



Academic Stress among Nursing Students

Kumar P*, Pathania S, Aarti, Isha, Manisha, Bhardwaj M and Sharma M

Abhilashi College of Nursing, India

***Corresponding author:** Peridurachi Kumar, Abhilashi College of Nursing, India, Fax: 01905-248189, Tel: 8971234224; Email: periadurachi@gmail.com

Research Article

Volume 4 Issue 4

Received Date: July 09, 2020

Published Date: August 28, 2020

DOI: 10.23880/nhij-16000227

Abstract

Stress is a state of physical and psychological strain which imposes demand for adjustment upon the individual. It is one of the common features in all our lives. Academic Stress in today's highly competitive world, student face various academic problems including exam stress, disinterest in attending class and inability to understand the nursing students. Hence a descriptive study on Academic stress among nursing students of selected nursing colleges at Distt. Mandi, in Himachal Pradesh was conducted with the aim of assessing the level of academic stress among nursing students. Sample size for the study was 200 nursing students studying in selected nursing colleges indifferent nursing courses. A convenience sampling technique was used to select the samples and demographic profile and self-structured academic stress scale was administered to assess the level of academic stress among nursing students. The result showed that most of the nursing students had moderate level of academic stress. There was an association with level of stress and selected demographic variables like age, course of study, education status of father, monthly family income, and medium of education status were statistically significant at 0.05 level. The study concludes that most of the nursing students had moderate academic stress. Hence the study recommends it is very important to arrange some workshops at the beginning of every semester where the students will be able to learn how to overcome the stress and perform well in the studies.

Keywords: Academic stress; Nursing students

Introduction

Nursing profession is a disciplined profession involved in the delivery of health to the society also it is helping profession, service oriented to maintain health and well-being of people, an art and science. But the nursing profession comes with stress both mentally and physically because of its fast-paced and emotional nature. Nursing colleges are now recognized as a stressful environment that often exerts a positive effect on the academic performances and psychological well-being of students. Academic source of stress are examination, long hours of study assignments, grade, lack of free time, lack of timely feed-back after their performance, special elements of the academic program like

arrangement and conduction of workshop. Clinical sources of stress are like taking care of ill patients, inter personals conflicts with peer group, insecurity about personal clinical competence fear to complete clinical requirement, dealing with uncooperative patients, work load, prolonged standing learning psycho motor skills e.g.-bed making, bed bath and vital signs monitoring have also being associated with high level of stress. The reaction of parents and friends to the results weigh upon the student to create exam stress, lack of interest to study and inability to follow the professor cause disinterest in attending classes.

The American College Health Association National Health Assessment (2009, 2010) data revealed over one

third of all post-secondary education student ranked stress as their highest health impediment followed with sleep issue, depression and anxiety [1]. Amr AM, et al. assessed the perceived stress among 373 baccalaureate Mansoura nursing students and analyzed the factors responsible for it. A self-administered questionnaire included socio-demographics, types of stressors, perceived stress, factors responsible for physical wellbeing, and symptoms of anxiety and depression were used. The findings revealed high levels of stress (40.2%), anxiety (46.6%), and depression (27.9%) among nursing students, in which academic pressure is the main cause of stress (mean score 4.6). This emphasized the significance of stress management programs in nursing institutions [2].

Bartlet L Michelle, et al. conducted a comparative study to assess the mental health characteristics and stress between baccalaureate nursing students and non-nursing students. The purpose of this study was to prepare the student nurses to cope with extremes of stress in the field of nursing profession, to make them understand about the signs of stress. The study explored the origin of stress among nursing students and compared these with non-nursing students using the paper-and-pencil version of the National College Health Assessment II. Nursing students were exposed to higher levels of stress when compared to general students [3].

