

Assess the Stressors and Coping Strategy Among the First Year BSc Nursing Students in Selected College of Nursing Coimbatore

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Abstract

This study aims to assess the stressors and coping strategy among the first year BSc Nursing students in selected College of Nursing at Coimbatore. A descriptive study was conducted for sample of 30 nursing students by using simple random sampling technique. The data was collected by using stressor scale and coping strategy scale. The results show that most of the students have moderate level of stressor 20 (66.67%) and coping strategy 26 (86.67%) respectively. There is a negative correlation between the level of stressor and coping strategy among the first BSc Nursing students. The researcher concluded that implementing empirically tested approaches useful to prevent the recurrence of stress and lessen its impact.

Keywords: Stressors; Coping strategy; Empirical; Recurrence; Impact.

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Introduction

Students are subjected to different kinds of stressors, such as the pressure of academics with an obligation to succeed, an uncertain future and difficulties of integrating into the system.¹ Every person experiences different forms of stress throughout their life. Therefore a student nurse is no exception as they have to adjust to an entirely new environment on joining nursing. It may affect in psychological distress, physical complains, behavior problems and poor academic performance.²

Coping strategies to manage stress through social care can positively reduce levels of stress and promote health.³ The World Health Organization has estimated that stress related disorder will be one of the leading causes of disability by the year of 2020. Dhar R et al. reported 48.83% mild stress, 11.62% moderate stress among nursing students. Studies from India and United Kingdom Have reported increasing level of stress among nursing students.⁴

In K.G. College of Nursing, the academic year of 2016-2017 three students (3%) were discontinued the course. In the academic year of 2017-2018 one student (1%) were discontinued the course and the academic year of 2018-2019 one student (1%) were discontinued the course. In last three years five students (1.7%) were discontinued the Nursing course due to their personal and academic stressors. The researcher found that, this study aims to assess the stressors and coping strategy among the First year BSc Nursing students.

Statement of the Problem

A Descriptive study to assess the stressors and coping strategy among the First year BSc Nursing students in selected college of Nursing, Coimbatore.

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Objectives

- To assess the stressors among the First year BSc Nursing students.
- To assess the coping strategy among the First year BSc Nursing students.
- To correlate the stressors and coping strategy among the First year BSc Nursing students.
- To associate the level of stressors among the First year BSc Nursing students with the selected demographic variables.
- To associate the coping strategy among the First year BSc Nursing students with the selected demographic variables.

Operational Definitions

Stressors: Stressors refers as something that causes a state of strain or tension among the First year BSc Nursing students Based on academic, clinical, hostel and others.

Coping strategy: Coping strategy refer to the specific efforts, both behavioral and psychological, that people employ to master, tolerate, reduce or minimize stressful event.

First Year BSc Nursing Students: The students who are studying First year BSc Nursing and who have perceived stress scale score is 27-40.

Materials and Methods

Research design: Descriptive research design was adopted in this study.

Setting: The study was conducted in selected College of Nursing at Coimbatore.

Population: Students who are studying in first year BSc Nursing are considered as target population.

Sample size and sampling Technique: A total number of 30 First year BSc Nursing students were selected by simple random sampling using lottery method.

Criteria for Sample Selection:

Inclusion criteria: First year BSc Nursing students,

- who are having a high score of perceived stress level (27-40).
- who can read, write and understand English.

- who are being away from home.

Exclusion criteria

- who are already taking medication for mental illness (stress).
- who are not willing to participate in the study.

Description of Tool

Section A: Questionnaire on Demographic profile. It consists of personal information about the student such as age in years, sex, religion, type of family, how do you rate the quality of your sleep, the place of residence, type of sociability.

Section B: Perceived stress scale. The perceived stress scale (PSS) is designed to provide individuals with some insights into their stress level by answering each question candidly. This consists of 10 standardized questions to survey the samples. Each question has five options: never, almost never, sometimes, fairly often, and very often. Score interprets like 0-13 – Low stress, 14-26 – Moderate stress, 27-40 – Severe stress.

Section C: Stressor scale: This tool is designed to Identify the stressors of the student by tick: Yes or No for each question. This consists of 4 subheadings. It interpreted that Low stressor – 0-7, Moderate stressor – 8-16, Severe stressor – 17-25.

Section D: Coping strategy scale: This tool is designed to assess the coping strategy of the student. This scale consists of 12 subheadings. Each statement has 5 options: never, hardly, sometimes, often, most of the time. This is scored as Normal coping strategy – 0-40, Moderate coping strategy – 41-80, Low coping strategy – 81-120.

Data Collection

Before the actual collection of data the investigator obtained the written permission from the Director of Education and Principal of College of Nursing to conduct the study, on oral consent obtained from the participants of the study to ensure the protection of human rights safety. Data collection was done for a period of one week. By using simple random sampling technique, based on the inclusion and exclusion criteria, 30 samples were selected for the study. The demographic data of the student were obtained by questionnaire. Level of stressors and coping strategy were collected by modified stressor and coping scale.

Results

Description of the demographic variables: Among 30 female students most of them are above 18 years, Hindu and Christian religion, most of the students belong to nuclear family from urban area; most of them are having moderate sleep pattern.

