

# A Comparative Study to Assess the Level of Academic Stress among the Second Year and Final Year BSc. Nursing Students at College of Nursing SVIMS, Tirupati

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**Abstract:** *Stress is common in our lives. Stress comes from the interaction of the individual with environment. Academic stress is the students psychological state resulting from continuous social and self imposed pressure in the school and college environment that depletes the students psychological and social well being. The aim of the study was to compare the level of academic stress among the second year and final year BSc nursing students at college of nursing SVIMS, Tirupathi, this is a descriptive study samples were collected through convent sampling techniques sample size was 200. The tool for data collection was perceived stress scale consist of 40 question rate on five point rating scale. The finding of the study shows that 55% of second year BSc nursing students had mild stress 43% had moderate stress 2% had severe stress and 71% of fourth year had mild stress year 27% had moderate stress and 2% had severe stress. The study finding show that the BSc (N) students had mild to moderate academic stress and there is association to the age and occupation of the demographic variables.*

**Keywords:** nursing students, academic stress, stress levels, education pressure, coping strategies

## 1. Introduction

Stress is a state of physical and psychological strain which imposes demand for adjustment upon the individual. It is often seen as a negative emotion. Stress plays an important role in the survival.

Nursing profession is a disciplined profession involved in the delivery of health care services to the society. Deals with the impose on the psychological and physical aspects that causes exhaustion of emotion Academic sources of stress are long assignments, grading, lack of time clinical stress in taking care of sick patient and uncooperative patients lack of psychomotor skills is conducting procedure like Bed Bath, checking vital signs.

The five top major sources of stress among the nursing college students are sleeping habits, increased work load, new responsibilities stress may result from the separation from the home for the first time. Student nurses motivated to high level of teaching. Many students perceive their stress level very high often become stressed. Excessive stress can lead to many mental problems such as excessive thinking, drinking and use of substance some time students nurses due to excessive stress have suicidal thought.

**Problem statement:** A comparative study to assess the level of academic stress among second year and final year BSc (N) students at College of Nursing SVIMS, Tirupati.

### Objectives:

- To assess the level of academic stress among Second year and final year BSc (N) Students.

- To compare the level of academic Stress among the second year and final year BSc (N) Students.
- To determine the association between the level of stress perceived by second year and final year BSc (N) Students with their selected demographic Variables.

## 2. Methodology

**Research Approach:** Non - experimental

**Research Design:** Descriptive

**Study setting:** The study was conducted in the college of nursing, SVIMS, Tirupati. This college has high infrastructure with highly qualified and efficient and eminent teaching faculty. To impart knowledge and skills, so this college was selected by the researcher for the valuable Study.

**Population:** The target population for this study was second year and final year BSc (N) Students.

**Sample size:** 100 second year and 100 final year BSc (N) students.

**Sampling technique:** convenient sampling technique.

**Inclusion criteria:** Second year and final year BSc (N) Students who are willing for the study.

**Exclusion criteria:** Those who are not willing for the Study and absent or Sick during the data Collection.

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**Description of the Tool:** The description of the tool was divided into two sections.

**Section I** Demographic variables Like name, age, gender, education, religion place of wing, occupation and income. PSS - 10 Cohen kamarah & murmelstine 1983.

**Section II:** Perceived stress scale PSS - 10 Cohen Kamarah Murreltime 1983 was used. This questionnaire consists of 40 question rate on 5 point rating scale to assess the level of stress. The rating ranged from 0 - 4 and the scoring pattern was calculated for percentage maximum obtained score was 160 and level of stress was graded as

