

A Descriptive Study to Assess the Stressors, the Level of Stress and Coping Mechanisms of Married Student in Selected Nursing College in Namakkal District, Tamilnadu

Sheelavathi. N. M. Sc (N), (Ph.D),
Principal, Vivekananda College of Nursing, Namakkal

Abstract:-

➤ *Introduction:*

Nursing education is inherently stressful. Overwhelming burden of information leaves a minimal probability to relax and recreate and sometimes leads to momentous sleep deprivation.

➤ *Objectives:*

It was intended to assess Stress, stressors and coping mechanisms in married nursing Students studying at Vivekanandha College of nursing, Namakkal, Tamilnadu.

➤ *Methods and Materials:*

A descriptive survey study was led out among 43 married nursing students of ANM, Diploma, B.sc, M.SC nursing students. Data was once gathered concerning August then September 2019. A modified Perceived stress scale, Perceived stressor Scale yet Coping Scale were back in accordance with acquire data. Frequency analysis, and chi-square for association, was used for data analysis.

➤ *Results:*

The study revealed that 48.8 % of the married Students yield moderate stress level. Married students had severe stressors in communication domain (mean % score 61.52%), overall 41.6% of the student's experiences High stressor. Majority (42%) of the Students were having low coping and 37% having moderate coping.

➤ *Conclusion:*

Majority concerning Students experienced moderate stress level and having low coping. The nurse administrator should plan and organize educational program for nursing students, in discipline in accordance with to prepare them to cope up with any stressful situations. Hence, the researcher emphasizes the want because of more research in conformity with the knowledge and by applying the research finding for future.

Keywords:- Stress, Stressors, Coping Mechanism, Perceived Stress Scale, Married Nursing Students.

I. INTRODUCTION:

Stress in nursing education is reported as one of the most important issues in the modern world that has been recognized namely a 20th century disease. Stress is the “wear and tear” our bodies ride as much we alter to our continually changing environment; it has physical and emotional effects and can create positive or negative influence on us¹. Stressors can be broadly defined as situations or events that have the potential to affect health outcomes. During nursing instruction or training, nursing college students are fast uncovered after various stressors as may additionally without delay or in a roundabout way impede their education then performance².

Studies indicated that up to expectation arrayed with married nursing college students perceived high level of stress due to appropriate in accordance with educational commitments, economic pressures, or deficiency on time management skills yet their scarcity about support beside existence partner³. Across the globe with the prevalence of stress is 80%. In India, the occurrence is 67.7% among married college students⁴.

The term coping is used to refer to the process by which a person attempts to manage stressful demands. Previous research showed up to expectation students that students with an energetic coping style have lower levels of psychological distress⁵. In try of the potential long term benefits concerning of managing stress in a more effective way, it may be vital because of married students to boost certain talents express such skills early in their medical carrier.

➤ *Need for Study:*

Nursing college students face many stressors over their experience in imitation of becoming a nurse. Stress is a common trouble among married students since they are expected to imbibe and master a tremendous total of knowledge, attitudes, and skills for which they do have in conformity with strive difficult which in turn subject them to a lot of stress due to lack of adequate support to married students for the pressures experienced in daily practice, and coping with death, entire regarding who contribute in imitation of high levels of stress⁶.

The World Health Organization (WHO) has estimated as stress-related disorders will be one of the leading causes of disability by the year 2020. Magnitude over stress among married college students Worldwide, 80% of college students have stress after exam, papers, problem sets, and other assignments⁷.

Evident from the review of literature that the magnitude of the issues regarding nursing student leads in accordance with stress / Stressors among married college students of terms concerning latest life style experiences, (57.0%) of the students stated a lot of responsibilities as the most common stressor they are experiencing and considering as very much part of their life, other stressors were also reported as very much part of students' life such as; lower grades than hoped for (43.0%), not enough sleep (43.0%), too many things required at the same time (42.0%) and calls for adaptive coping strategies⁸.

The Married student's needed in accordance with lie aware on the various stressful events during their course and should improve an tremendous coping conduct according to cope up with the stress and stressor. Hence the researcher felt the necessity for exploration of stress and coping mechanisms of Married nursing students, In this regard, identifying the provoking-stress element is dead important. It choice hand the policy makers, academic staff and administrators with the required weapons according to modify the teaching curriculum or/and environment within a pathway up to expectation is more beneficial to the married nursing students.