Need For the Study

Nursing is a dignified line of work and the students are posted in clinical areas to render services, it is essential to have healthy mind set to deal with sick patients. It was noticed that during theory class most of the students showed disinterest and was proved by their academic results. Abhishek Singh, et al. used a descriptive cross-sectional study to analyze the perceived stress among 282 North Indian undergraduate nursing students in Haryana. The perceived stress scale was used to measure the stress level and was 28.67 (SD = 5.32), with a median of 26 (IQR = 22-34). The level of stress was more among female students (31.33) compared to male students (26.01). The second year students presented with greatest level of stress (29.66) while, third year students showed least stress score (26.28). This indicated the need for stress relieving measures in the nursing colleges [4].

Therefore, the researchers want to know the students perception of academic stress and how they cope with it on daily basis, as they are struggling to reduce the negative effects on their health, and their academic performance. In our opinion, it is very important for nursing students to learn how to manage academic stress, if it cannot be eliminated.

Farias Mota, conducted a transversal and quantitative study on stress among nursing students with the aim of the study was to estimate the level of stress and symptomatology reported in nursing students. Sample size involving 151 nursing students selected from a draw based on the list of students enrolled. Result of the study was 49.7% of students showed symptoms of the stress, and most students were attending the 8th and 9th periods. Psychological symptoms were more present (50.7%). The conclusion of the study was the implementation of lightweight care technology tools, at low cost and high resolute power, such as providing information on stress, prevention and control, relaxation sessions, integrated community therapy, spaces for physical activity guided by trained professionals [5]. There is strong evidence of an inverse relationship between stress and lack of professional knowledge among nursing students Aku-Zaheya et al. [6].

Based on the above findings related to level of academic stress in nursing students, the researcher felt that academic stress in nursing students have a common problem everywhere and it is most vital to guide them in proper way. The academic stress in nursing students may be due to many factors. Nursing students experience multiple stressors as they are expected to apply theoretical learning and develop critical thinking skills while in the professional environment. Perceived overwhelming negative stressors can lead to absenteeism, job dissatisfaction and a high employment turnover rate. At this point, it is essential to find the level of academic stress in nursing students and rectify the problems. Hence the researchers are motivated to assess the level of academic stress among nursing students.

Research Methodology

A non-experimental research approach and descriptive design was used for the present study. The setting of the study was nursing colleges in Mandi district, HP. Nursing Students who were studying in selected Nursing colleges in different nursing courses like ANM, GNM, P.B.B.Sc Nursing and B.Sc. Nursing at Mandi district were selected as sample and the total sample size of the study was 200 nursing students. Convenience sampling technique was used to select the sample. Demographic profile and Self – Structured Academic Stress Scale was developed after detailed literature search and the scale was administered to participants after taking signature in the written consent form. The approximate time taken for administering scale was around 25 minutes.

Results

The data obtained in the study was analyzed using both descriptive and inferential statistics Table 1.

Demographic Variables		Frequency(f)	Percentage (%)
Age	18-20 years	104	52
	21-23 years	67	34
	24-26 years	19	9
	27 years	10	5
Religion	Hindu	191	96
	Muslim	3	1
	Christian	6	3
Course of study	ANM	37	19
	GNM	48	24
	B.Sc. Nursing	82	41
	Post Basic B.Sc. Nursing	33	16
Residential area	Rural	134	67
	Urban	66	33
Type of family	Nuclear family	139	70
	Joint family	60	29
	Extended family	1	1
Education status of father	No formal education	6	3
	Middle	20	10
	Matric	71	36
	Senior secondary	48	23
	Graduate	44	22
	Postgraduate	11	6
Education status of mother	No formal education	19	10
	Middle	22	11
	Matric	87	44
	Senior secondary	41	20
	Graduate	26	12
	Postgraduate	5	3
Monthly family income	Upto 10000	69	35
	11,000-20,000	43	22
	21000-30.000	54	27
	Above 30,000	34	16
Medium of education status	Hindi	67	33
	English	133	67
	Any other	0	0
Have you ever use any stress relieving technique	No	31	16
	Yes	169	84
If yes, then specify	Yoga	10	5
	Meditation	98	49
	Recreational therapies	3	2
	Musical therapy	56	27
	Any other	2	1

N=200.