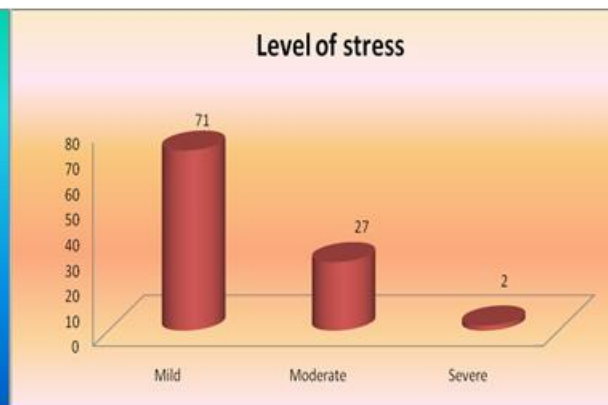
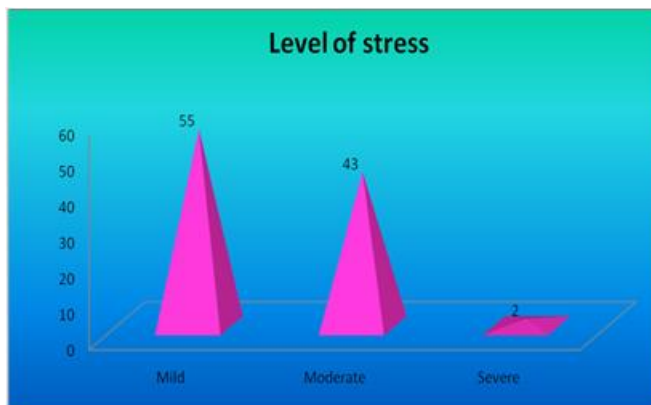
- 1 - 10% No Stress
- 11 - 20% Mild stress
- 21 - 80% Moderate stress
- 31 - 40% Severe stress
- >40% Extreme stress.

### 3. Data Analysis and Interpretation

As per the data analysis the demographic data results shows that among second year and final year BSc (N) Students,

**Section II** compare the level of stress.

Level of stress	Second year					Fourth year				
	F	%	T	Mean	SD	F	%	T	Mean	SD
Mild stress	55	55%	T = 0.29	1.55	0.138	71	71%	T=0.29	1.45	0.13
Moderate	43	43%				27	27%			
Severe	2	2%				2	2%			



The second year had 55% of mild stress 43% of moderate stress 2% severe stress and fourth year had 71% Mild Stress 27% moderate stress and 2% of Severe Stress

**Section III** There was a statistically significant association between the level of stress with the selected demographic Valuables like age and occupation of the head of the family at 0.05 and 0.01 level for both second year and fourth year BSc (N) students.

### 4. Conclusion

The findings of the study shows that 43% of second year had moderate stress and 71% of fourth year had mild, so the second years' experience more stress compare to the fourth year BSc (N) Students, with their Selected demographical variables like age and occupation of the head of family. Therefore, it is essential for the Student's Nurses, to be

there are 51 members of age 18 years in second year and 100 members above 20 years in fourth year and 89 females in final year and 79 and member in Second year, 51 member belong to Hindu religion as in 2<sup>nd</sup> year and 91 member belong to Hindu religion in 4<sup>th</sup> years 85 member of second year come from urban areas and 98 member of 4<sup>th</sup> year come from urban 27 member in 2<sup>nd</sup> year are Graduates, intermediates, Diploma, high school certificate and 19 member in 4<sup>th</sup> year are Graduates, intermediate, diploma and high school certificates, 37 member of Second year and 43 members of fourth year belong to lower middle class family. The higher the education the higher Stress levels seen.

**Section I** The Stress level seen in second year are 55% had mild stress 43% had moderate stress 2% had severe stress in 4<sup>th</sup> years 71% had mild stress 27% had moderate stress and 2% had severe stress.

provided with a non - threatening environment in the clinical settings and build a healthy rapport with the student Nurses which will facilitate their learning in clinical areas.

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### 5. Implication

**Nursing practice:** This study result emphasizes that the second year BSc (N) Students experience moderate stress than the final year students So it is essential to provide

- a) A healthy rapport to learn in their clinical areas.
- b) Provide a non - threatening environment in the Clinical settings.

### **Nursing Education**

- a) There should be strong foundation made in medium of Instructions.
- b) All wrong behaviour should be corrected in positive reinforcement.

### **Nursing Administration**

- a) The Administrator should provide clinical instructor in every clinical setting.
- b) The administrators should channelize the energy to every adolescent Nurses in both Curricullum Activities and extracurricular activities.

## **6. Recommendations for Future Study**

- a) A study can be conducted on the effective ness of the Students Nurses behaviour related to their peer group and in the clinical settings (assertiveness)
- b) A study can be conducted to assess the knowledge and psychomotor skills of the student Nurses while doing the procedures.

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