II. OBJECTIVES:

- To assess the level of stress, stressors, coping mechanisms of married students
- To find out the association between level of stress level of married students with their selected demographic variables.

III. MATERIALS AND METHODS:

A descriptive study was implement among married nursing students in Vivekananda College of Nursing Elayampalayam situated in Namakkal district and affiliated to Dr.MGR medical University Chennai. The college runs various nursing programs such as General Nursing & Midwifery (GNM), B.Sc.Nursing, Post basic Nursing and M.Sc. Nursing, ANM. A descriptive survey research design was inclined to assess the Stress, stressors level of married students, coping mechanism of married students from all courses, the study was toted out after approval by the institution and informed consent of student nurses. Population for study were 43 study samples of married students from ANM, GNM, B.sc Nursing, M.SC nursing, were selected by Purposive sampling method.

❖ Selection and Development of Tool:

The researcher raised a structured questionnaire, which consisted of following aspects.

A. Socio-Demographic Performa of the Married Nursing students which included particulars of student such as Age, sex, education, income, marital status, number of children, support from family members, place of living, years of experience and Institution. Totally it consists of 16 items.

B. Five point Likert scale for stressors, stress and coping methods :

i) *Stressor scale to estimate the level of stressors experienced by the married students:*

The perceived Stressor scale consists of 35 items. It's consistent with the aid of modified Likert type scale. Each item has 5 alternatives never, rarely, sometimes, often and always. It includes stressors like Curriculum Infrastructure, Clinical Facilities, Teaching Faculty, communication and Support systems.

ii) *Stress scale to assess the level of stress accomplished by the married students:*

The perceived Stress scale consists of 35 items. It is deliberate with the help of modified liker type scale. Each item has 5 alternatives never, rarely, sometimes, often and always. It includes stresses like Physical, Emotional, social, Cognitive, and spiritual stresses.

iii) *Coping scale to assess the level of coping among married students:*

Coping scale consists of 35 items. It is measured with the help of modified liker type scale. Responses are scored in such a way that the endorsement of positively worded statements and negatively worded statements assigned a higher score. Each item has 5 alternatives never, rarely, sometimes, often and always.

❖ Data collection Procedure:

A formal written permission was secured from the head of the institution from Vivekanandha College of nursing of Nursing, Namakkal. The data was possessed from 1st august to 15th September 2019, from married Nursing students who fulfilled sample inclusion criteria. Before conducting the study, consent was taken from the students by explaining the objectives of the study. They were given one complete hour to complete the questionnaire. Descriptive and inferential statistics was done to compute the results .The descriptive data included frequencies and means of perceived stressor scale, chi-square was used for association and Pearson and spearman Rho of correlation was used.

RESULTS

S. No	Demographic variables	Frequency (f)	Percentage (%)
1	Age		
	18-25	26	60
	26-30	12	28
	31-35	5	12
2	Religion		
	Christian	16	37
	Hindu	26	60
	Muslim	1	3
3	Place of living		
	Family	38	88
	Hostel	5	12
4	Number of children		
	No Children	11	26
	One	23	54
	More than one	9	30
5	Family Type		
	Joint	27	63
	Nuclear	16	37
6	Educational Status		
	B.SC	7	16
	G.N.M	11	26
	A.N.M	25	58
7	Economical support		
	Parents	10	23
	Husband	22	51
	Educational Loan	11	26
8	Year of the study		
	First year	6	13
	Second year	20	47
	Third Year	12	28
	Fourth year	5	12

Table 1:- Frequency and percentage distribution of samples characteristics: (n=43)

Data represented in table 1 shows that out of 43 samples Majority 60% were age group 18-25, More than Half of the sample 60 % were Hindu, Great Number of Sample 88% were living along with their family, Majority

63 Were Nuclear family, Majority 26% got economical support from educational loan, 47 % were studying in second year, Most 58% were ANM nursing and 54% of the sample were having one children.