Table 1: Frequency and Percentage Distribution of Socio Demographic Variables of the Nursing Students

The above table shows that out of 200 nursing students, 104 (52%) were in age group of 18 – 20 years. Majority of nursing students were belongs to Hindu religion 191(96%) , 82 (41%)were from the B.Sc. Nursing course of study, 134 (67%) were from rural area, 139 (70%) were from nuclear family, most of the students father's and mother had educational status were higher in Matric education 71 (36%) and 87(44%) respectively. Majority of nursing students 69(35%) monthly family income up to 10,000/ , 133(67%) students medium of education status was in English, and most of the students 98(49%) used meditation as a stress relieving technique Table 2.

Stress level	Frequency	Percentage (%)
Mild	28	14
Moderate	120	60
Severe	52	26

N=200.

Table 2: Frequency and Distribution of Nursing Students in Terms of Level of Academic Stress.

The data in above table reveals that most of nursing students 60% had moderate stress, 26% had severe stress and few of them 14% had mild stress Table 3.

Variables	Demographic data options	severe	moderate	mild	Chi Test	P Value
Age	18 – 20 years	27	65	12	22.156	0.001*
	21 – 23 years	12	40	15		
	24 – 26 years	5	13	1		
	> 27 years	8	2	0		
Religion	Hindu	51	114	26	3.963	0.411 ^{NS}
	Muslim	0	3	0		
	Sikh	0	0	0		
	Christian	1	3	2		
Course of Study	ANM	22	12	3	28.723	0.000*
	GNM	6	33	9		
	B.Sc. Nursing	18	54	10		
	Post Basic B.Sc. Nursing	6	21	6		
Residential Area	Rural	28	85	21	5.677	0.059 ^{NS}
	Urban	24	35	7		
Type of Family	Nuclear Family	35	80	24	4.581	0.333 ^{NS}
	Joint Family	17	39	4		
	Extended Family	0	1	0		
Education Status of Father	No formal education	4	2	0	19.258	0.037*
	Middle	2	15	3		
	Matric	23	37	11		
	Senior secondary	13	29	6		
	Graduate	7	33	4		
	Post graduate	3	4	4		
Education Status of Mother	No formal education	6	10	3	6.109	0.806 ^{NS}
	Middle	4	16	2		
	Matric	26	47	14		
	Senior secondary	10	27	4		
	Graduate	5	16	5		
	Post graduate	1	4	0		

Monthly Family Income	Upto 10000	28	37	4	18.09	0.006*
	11,000 – 20,000	10	28	5		
	21,000 – 30,000	7	36	11		
	Above 30,000	7	19	8		
Medium of Education Status	Hindi	28	32	7	13.086	0.001*
	English	24	88	21		
	Any other	0	0	0		
Have you ever use any Stress Relieving Technique	No	7	22	2	5.256	0.873 ^{NS}
If yes , then specify	Yoga	2	7	1	5.256	
	Meditation	27	55	16		
	Recreational therapy	1	2	0		
	Musical therapy	15	32	9		
	Any Other	0	2	0		0.873 ^{NS}

N = 200

*Significant at P<0.05 NS (Not significant)

Table 3: Association of academic stress with selected socio-demographic variables of nursing students.

The above table depicts that there was a significant association between the academic stress of nursing students with age, course of study, education status of father, monthly family income, medium of education status of school at P<0.05 level. Other socio-demographic variables religions, residential area, types of the family, education status of mother, stress relieving techniques were not statistically significant at 0.05 level of significance.

Discussion

In this discussion the researcher ties together all the loose ends of the study. The current narrative review highlights the students commonly reports moderate level of academic related stress which impact their mental and physical health and leads to a range of academic related problems. Good stress management skills have the potential to benefit students in an ongoing manner throughout their lives. The findings of the present study were discussed in accordance with the objectives of the study.

Objective 1: To assess the level of academic stress among nursing students.

The findings show that more than half 120 (60%) nursing students had moderate level of academic stress, less than half 52 (26%) nursing students had severe level of academic stress and 28 (14%) nursing students have mild level of academic level of academic stress.

