



The Level of Stress Among Postgraduate Nursing Students in Selected Nursing Colleges, Manamadurai, Sivagangai District

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ABSTRACT

Stress is a natural body reaction to difficult or challenging situations, according to the Help Guide mental health website. Stressful feelings happen as the body gears up to handle it. The heart will pound, muscles will tense and breaths will be short and rapid. This is not harmful if it only happens occasionally, but ongoing stress can cause problems like exhaustion, insomnia, headaches, muscle pain and digestive problems. According to Randy J L., and David M B, (2008) "stress is the subjective feeling produced by events that are uncontrollable or threatening" constant stress brings about changes in the balance of hormones in the body which may lead to the situation(or) thought that make us feel frustrated, angry, nervous or anxious. Stress brings advantage and disadvantages to us. The health care professionals need to know how stressful events that occur in the course of clinical practice that affect them it is important to recognize the signs and symptoms of stress and understand stress management techniques to aid personal coping , as well as to design stress management interventions for clients and their families. Stress assessment inventory was used to assess the level of academic stress among post graduate nursing students. The level of stress among the subjects 6(20%) were having mild stress, 19(63.3%) were having moderate stress and 5(16.7%) were having severe stress. The way of staying and educational environment has no significant association with level of stress. Age , sex, working experience, marital status, family monthly income, type of relationship, peer pressure, educational facilities and environmental situation have significant association with level of stress. Research hypothesis was statistically proved

Keywords: level of stress

Statement of the problem

A study to determine the level of stress among postgraduate nursing students in selected Colleges at Manamadurai.

Objectives of the study

- To assess the level of stress among the post graduate nursing students.
- To associate the level of stress among the postgraduate nursing students and their selected demographic variables.

Hypothesis

- There is significant association between level of stress and their selected demographic variables.

Operational definition

Level of stress

In this study it is defined as the individual who is studying postgraduate nursing him / her experiencing emotion, tension, anxiety with in their educational environment which is assessed by stress assessment inventory.

Postgraduate nursing

The individual after finishing their undergraduate nursing with minimum one year experience who are all enter into a postgraduate nursing.

Materials and methods

Research approach: Quantitative research approach. **Research design:** Descriptive design. **Dependent variables:** level of stress. **Settings of the study:** The study was conducted at selected colleges at Manamadurai in Sivagangai district.. **Sample size:** 30.

Tools and techniques of data collection

Data was collected from the samples selected who satisfy inclusion criteria. The purpose of the study was explained to each subject and consent was obtained. Then the nature of the study was explained and assurance was given regarding confidentiality of the tool. Stress assessment inventory was used to assess the level of academic stress among post graduate nursing students. It was developed by Author Ying Ming Lin & Shring at 2009 in Taiwan. In this instrument containing seven segments 34 questions of the stress aspects such as teachers stress, result stress, tests stress, studying in groups stress, peer stress, time management stress, self- inflicted stress.

Data was collected in the manner of 10 samples per week. Stress level assessed by providing questionnaire to the samples who were included in the inclusion criteria. This same procedure was followed in the next two weeks. The time taken to interview each sample was 2 to 5 minutes. After giving thanks to the respondents, the data collection procedure was terminated. The investigator found no difficulties during data collection. The period of the data collection is 3 weeks.

RESULTS

Section A: Demographic variables

In the group regarding age of the subjects 7(23.4%) were between 20-25yrs, 17 (56.8%) were between 26-30yrs, 5(16.8%) were between 31-35yrs. With regard to sex 5(16.8%) were males and 25(83.2%) were females. With regard to working experience 9(30%) were less than 2 years, 7(23.3%) were 2 years and 14(46.7%) were had more than 2 years. Regarding marital status of the subjects 10(33.4%) were married and 20(66.6%) were unmarried. With regard to monthly income of the family, 4(13.3%) are getting less than Rs.5000, 2(6.7%) Rs. 5000 and 24(80%) were getting more than Rs.5000. In respect of staying of the subjects 8(26.7%) were with parents, 18(60%) were in hostel / room and 4 (13.3%) were with others. Regarding type of relation with other 25(83.4%) were with group friends, 4(13.3%) were with single friend and 1(3.3%) were single alone. With respect to educational environment of the subjects 2(6.5%) were very satisfied, 23(76.7%) were satisfied and 5(16.8%) were unsatisfied. With regard to peer pressure of the subjects 10(33.4%) were had peer pressure and 20(66.6%) were no peer pressure. Regarding educational facilities of the subjects 6(20%) were adequate, 18(60%) were moderately adequate and 9(30%) were had inadequate. With related to environmental situation in the educational institution of the subjects 16(53.3%) were pleasant environment, 11(36.7%) were unpleasant environment and 3(10%) were fearful environment.

Section B: The level of Stress

The level of stress among the subjects 6(20%) were having mild stress, 19(63.3%) were having moderate stress and 5(16.7%) were having severe stress.

Section c: Association between selected Demographic variables and level of stress

It reveals that way of staying and educational environment have no significant association with level of stress. Age, sex, working experience, marital status, family monthly income, type of relationship, peer pressure, educational facilities and environmental situation have significant association with level of stress.

Table 1 -. Percentage distributions of Samples according to level of stress

Level of stress	frequency	Percentage
Mild stress	6	20
Moderate Stress	19	63.3
Severe stress	5	16.7

DISCUSSION

The investigator concluded that the students need to prepare heavy educational requirement with in minimum duration, it may influence heavy work load without enough rest. Due to these reasons, the postgraduate nursing students had moderate level of stress. The level of stress has to be reduced to the mild level by applying coping mechanisms. The level of stress among the subjects 6(20%) were having mild stress, 19(63.3%) were having moderate stress and 5(16.7%) were having severe stress. The contradictory study reveals that **Bujdoso YL., Cohn A, (2008)** conducted an explorative study to assess the coping for dealing with care work of nursing Master students in Portuguese. He reported that master nursing students had less stress level during their professional activities. The researcher concluded that most of the samples were female, in the age group of 26-30 years and unmarried. They were not able to cope up with environmental situation due to peer pressure, settlement preparation for the future. So they were having moderate level of stress. Most of the subjects were female; they were having more stress compared to male. So level of stress were significant with their demographic variables.

NURSING IMPLICATIONS

Group counseling should be arranged to explore and support the postgraduate nursing students to overcome stress. It is the responsibility of the nurse practitioner to assess the level of stress among postgraduate nursing students periodically and to take appropriate steps. Nurse practitioners can plan and organize the program related to stress management and coping skills. Nursing curriculum should be including the syllabus on stress management strategies

of nursing students. Nurse educators can utilize this study finding through various workshops and conferences for reducing students stress level. Teaching models and learning materials can develop for student nurses to handle the stressful situation.

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