

A Study to Assess the Effectiveness of STP regarding Adaptive Coping Strategies In Reduction of Academic Stress among 1st Year B.Sc Nursing Student at Selected Nursing College, Coimbatore

Sushma Kumari¹, Gunjali Singh²

¹Assistant Professor, Panna Dhai Maa Subharti Nursing College

²Assistant Lecturer, Panna Dhai Maa Subharti Nursing College

Abstract: Statement of the Problem: A study to assess the effectiveness of structured teaching programme regarding adaptive coping strategies in reduction of academic stress among 1st year B.Sc Nursing student at selected Nursing College, Coimbatore. Objectives: a) To assess the level of knowledge regarding adaptive coping strategies among 1st year B.Sc Nursing Students. b) To deliver structured teaching programme regarding adaptive coping strategies. c) To evaluate the effectiveness of STP regarding adaptive coping strategies in reduction of academic stress and anxiety among 1st year B.sc nursing students. d) To find out the association between the knowledge regarding adaptive coping strategies in reduction of academic stress and anxiety among 1st year B.sc Nursing Students with their demographical variables. Methodology: It is a quantitative study approach and a non experimental sub type. Quasi experimental one group pre test post test design. Study group. Sample size of the present study was 60 students. Results: Inferential and descriptive statistics were used to analyze the values. Descriptive and inferential statistics were used to analyze the data The standard deviation of the Pre Test was 17.89 and on the other hand the standard deviation of the Post Test 12.98 scores was less than the Pre-Test score. The t value is In order to find out the significance paired 't' test was computed between the means of Pre-Test and Post-Test stress level and the obtained 't' value was 13 (df=0.05). Level of significance. Hence the research hypothesis was accepted including that there is the true decrease stress level as a result of the investigation. Conclusion: Academic stress among college students has been a topic of interest for many years. College students, especially freshmen, are particularly prone to stress due to transitional nature of college life, for e.g. many college students move away from home for first time, which can necessitate leaving all previously learned support system such as parents, siblings and high school friends. In this study the investigator developed Structured Teaching Programme on regarding adaptive coping strategies in reduction of academic stress among 1st year B.sc nursing students to assess their stress level. of obesity and there is difference in the life style practice of obese and non obese schoolchildren.

Keywords: Academic stress, Structured teaching programme, Adaptive coping strategies, B.Sc Nursing students, Reduction

1. Introduction

Stress among college attending students is termed as academic stress and it has been much in to existence from a decade. College students especially freshmen are more on the verge of having stressed, reason being transitional nature of college going phase. Hence students actually need to grow from within so that they might be able to take responsibilities of their own needs. Nursing students being fresher's they experience enormous tensions, before they encounter their clinical shifts and written exams, especially finals.

Normally, whenever danger is perceived our bodies release chemical hormones like adrenaline, noradrenalin and cortisol into the blood stream, thereby we gain a heightened sense of perception and it causes us to scan the world around us for danger. This reaction has helped mankind survive for thousands of years on an evolving earth. But, its cumulative effects can build up and can cause serious long term harm; if we are constantly under stress our bodies will direct necessary energy from critical life function so that we're already for short term perceived dangers.

2. Review of Literature

1) Review of literature related to academic stress and

- anxiety
- 2) Review of literature related to STP regarding adaptive coping strategies
- 3) Review of literature to Adaptive coping strategies.

Research Methodology

Research Approach

It is a quantitative study approach and a non experimental sub type.

Research Design

Quasi experimental one group pre test post test design.

Setting of the study

The present study was conducted in ppg college of nursing, 1st year Bsc nursing student, Coimbatore.

Population

Target: Total Nursing students of Coimbatore
Accessible: B.Sc. nursing 1st year student

Sample Size

Sample size of the present study was 60 students.

Sampling Technique

Non Probability convenient sampling technique was adopted for the study.

3. Data Analysis and Interpretation

Table 1: Frequency and percentage distribution of B.Sc. Nursing 1st year students according to Baseline characteristics, N=60

S.No.	Demographic Variables	Frequency (f)	Percentage (%)
1	Age		
	a. 18-20years	59	98.33
	b. 21-23years	1	1.66
2	Gender		
	a. Male	23	38.33
	b. Female	37	61.66
3	Religion		
	a. Hindu	41	68.33
	b. Muslims	14	23.33
	c. Christian	3	5
	d. Others	2	3.33
4	Family Income (Per Month)		
	a. Rs 10,000	21	35
	b. Rs 11,000 –30,000	17	28.33
	c. Rs 31,000 –50,000	12	20
	d. > 50,000	10	16.66
5	Language (Most spoken in college)		
	a. English	25	41.66
	b. Tamil	35	58.33

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Table 2: Frequency and percentage distribution of Pre test and Post test stress score of B.Sc. Nursing 1st year students, N=60

Level of Stress	Range	Pre test		Post test	
		f	%	f	%
Mild Stress	1-30	0	0	3	5
Moderate Stress	30-60	14	23.33	48	80
Severe Stress	60-90	46	76.66	9	15

Table 3: Comparison between Mean, Median and Standard Deviation of Pre-test and post-test scores, t’ value of Pre-test & Post-test of College students, N=60

Stress Value	Mean	Standard Deviation	“t”
Pre Test	68	17.89	13 (df=0.05)
Post Test	47	12.98	

Association between post-test stress level and selected demographic variables

Table 5: Association between Posttest Stress levels with Demographic Variables, N=60

S. NO.	Demographic Variables	Post Test Stress Level				Calculated Value
		Moderate stress		Severe stress		
		f	%	f	%	
1	Age					0.28 NS
	18-20years	45	75	14	23.33	
	21-23years	1	1.6	0	0	
2	Gender					0.14 NS
	Male	17	28.33	6	10	
	Female	29	48.33	8	13.33	
3	Religion					1.01 NS
	Hindu	32	53.33	9	15	
	Muslim	11	18.33	3	5	
	Christian	2	3.33	1	1.6	
	Others	1	1.6	0	0	
4	Family Income					5.37 NS
	<10,000	15	25	6	10	
	11,000-30,000	11	18.33	6	10	
	31,000-50,000	12	20	0	0	
	>50,000	8	13.33	2	3.33	
5	Language					5.37 NS
	English	19	31.66	6	10	
	Tamil	27	45	8	13.33	

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