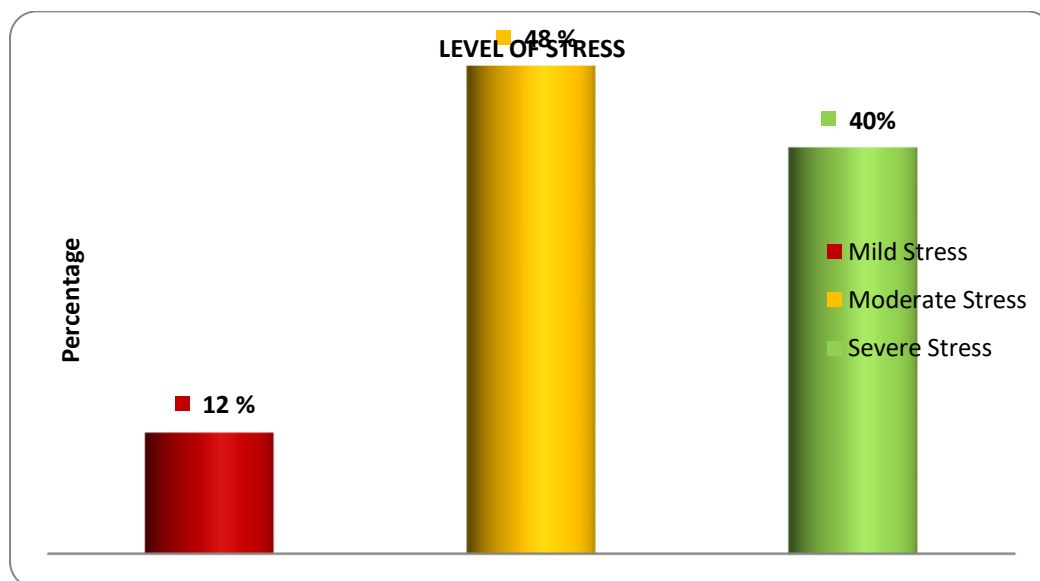


Fig: 1:- bar diagram showing the level of stress among married nursing students

Data represented in fig 1 shows that out of 43 samples 11.62% subjects experienced mild stress.48.83%

experienced moderate stress and 39.53% subjects were severe stress.

SL NO	DOMAINS	MIN SCORE	MAX SCORE	MEAN	MEAN %	S.D
1.	Physical Stress	13	29	21.43	42.86%	4.7
2.	Emotional Stress	13	32	21.14	42.28%	5.54
3.	Social Stress	5	16	10	40%	3.15
4.	Cognitive Stress	6	18	12.33	41.1%	3.84
5.	Spiritual Stress	6	20	12.38	61.9%	3.23
TOTAL		58	99	77.29	44.16%	13.59

Table 2:- Area wise categorization of Stress levels of Married Nursing students: N: 43

The data depicted in table 2 shows that the married nursing students had severe stress in spiritual domain (mean % score 61.9%) and it is followed by physical stress

(42.86%), emotional stress (42.28%), cognitive stress (41.1%) and social stress (40%).

