

A Study to Assess the Perceived Stress during COVID 19 Pandemic Lockdown among B.Sc Nursing Students from a Nursing College in Madurai

Dr. R. Jancy Rachel Daisy¹, Dr. G. Jeya Thangaselvi², V. Gomathi³

¹Professor cum HOD, Department of Mental Health Nursing, CSI Jeyaraj Annapackiam College of Nursing, Jonespuram, Pasumalai, Madurai, Tamilnadu, India

²Professor cum HOD, Department of Medical Surgical Nursing, CSI Jeyaraj Annapackiam College of Nursing, Jonespuram, Pasumalai, Madurai, Tamilnadu, India

³Associate Professor cum HOD, Department of Child health Nursing, CSI Jeyaraj Annapackiam College of Nursing, Jonespuram, Pasumalai, Madurai, Tamilnadu, India

Abstract: *This present study was undertaken to assess the perceived stress during COVID 19 pandemic lock down among B.Sc Nursing students from a Nursing college at Madurai. The samples were collected through convenience sampling technique. The sample size was 60. The tool used for data collection was Perceived Stress Scale (PSS) developed by Cohen, Kamarck and Mermelstein. The scale assesses the degree to which situations in one's life are appraised as stressful. The findings of the study revealed the level of Perceived Stress among B.Sc Nursing students in which 16(26.6%) had low Stress, 16(26.6%) had moderate Stress and 28 (46.6%) had severe stress and there was no significant association between the level of perceived stress with their selected demographic variables. The study findings proved that Nursing students perceived stress during COVID 19 pandemic lock down. Hence the present study concluded that there is a need to take measures by the authorities to reduce stress among the students.*

Keywords: Nursing students, COVID 19 pandemic lock down

1. Background of the Study

Stress can be explained as a feeling of emotional and physical tension which arises from any event that threatens our homeostasis (Selye 1956). In times of an epidemic, people tend to experience fear of getting infected with the virus/disease resulting in anxiety, stress, and depression, etc. (Hall et al. 2008).

Covid-19, commonly known as the novel Coronavirus is believed to have originated from a wet market in Wuhan, China, and has spread all over the world, resulting in a large number of hospitalizations and deaths (Wang et al. 2020). As of April 18, there were approximately 23,00,000 cases reported from across the globe (Worldometer 2020). Presently, with no medicine or vaccine available for Covid-19 (Sanders et al. 2020) the situation has turned worrisome. More than a third of the world's population has been put under lockdown with restricted movements to contain the widespread of the virus (Kaplan et al. 2020)

The interruption of education for nursing students has been unexpected from students. In addition, the clinical practice of nursing students in hospitals has also been discontinued. Because much of nursing education consists of clinical practice, students may have been concerned about being inadequate in clinical skill development. In addition, the applications skills are insufficient, the uncertainty of when, where and how to do the compensatory training for the elimination of inadequacy could stress nursing students. out since it was thought that especially for nursing students to

encounter the pandemic process for the first time, and not to engage in clinical practices in which they develop skill teaching may have an impact on their stress levels. The COVID-19 pandemic has affected the entire world, and it has also affected nursing students in different ways.

2. Statement of the Problem

A study to assess the perceived stress during COVID 19 pandemic lock down among B.Sc Nursing students from a Nursing college in Madurai.

3. Objectives of the Study

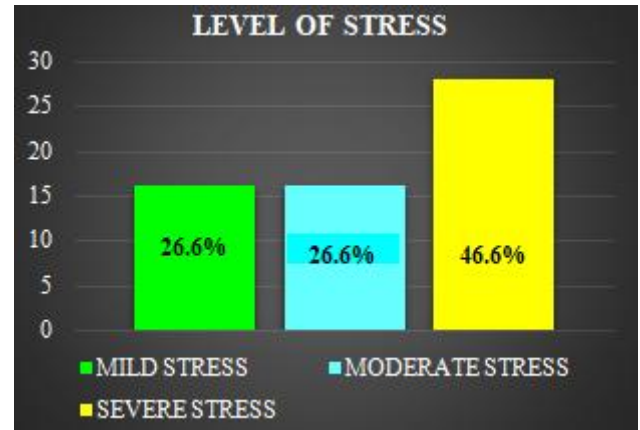
- To assess the perceived level of stress regarding COVID 19 pandemic lock down among B.Sc Nursing students.
- To associate the perceived level of stress with selected demographic variables (Gender, religion, place of residence, type of family, parents occupation, source of information about COVID 19, duration of time spent in extracurricular activities hobbies, duration of time spend in online classes) among BSc Nursing students.

