



RESEARCH ARTICLE

THE LEVEL OF STRESS AMONG NURSING STUDENTS IN SELECTED NURSING COLLEGE, ODISHA

*¹Pratibha Khosla and ²Sagarika Chaudhuri

¹Asst Prof, Faculty of Nursing, SOA University, Bhubaneswar, India

²M.Sc Nursing, SOA University, Bhubaneswar, India

ARTICLE INFO

Article History:

Received 15th December, 2016
Received in revised form
19th January, 2017
Accepted 24th February, 2017
Published online 31st March, 2017

Key words:

Stress, Nursing students, Survey.

ABSTRACT

Stress can fill in as a main thrust regarding acquiring comes about, however then again, relentless stress can go about as an executioner as far as execution. It is essential for nursing instructors to know the predominance of psychological stress and psychological prosperity among nursing understudies. This paper is a report of a review led to investigate the level of stress among the nursing understudies. With the use of modified perceived stress scale (PSS-14) level of stress was measured from sample of 30 from each group of bachelor of nursing 2nd, 3rd & 4th year. The outcomes demonstrate that there was severe stress among the nursing understudies (63%). Future research is prescribed to expand the extent of this audit by tending to the adapting methodologies that are used by nursing understudies to manage clinical stress.

Copyright©2017, Pratibha Khosla and Sagarika Chaudhuri. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Pratibha Khosla and Sagarika Chaudhuri, 2017. "The level of stress among nursing students in selected nursing college, Odisha", *International Journal of Current Research*, 9, (03), 48018-48020.

INTRODUCTION

Stress could be characterized as in view of reaction in view of stimulus (Furnham, 2005). Push has both positive and negative impacts on individuals (Behere *et al.*, 2011). Literature uncovers that anxiety has negative impacts what may be ordered into three gatherings as needs be physical signs, for example, cerebral pain and diseases; mental indications, for example, outrage, low sense of pride and tension; and behavioral appearances, for example, weight reduction, tranquilize addiction (Arnold and Boggs, 2006). Actually, stress is the physical and mental reaction when individual is debilitated by any occasion or condition and that it is established in the primitive battle or flight reaction for indivisual (Feldman, 2008). Natural circumstance and certain occasions that are seen decidedly as difficulties may prompt to positive reactions, for example, concentrate hard whiles those apparent contrarily as dangers may prompt to negative responses (Robotham, 2008). A large portion of the writing on stress reliably validate the way that life changes or move can incline a man to stress (Robotham, 2008) and that both negative and positive occasions in our lives, for example, coming up short an examination, having issues with flat mates, sickness in the family, getting hitched or separate, getting advanced or let go, moving to another region or setting off to the college can deliver stretch. Life changes, every day bothers, home life and cultural assimilation - the way toward adjusting and getting to be distinctly incorporated with another social

condition, have in this manner been distinguished as wellsprings of stress. In the event that anxiety influences everybody, it infers that understudies, educators, guardians, youngsters, agents among others live with stress. The negative impacts of stress has likewise been reported. For instance, stress is accepted to be a noteworthy benefactor to coronary illness, growth, lung issues, coincidental wounds, cirrhosis of the liver and suicide, six of the main sources of death in the United States (Heron, 2013). furthermore, past. In spite of the fact that the negative impacts of stress has been recorded, it has likewise been noticed that direct levels of stress is not awful but rather may rather be propelling since it makes the individual buckle down. It is the outrageous or serious types of stress that is awful and endeavors ought to be made to oversee it. Stress is regular among individuals under weight and occupied individuals like supervisors and understudies who are relied upon to keep up models and meet deadlines⁶. Understudies particularly first year recruits are a gathering especially inclined to stress and this is because of the transitional way of school life (Towbes and Cohen, 1996). They should conform to being far from home interestingly, keep up abnormal state of scholarly accomplishment, change in accordance with substantial workload in constrained time, swarmed address lobbies, brutal learning conditions and also to another social condition (Seyedfatemi *et al.*, 2007).