Findings related to level of stressor: Among 30 First year BSc Nursing students 20 (66.67%) of them have moderate stressor (Fig. 1).

Findings related to level of coping strategy: Among 30 First year BSc Nursing students 26 (86.67%) of them have moderate coping strategy (Fig. 2).

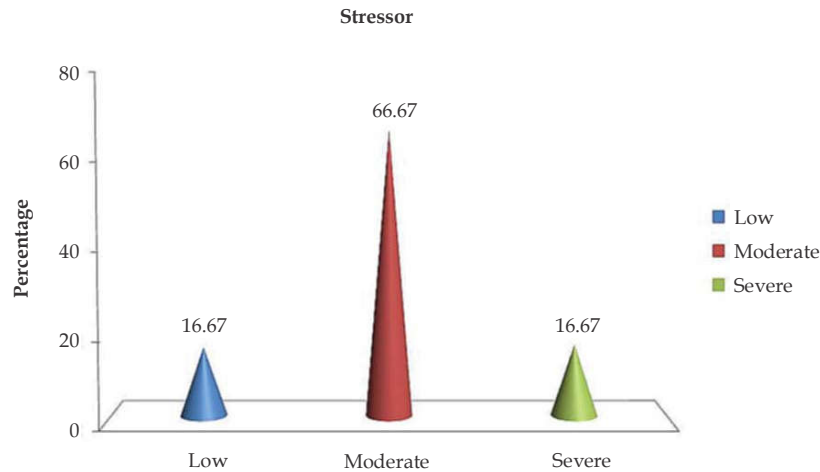


Fig. 1: Over all distribution level of stressor among First year BSc Nursing students.

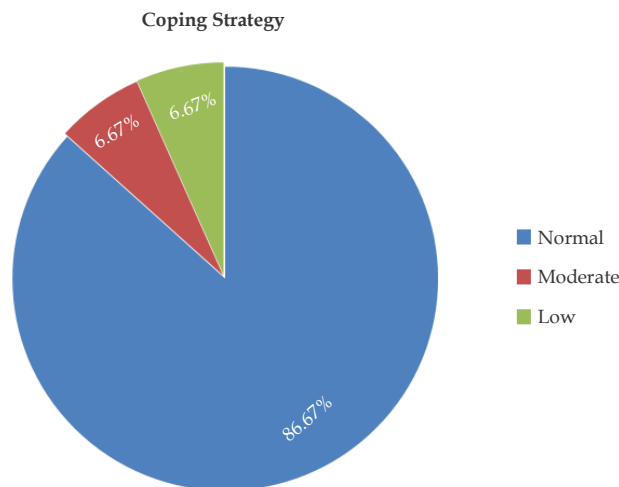


Fig. 2: Over all distribution level of coping strategy among the First year BSc Nursing students.

Findings related to level of stressor and coping strategy: The level of stressor and coping strategy Mean, Standard deviation and Correlation as respectively, Mean - (12 and 60.57), SD - (3.61 and 14.61), r (-0.2889). So, there is a Negative correlation

between the level of stressor and coping strategy (Table 1). Hence it is proved that if the students have good coping mechanism they can reduce the level of stressors.

Table 1: Correlation between stressor and coping strategy among First year BSc Nursing students

N = 30

S. No	Variables	Mean	Standard deviation	Correlation
1.	Stressor	12	3.61	-0.2889
2.	Coping strategy	60.57	14.61	

Findings related to association between level of stressors and coping strategy with selected demographic variables: There is no significant association between the level of stressor and coping strategy with selected demographic variables such as age, sex, religion, type of family, place of residence, quality of sleep and type of sociability.

Recommendations

- A similar study can be undertaken in large sample for better generalization.
- A Comparative study can be conducted to assess the level of stressor and coping strategy between hostellers and day scholars.
- A Comparative study can be conducted to assess the level of stressor and coping strategy among professional students with arts and science students.

Discussion

The study finding was consistent with the study conducted by Emad Shdaifat (2018)³ aimed to identify the level of stress and common stressors among nursing students and to identify the coping mechanisms used by the nursing students. It shows that the moderate level of stress among nursing students illustrate need for stress management programs and the provision of suitable support. The researcher reported that majority of subjects tend to use more of healthy coping strategies as compared to negative or unhealthy ones. Findings was coherent with the study conducted by Rajesh Kumar (2011)¹ which is aimed to seeking diversion and seeking professional or social support is the most common strategy identified by nursing students. The study found that negative correlation between level of stressor and coping strategy which was consistent with the findings of the study conducted by Darayus Percy Gazder (2014)⁵ aimed to evaluate stressors course work stress and coping strategy such as

wishful thinking and problem solving among nursing students. Which concluded that students who were frequently using coping technique seem to experience high level of course work.

Conclusion

Strengthening nursing students positive coping skills may be helpful for them to effectively deal with various stressors during their educational experiences while maximizing learning. Hence from the data analysis and results, it was concluded that implementing empirically tested approaches may be useful to prevent the recurrence of stress and lessen its impact such as stress management, counseling program, establishing peer and family support systems and formulating hospital policies that will support nursing students.

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