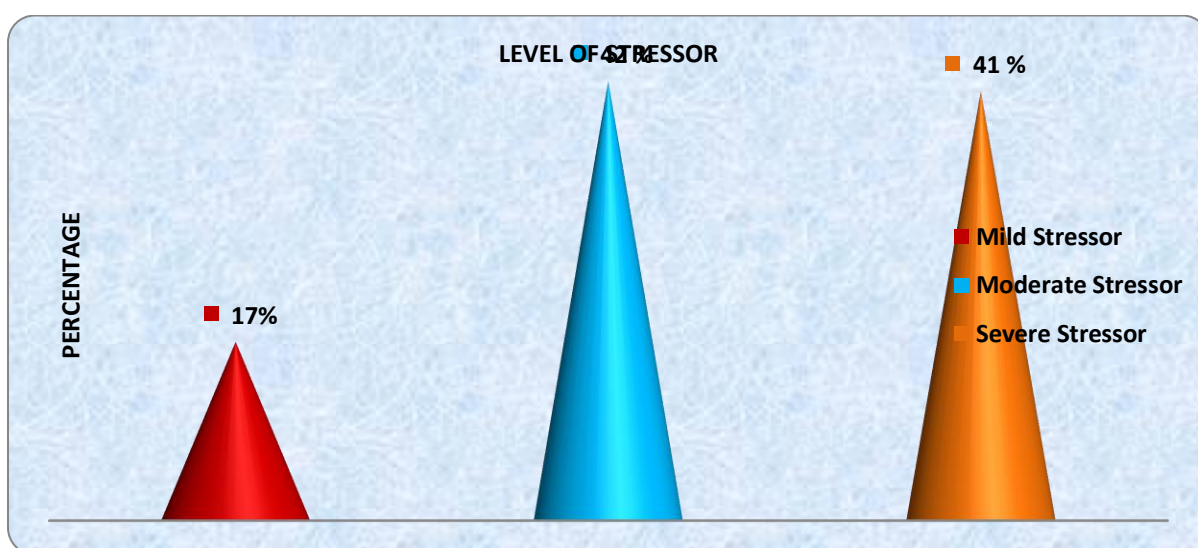


Fig: 2:- cone diagram showing the stressor of married nursing students

Data illustrated in fig 2 shows that out of 43 samples 16.27% subjects accomplished mild stressor 41.86% subjects were in moderate stressor and severe stressor.

SL NO	DOMAINS	MINIMUM SCORE	MAXIMUM SCORE	MEAN	MEAN %	S.D
1.	Curriculum	11	37	28.43	56.86%	5.56
2.	Infrastructure	6	26	15.14	50.46%	6.27
3.	Clinical Facility	4	15	10.43	52.15%	3.54
4.	Teaching Faculty	5	24	13.76	55.04%	4.5
5.	Communication	5	23	15.38	61.52%	5.54
6.	Support System	6	20	13.05	52.20%	3.96
TOTAL		72	122	96.19	54.96%	16.35

Table 3:- Distribution of Married Nursing students according to their stressor levels: n=43

The data depicted in table-3 shows that the female Nursing students had severe stressors in communication domain (mean % score 61.52%) and it is followed by curriculum (56.86%) stress, teaching faculty stress

(55.04%), support system (52.20%), clinical facility (52.04%), and infrastructure stressor(50.46%). Fig: 3 bar diagram showing the level of coping among married nursing students.

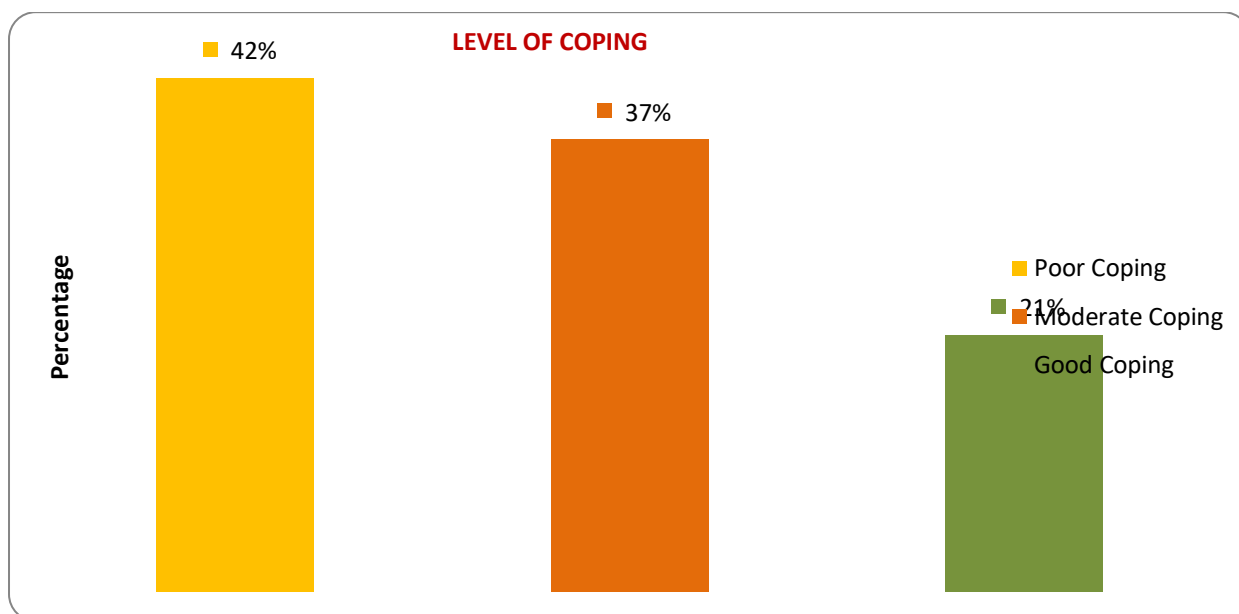


Fig 3:- Distribution of Married Nursing students according to their level of coping

Data denotes in fig 3 shows that out of 43 samples 42% subjects experienced poor coping, 37% of the students

experienced moderate coping and only 21% of married students had severe stressor.