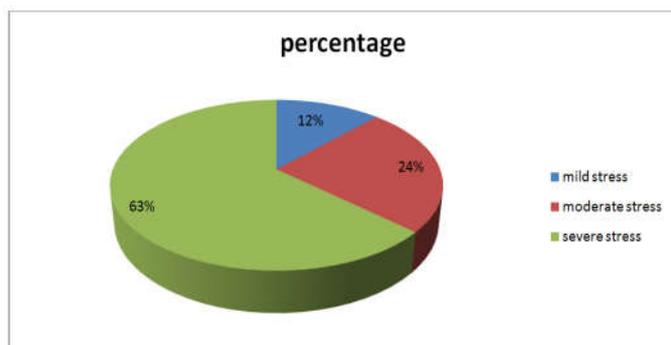
Nursing understudies need to experience a lot of preliminary work before their clinical work, fly out long separations to clinical locales and utilize profoundly specialized hardware. What's more, they may perform systems that could make hurt

*corresponding author: Pratibha Khosla,
Asst Prof, Faculty of Nursing, SOA University, Bhubaneswar, India.

their patients, and this builds their dread of committing errors and certainty. All these are conceivably distressing to nursing understudies notwithstanding different stresses that all understudies are confronted with. What's more, understudies at the colleges contrast altogether from those at the preparation universities. For instance in addition to other things, understudies at the colleges will probably have acquired preferable evaluations over those at the preparation schools since passage prerequisites at the colleges are more stringent.

MATERIALS AND METHODS

This quantitative descriptive survey for selected three group of nursing students consists of 30 samples in each conveniently. The student's posted in clinical placements like intensive care, emergency care, medical, surgical, maternity and pediatric units in affiliated hospitals in the BSN program were selected to be included in study. The modified perceived stress scale (PSS 14) was used for assessing stress among nursing students. This scale is a 5 point rating scale and having score from 14 to 70. The score was divided like mild, moderate and severe stress. The reliability of the tool confirmed at 0.80 through chronbach co-efficient estimation. Collected data was analyzed by using SPSS version 17. The baseline characteristics were analyzed by percentage.



RESULTS

It was found that, about 12% of nursing students were having mild stress, 24% of nursing students were having moderate stress and 63% of nursing students were having as well as moderate stress.

DISCUSSION

Stress is a worldwide marvel and influences everybody. The rate of stress among understudies can have genuine and negative impacts on their wellbeing and studies. Learning in regards to the stress and it's seriousness among nursing understudies in the nursing colleges can be useful in compelling administration and directing of the students on the best way to adapt to the stress and adjust to stressors. The present review in this manner analyzed the experience of stress among the nursing students, in chosen nursing college of Odisha.

Conclusion

This study was gone for inspecting the level of stress as far as its seriousness among the understudies and analyzing which sort (class) of stress understudy report more. The outcomes demonstrate that there was severe stress among the

understudies. In view of the above discoveries, proposals were made for analysts incorporate centering guiding around understudies individual concerns or stresses as much as on scholastic ones. Future research is prescribed to expand the extent of this audit by tending to the adapting methodologies that are used by nursing understudies to manage clinical anxiety.

Limitation

The study result is limited for generalization due to few samples in a restricted set up.

Ethical approval

The study proposal was duly approved by the Hospital Ethical Research committee before commencement of the main study. The permission was accorded priorly from the Dean of the nursing college. The students were explained about the purpose of the study & students those were not willing to participate were excluded.

Acknowledgement

I really appreciate the contribution of the bachelor of nursing students and college authority of SUM nursing college in assisting in completion of study.