Conceptual Framework:

The conceptual framework of this present study was based upon **Health Promotion Model (1982) by Nola J. Pender**

4. Materials and Methods

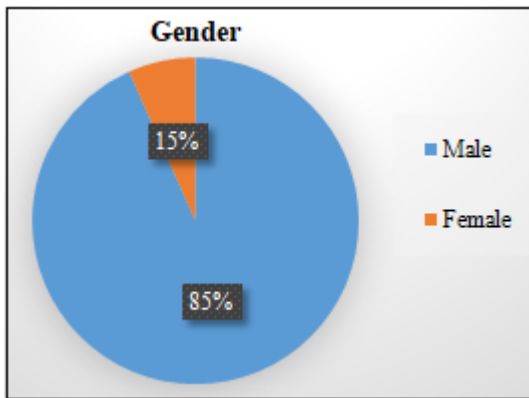
| | |
|--------------------|---|
| Research Approach | Quantitative |
| Research Design | Descriptive Design. |
| Setting | Nursing college at Madurai |
| Sample | III and IV year B.Sc. Nursing degree students from a nursing college |
| Sample Size | 60 in numbers |
| Sampling Technique | Non-probability-Convenience sampling |
| Instrument | <ul style="list-style-type: none"> • Part 1- Demographic data • PART 2: Standardized 5- Point Likert scale on perceived stress • The reliability of stress scale was $\alpha = > 0.78$. It shows statistically significant and thus reliable |



Data Collection Procedure

Data collection was done through online regarding perceived stress among B.Sc Nursing students during COVID 19 pandemic lock down

Section A: Frequency and Distribution of Demographic Variables Among B.Sc Nursing Students



With regard to gender, out of 60 samples the majority of samples 51(85%) were females and only 9(15%) were males

With regard to duration of time spent in online classes, out of 60 samples majority of them 40(66%) had spent less than 1 hour, 11(18%) of them had spent 1-3 hours, 9(15%) of them had spent 4-5 hours

Section B: Assessment on the Level of Perceived Stress among B.SC Nursing Students

With regard to the of level of Perceived Stress among B.Sc Nursing students, out of 60 samples,28 (46.6%) had severe Stress.16 (26.6%) had moderate Stress and 16(26.6%) had low Stress.

Section C: Association on Level of Perceived Stress among B.SC

Nursing students with their selected demographic variables

There was no significant association between the level of perceived stress with their selected demographic variables such age, sex, year of education, religion, type of family, parents occupation, source of information about COVID 19, duration of time spent in extracurricular, hobbies, duration of time spend in online classes.

5. Discussion

The first objective was to assess the perceived level of stress regarding COVID 19 pandemic lock down among B.Sc Nursing students.

The data revealed that with regard to the of level of Perceived Stress among B.Sc

Nursing students, out of 60 samples, 28 (46.6%) had severe Stress.16 (26.6%) had low Stress and 16 (26.6%) had moderate Stress

The findings of the study was supported by a cross-sectional study conducted by

Deepika Sheroun, et. al., (2020) to assess the perceived stress and coping strategies among B.Sc. Nursing Students of Selected Colleges in Pune during COVID-19 Pandemic Lockdown among 427 BSc Nursing Students (1st -4th year),using an online questionnaire. Male students had more perceived stress score (22.73) than female students (21.86). Majority of participants were between 21-25 years. The maximum mean perceived stress score (22.56) was observed in 4th year students, and least mean perceived stress score (20.20) was found in 2nd year students. On the whole the maximum mean coping score (78.45) was found among 1st years and least coping score (71.23) was found among 4th year BSc Nursing students. The present study indicates moderate level of perceived stress with mean perceived stress score of the students Nurses being 21.88 (+4.30) and the mean coping strategies score was 74.38 (+12.30). The IV Year Nursing students have the highest stress score with a mean of 22.56 ± 4.207.

The second objective was to associate the perceived level of stress with selected demographic variables

The data revealed that, there was no significant association between the level of perceived stress with their selected demographic variables such age, sex, year of education, religion, residing presently, type of family, parents occupation, source of information from COVID 19, duration of time spent in extracurricular, hobbies, duration of time spend in online classes.

6. Conclusion

The present study highlights the perceived stress by B.sc Nursing students during COVID 19 pandemic lock down in which majority of samples experienced severe Stress during this pandemic situation. Hence the present study concluded that the authorities has to identify the reasons for developing stress and need to take measures by to reduce stress among the students.

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