Most of the nursing students 77% revealed that the syllabus is too vast and worried about examination. Around

74% stated that the stress is due to the discrepancy between theory and practical classes. About 72.2% expressed that teacher makes too many extra demands on them.

Hence it concluded that the maximum nursing students have moderate level of academic stress.

The study was similar with findings of Kavaline Karunagari conducted a study on stress and coping among the under graduate nursing students. The aim of this research study was to assess the stress and coping level among the B.Sc. nursing students. The results showed the overall stress level among nursing students were under mild stress 27%, moderate 65%, high stress 8% and also the coping level among nursing students had poor coping 4%, mild coping 43%, moderate coping 45% and good coping 8% [7].

Objective 2: To determine the association of level of academic stress among nursing students with selected socio-demographic variables.

The results reveals that there was no association between religion, residential area, type of family, education status of mother, stress relieving technique because the calculated chi square value was less than table value but in age the calculated chi square value was 22.156, in course of study calculated chi square value was 28.723, in education status of father calculated chi square value was 19.258, in the monthly income calculated chi square value was 8.090, in the medium of education status calculated chi square value was 13.086 which was more than table value. Association found

significant at $p < 0.05$ level.

The study was similar with findings of Acta Paul Enferm conducted a study on stress in nursing students, socio-demographic and academic vulnerabilities. The aim of this study was to analyze the association between the presence of stress in nursing study and socio-demographic and academic vulnerabilities. The result of this research study among all students 64% presenting stress with the stress following associated factor sex $p < 0.010$, age group $p < 0.029$, mental status $p < 0.001$, cost of children $p < 0.001$, occupational status $p < 0.001$, cost of education $p < 0.009$ and current study period $p < 0.001$. The study concludes that women, students with partners, and those in the final year of study were more likely to have stress [8].

Conclusion

Academic stress becomes a pervasive problem among nursing students across the country. The present study brought into light that academic stress still continues to be a destructive problem affecting the students' academic performance, mental health and wellbeing. Hence the study recommends it is very important to arrange some workshops at the beginning of every semester. Thus the students will be able to learn how to overcome the stress and perform well in the studies. Institutions should arrange classes for yoga, meditation and other stress relieving therapy to practice in class rooms. Counselors and psychologist should be arranged for effective counseling so that the students can overcome the stress. Increasing students stress management skills and abilities is an important target for change.

References

1. Laml AL (2010) Stress in the medical profession and its

roots in medical school, SQU Med J 10(2): 156-159.

2. Amr AM, Gilany AH, Moafee EH, Salama L, Jimenez C (2011) Stress among Mansoura (Egypt) baccalaureate nursing students. The Pan African medical Journal 8: 26.
3. Michelle BL, Taylor H, Nelson DJ (2016) Comparison of Mental Health Characteristics and Stress between Baccalaureate Nursing Students and Non-Nursing students. Journal of Nursing Education 55(2): 87-90.
4. Abhishek singh (2011) Perceived stress among undergraduate students at college of nursing, Maharishi Markandeshwar University Mullana (Ambala).
5. Farias Mota NI, Paiva Alves ER, Leite GO, Meira Acioly de Sousa BS, Ferreira Filha MO (2016) Stress among nursing students at public university in Joao Pessoa, PB, Brazil. Rev. Eletrônica Saúde Mental Álcool Drog 12(3): 163-170.
6. Akhu-Zaheya L, Shaban I, Khater W (2015) Nursing students' perceived stress and influences in clinical performance. International Journal of Advanced Nursing Studies 4(2): 44.
7. Kavaline Karunagari (2013) Conducted study on stress and coping among graduate nursing students illustrated. Versa Publication USA.
8. Feitosa Cestari VR, Barbosa IV, Florêncio RS, de Paula Pessoa VLM, Magalhães Moreira TM (2017) Stress in nursing students: study on sociodemographic and academic vulnerabilities. Acta Paul enferm 30(2): 191-196.