REFERENCES

- Altiok, H. O. and Ustun, B. 2013. The Stress Sources of Nursing Students. *Educational Sciences: Theory & Practice*, 13(2), 760-766.
- Arnold, E. and Boggs, K. 2006. *Interpersonal Relationships: Professional Communication Skills for Nurses*, 5th edn. Elsevier Health Sciences, Maryland Heights, MO.
- Aspects of nurse education programmes that frequently cause stress to nursing students -- fact-finding sample survey. Timmins F, Kaliszer M *Nurse Educ Today*. 2002 Apr; 22(3):203-11.
- Behere, S.P., Yadav, R. and Behere, P.B. 2011. A comparative study of stress among students of medicine, engineering, and nursing. *Indian Journal of Psychological Medicine*, 33 (2), 145-148.
- Clinical placements in residential aged care facilities: the impact on nursing students' perception of aged care and the effect on career plans. Abbey J, Abbey B, Bridges P, Elder R, Lemcke P, Liddle J, Thornton R *Aust J Adv Nurs.*, 2006 Jun-Aug; 23(4):14-9.
- Deary, I. J., Watson, R. and Hogston, R. 2003. A Longitudinal cohort study of burnout and attrition in nursing students. Issues and innovations in nursing education. *Journal of Advanced Nursing*, 43 (1), 71-81.
- Dr. Hickey: Adelphi University, One South Avenue, Alumnae Hall, Garden City, NY 11530
- Dunlap, J. C. 2005. Problem-based learning and self-efficacy: How a capstone course prepares students for a profession. *Educational Technology Research and Development*, 53(1), 65-85.
- Feldman, R. S. 2008, *Understanding Psychology* (8th ed.). New York: McGraw Hill.
- Ferguson, P. 2008. Transcultural self-efficacy in graduating nursing students. *Dissertation Abstracts International Section A: Humanities and Social Sciences*, 68(9-A).

- Furnham, A. 2005. *The Psychology of Behaviour at Work: The Individual in the Organization*. Psychology Press, Hove.
- Heron, M. 2013. Death: Leading causes for 2010. *National Vital Statistics Reports*, 62 (6, 1-88, US Department of Health and Human Services, CDC and Prevention center for Health statistics, 3311 Teledo Road, R5419 Hyattsville MD 20782.
<http://dx.doi.org/10.1016/j.profnurs.2004.11.003>
- Improving student placements in nursing homes. Storey C, Adams J *Nurs Older People*. 2002 Jul-Aug; 14(5):16-8.
- Miller BF, Keane CB. 4th ed. Philadelphia: W. B. Saunders; 1987. *Encyclopedia and Dictionary of Medicine, Nursing and Allied Health*.
- Nursing Practice Development Unit, Princess Alexandra Hospital, Woolloongabba, Qld, 4102,
- Registered nurses' expectations and experiences of first year students' clinical skills and knowledge. Astin F, Newton J, McKenna L, Moore-Coulson L *Contemp Nurse*. 2005 Apr-Jun; 18(3):279-91.
- Robotham, D. 2008. Stress among Higher Education Students: Towards a Research Agenda. *Higher Education*, 56,(6), 735-746.
- Ruesseler, M. and Obertacke, U. 2011. Teaching in daily clinical practice: How to teach in a clinical setting. *European Journal of Trauma Surgery*, 37, 313–316.
- Seyedfatemi, N., Tafreshi, M. and Hagani, H. 2007. Experienced stressors and coping strategies among Iranian nursing students. *BMC Nursing*, 6, 11.
- The clinical role of the nurse teacher: a review of the dispute. *Lee DT J Adv Nurs.*, 1996 Jun; 23(6):1127-34.
- The impact of rural clinical placement on student nurses' employment intentions. Courtney M, Edwards H, Smith S, Finlayson K *Collegian*. 2002 Jan; 9(1):12-8.
- The next transformation: clinical education. Tanner CA *J Nurs Educ*. 2006 Apr; 45(4):99-100.
- Towbes, L. C. and Cohen, L. H. 1996. Chronic stress in the lives of college students: Scale development and prospective prediction of stress. *Journal of Youth and Adolescence*, 25, 199-217.
- Undergraduate nursing students' perceptions of their clinical learning environment. Dunn SV, Hansford B