SL NO	DOMAINS	MIN SCORE	MAX SCORE	MEAN	MEAN %	S.D
1.	Positive Thinking	29	47	37.05	74.10%	4.64
2.	Emotional Support	20	40	26.90	67.25%	4.84
3.	Social Support	13	30	19.76	65.86%	4.72
4.	Spiritual support	11	25	17.33	69.32%	4.26
5.	Divertional Activity.	12	30	19.38	77.52%	4.87
TOTAL		101	163	120.43	68.81%	15.91

Table 4:- Area wise Distribution of married nursing students according to their Coping levels: n=43

The data depicted in table 4 shows that the married Nursing students used better coping in divertional activity (mean % score 77.52%) and it is followed by positive

thinking 74.10%, spiritual support (69.81%), emotional support (67.25%) and social support (65.86%).

Variables	Mild Stress	Moderate Stress	Severe Stress	X2 value
Age				
18-25	3	11	12	0.92 Df= 4 (t=7.82) NS
26-30	1	8	3	
31-35	1	2	2	
Religion				
Christian	1	9	6	0.05 Df= 4 (t=6.84) NS
Hindu	3	12	11	
Muslim	1	0	0	
Place of living				
Family	4	19	15	0.12 Df=3 (t=7.82) NS
Hostel	1	2	2	
Number of children				
No Children	1	5	5	2.12* Df=4 (t=1.92) S
One	3	11	9	
More than one	1	5	3	
Family Type				
Joint	3	15	9	2.05* Df=3 (t=1.62) S
Nuclear	2	6	8	
Educational Status				
B.SC	1	4	2	0.12 Df=3 (t=1.62) NS
G.N.M	2	6	3	
A.N.M	2	11	12	
Economical support				
Parents	2	3	5	1.56 Df=3 (t=1.95) NS
Husband	2	12	8	
Educational Loan	1	6	4	

Table 5:- Association between Stress levels with selected Demographic Variables:

The retrieved Chi-square value indicates that there is no significant association between the stress levels of the Married Nursing students and the demographic variables viz... age, sex, religion, education, marital status, support from family members, and type of family, place of living except family type and number of children.

IV. DISCUSSION

➤ *Stressor level of Married nursing students:*

In present study it was found that more than half of the Married Nursing students 41.86% experienced moderate stressor and severe stressor, 16.27% subject's experienced mild stressor. The findings were persistent with the report of Clarke and Ruffin CL, who found the use of technical equipment, interpersonal interaction, and lack of time for family and personal quest were the factors which caused stressors among students.

➤ *Stress levels of Married nursing students:*

In this study it was found that more than half of the Married Nursing students 48.83% accomplished moderate stress and 39.53% subjects were severe stress 11.62% subject's experienced mild stress. This was supported by the study done by Sheu et al on stress levels and coping behavior of nursing students which revealed that the level of stress in nursing students was moderate stress level.

➤ *Coping levels of Married nursing students:*

In present study it was found that more than half of the Married Nursing students (42%) had poor coping methods to beat the stressors and stress, and remaining students (37%) with moderate coping and (21%) of study sample had Good coping methods. The above findings of the study are compatible with the findings of Carwel et al. they assessed the stress levels and coping behavior of nursing students and found the most common coping behavior of the nursing students was to stay optimistic, followed by transference and problem solving.

V. CONCLUSION

The present study was to determine the stressors, the level of stress and coping mechanisms among married nursing students. The study admit that 48.83% of the married students had encountered with moderate stress with effect of various stressors and to overcome these stressor 21 % of the students had only good coping. Hence the student's essential to be aware of the different stressful events during their course and should progress an effective coping behavior to cope up with the stress.

RECOMMENDATION ON THE STUDY

- The study can be repeat on a large sample.
- An evaluative study to determine the effectiveness of counseling in reducing the Stress levels of students may be conducted.
- An evaluative study can be done to determine the effectiveness of relaxation therapy in reducing stress.
- A comparative study to assess the stress and coping methods of two different University students can be done.

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