson Conceptual Framework Dorothy Johnson is known for her "Behavioral System Model of Nursing," which was first proposed in 1968. Her nursing model states that, each individual has patterned, purposeful, repetitive ways of acting that comprises a behavioral system specific to that individual. Fig. 1.1 Dorothy Johnson conceptual framework model. The general system theory was developed by Ludwig Von Bertalanffy during the late 1930s.

Research Methodology

- *Research approach:* This study was based on evaluator approach.
- *Research design:* non experimental descriptive design was considered as the appropriate design for this study.
- *Research setting:* Selected nursing colleges of city.
- *Research population:* In this study the population was students of Various College of Nursing available during the study period of City.
- *Sample:* Students Nursing colleges of selected colleges of City.
- *Sample size:* In this study, the sample consisted of sixty students from selected nursing college of Pune city who fulfilled the criteria laid down for the selection of the sample.
- *Sampling technique:* Non probability convenient sampling technique was used to select the sample for this study.

Tool Preparation

A tool is an instrument or equipment used for collection of data.

Development of the Tool

Validity: Tool of the study will be content validated by 15 experts from specialized field and CVI (Content Validity Index). 2-Mental health nursing, 1-Child health nursing, 2-Community health nursing.

Reliability: Reliability will be calculated using split half method and test retest method separately. r

value will be calculated by Pilot study: pilot study will be conducted on samples before actual data collection on 10% of the sample size.

Study Instrument: The following sections consist of:

Part I Section A: Consent form from the participants.

Part II Section B: Demographic variable

Section C: Structured questionnaire to assess the level of stress. A 4 point likert scale to assess level of stress. It consists of 10 questions. A 4 point likert scale to assess level of stress. It consists of 10 questions.

Method of Data Collection

The data collected from 8-7-21 to 9-7-21 prior the data collection permission obtained from the authority from colleges. The purpose of the study and method of data collection explained to subjects for getting true response assurance given regarding confidentiality of information and then informed consent was obtained from participants. The subject who fulfil the sampling criteria were taken for the study from selected colleges of city. Total 60 samples selected for the study with the help of non-probability convenient sampling technique. The data was collected through Google forms from the students with the help of Sheldon Cohen's perceived stress scale for assessment of stress of examination in the COVID-19 pandemic.

Description of the Tool

The researcher will use structured questionnaire to assess level of stress, among students studying in college. Sheldon Cohen's Perceived Stress Scale to assess level of stress among students.

Plan for Statistical Analysis

The data will be presented in the form of tables and graphs. The collected data was coded, tabulated and analysed by using descriptive statistics (mean percentage, frequency). The association between stress and demographic variables was done by Fisher's Exact test.

Significance of findings

Main findings of the study are discussed under the following headings

Section A: This section deals with the data pertaining to demographic characteristics of the people with the respect to age, gender, family type, health habits and duration of course.

Major Findings

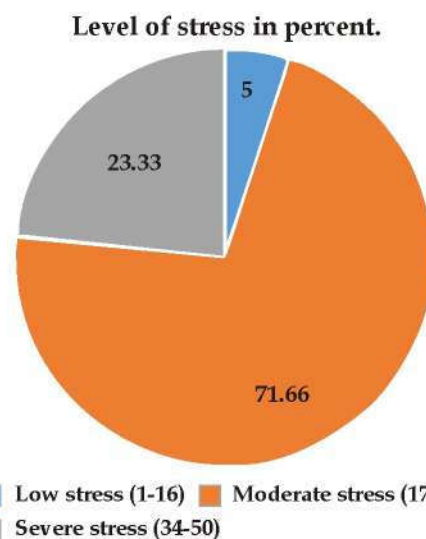
Finding related to age Data reveals that 3.3% of the students had age 17 to 18 years, 3.3% students had age of 18 to 19 years, 16.7% students had age of 19 to 20 years and 76.7% students had 20 to 21 years of age.

- Finding related to gender Data reveals that 51.7% students are male and 48.3% students are female.
- Finding related to family type Data reveals that 80% of students belong to nuclear family, 20% of students belong to joint family.
- Finding related to duration of course Data reveals that 28.3% students have duration of course of 2 years and 71.7% of student has duration of course of 4 years.
- Finding related to health habits Data reveals that 1.7% student consumes alcohol and 98.3 students do not consume any substance.

Section B- This section deals with the analysis of data related to assessment on level of stress regarding examination during COVID-19 pandemic among students of selected nursing colleges of city.

N=60

Stress	Frequency	Percentage (%)
Low stress (1-16)	3	5
Moderate stress (17-33)	43	71.66
Severe stress (34-50)	14	23.33



The table and graph denotes that, 71.66% students is having moderate stress and 23.33% students having severe stress and 5% of students is 2

having low stress.

Section C- Analysis of data to find the association

between the study findings and selected demographic variables.

N= 60

Demographic variables	Stress			Total	p- value
	Low	Moderate	High		
Age in years	17 to 18 years	0	2	0	0.3025
	18 to 19 years	0	1	1	
	19 to 20 years	1	7	2	
	20 to 21 years	2	33	11	
Gender	Male	3	21	5	0.1068
	Female	0	22	9	
Family type	Nuclear	3	34	11	0.5054
	Joint	0	9	3	
	Three generation	0	0	0	
Duration of course-	2 years	0	9	8	0.3606
	4 years	3	34	6	
Health habits	Cigarette	0	0	0	0.95
	Tobacco	0	0	0	
	Alcohol	0	1	0	
	None	3	41	15	

Since p-value of all is greater than 0.05, it was found that there is no significant association of stress with demographic variables.

Conclusion

In this study the majority of the students experience severe stress i.e. 23.33%, moderate stress i.e. 23.33% and low stress i.e. 5% respectively. Given the harmful consequences of stress and the importance of mental and physical health among 40 nursing students. It is clear that the psychological health of family members is a significant issue. Some of these symptoms may be improved with better communication between the friends or family members of the students and the provision of more information regarding the academics and examinations. As well as college should starve to provide better support for students regarding their academics and examinations and also relaxation techniques.

Recommendations

Keeping in view the finding of study the following recommendations are made:

- A similar study may be replicated on large samples, there by findings can be

generalised.

- Other relaxation techniques with management can be done for the study.
- The study can be undertaken in different settings and in different target population.
- A study can be done on association between various demographic variables which are significant on larger sample size.
- A study can be conducted to assess the knowledge and attitudes related to stress and their coping strategies among students.
- A study may be conducted to evaluate the effectiveness of stress management in students.
- This study can be done on various factors such as anxiety, depression and distress.

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