



# International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356  
P-ISSN: 2664-1348  
[www.psychiatricjournal.net](http://www.psychiatricjournal.net)  
IJAPN 2024; 6(1): 05-12  
Received: 10-11-2023  
Accepted: 19-12-2023

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## A descriptive study to assess the adjustment problems faced by 1<sup>st</sup> year nursing students and coping strategies adopted by them at Rayat Bahra College of Nursing, Mohali, Punjab

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DOI: <https://doi.org/10.33545/26641348.2024.v6.i1a.140>

### Abstract

**Background:** There are external pressures in life that come from the environment. Every individual has their own internal demands. The internal and external demands are higher in college students. College students need to be able to meet the internal and external demands to complete their learning. If they don't, they will face adjustment problems. If they face adjustment problems, it will directly and indirectly affect their academic performance. To address the adjustment problems students face, they need to use coping strategies. What is coping? Coping is the cognitive and behavioural effort to cope with psychological stress.

**Aim of the study:** To assess the adjustment problems faced by 1<sup>st</sup> year nursing students and coping strategies adopted by them at Rayat Bahra College of Nursing Mohali, Punjab.

**Materials and Methods:** A quantitative research approach and purposive sampling technique was used to conduct the study. Total 80 subjects were selected. Adjustment scale and coping scale were used to assess the adjustment problems and coping strategies among first year nursing students. Data was analysed by using mean, median, mode, and standard deviation, range, chi-square test for association and Karl Pearson coefficient correlation was used for correlation.

**Results:** The result of the study reveals that the 21.3% subjects having mild adjustment problems and 78.8% subjects were having moderate adjustment problems. Likewise majority of 86.3% subjects were having adaptive coping and 13.8% subjects were having maladaptive coping.

**Conclusion:** Study shows that majority of students 78.8% having moderate adjustment problems and majority of 86.3% were using adaptive coping strategies i.e. accept reality, to seek suggestion from family and teachers and not involved in bad company. The result could provide valuable information for educators in identifying student's needs, facilitating their learning in the academic and developing effective intervention to reduce adjustment problems.

**Keywords:** Assess, adjustment problems, coping strategies, nursing students, nursing colleges

### Introduction

Adjustment is a continuous process, not fixed or static state, in fact adjustment is defined as continuous process of satisfying one's desire, and it involves many aspects of behaviour. Abraham Maslow evaluated the well-adjusted person in terms of self-actualization, clearly emphasizing the adjustment process. Self-actualization is defined as the development and utilization of one's full potential [1]. Adjustment to college life is a key measure of success in university life since it reflects the student's capacity to deal with issues that arise as a result of meeting his intellectual, social, and emotional demands. While adjusting to university life, students will be able to develop excellent relationships with other students, allowing him to improve his academic performance [2]. Adjusting to college entails a range of challenges that vary in type and degree and necessitate a number of coping reactions or adjustments. Students are worried about more than just academics; they are also influenced by social, emotional, and physical changes. According to Arkoff (1968), the notion of college adjustment shows how much an individual has learned [3]. People can be considered as maladjustment and will adjusted. This can be done on the basis of their relationship with the environment and self. Maladjustment and sense of wellbeing are very crucial factors in providing positive contributions to the society.

When there are problems in adjustment it will lead to stress [4]. There are so many different ways to adapt to a stressful situation. Coping is a conscious and unconscious effort to solve problems and reduce stress. A student cannot avoid academic stress, but the ability to adapt and cope is more important than the stress itself when it comes to coping strategies. Appropriate coping techniques can reduce the damage caused by stress. The researcher found that there are the least number of research databases available to assess the stress levels of nursing students due to transition age and academic stress. Thus, the purpose of this study is to assess the "stress level" and "coping strategies" of nursing students. Other coping strategies used by students include hobbies and leisure activities, self-care, seeking social support, and maladaptive behaviours. Three adaptive outcomes: physical, psychological and social health were not studied [5].

### Need for the study

Nursing students are in the developmental phase of adolescence or young adulthood they are in a crisis state where they have to face significant changes in their living circumstances. Entering world of nursing presents students with an array of changes. Still in their teens, they are asked to change both from adolescent to adult and from lay person to a professional. The student nurse is entering a vocation where she has to deal with many kinds of people, so it is necessary that she is well prepared for the same. During nursing education and training, nursing students are frequently exposed to various stressors which may directly or indirectly impede their learning and performance. The nature of clinical education presents challenges that may cause students to experience stress. Moreover, the practical components of the program which is important in preparing students to develop into professional nurse role by its nature have made the program even more stressful than other programs [6].

Today's nurses are tomorrow's nurses; Nurses are expected to provide holistic care to individuals and families. During nursing education, the student is exposed to many stressors. They must take responsibility for providing patient care in different situations, healthy young people want to help others and take responsibility. To do this, these young nurses must adapt well to each other and to the environment [7].

The study was conducted to assess the adjustment problems and coping pattern to the nursing students. Proposive sampling techniques was used in the study. The samples in the quantitative phase were 80 nursing students. The quantitative approach was used in the study 78.8% of nursing students having moderate adjustment problems and 21.3% of students having mild adjustment problems. 86.3% students having adaptive coping level and 13.8% of students having maladaptive coping level. The majority of students accept their reality and encourage themselves to scoring good marks through hard work and to seeking suggestion from family and teachers and not involved in bad company. The investigator has observed that problems like homesickness, somatic complaints and adjustment problems in hostel were very common in the female students, whereas many male students expressed a desire to quit the program, because they felt the profession was not meant for them as it is a female dominated profession they were there simply because of pressure from parents who had managed to

secure them a seat with the hope that they would go abroad and make a comfortable living completion of the course.<sup>8</sup> Many experienced teachers also revealed to the investigator that adjustment difficulties are often seen among nursing students during their course of learning and quite a few of them manifest with psychological distress. Today we need students who will, as nurses somebody lead the profession are to make successful adjustment to nursing and be valuable and effective contributors to the health care delivery system, it is imperative that the pattern of adjustment of nursing students be studied, so that appropriate interventions can be made, therefore the investigator interested in finding out the adjustment pattern and coping strategies among Nursing Student [9].

### Statement of the problem

A study to assess the adjustment problems faced by 1<sup>st</sup> year nursing students and coping strategies adopted by them at Rayat Bahra College of Nursing, Mohali.

### Objectives

- To assess the adjustment problems faced by 1<sup>st</sup> year nursing students at Rayat Bahra College of Nursing, Mohali.
- To assess the coping strategies used by 1<sup>st</sup> year nursing students at Rayat Bahra College of Nursing, Mohali.
- To find the association between adjustment problems score with selected demographic variables among 1<sup>st</sup> year nursing students at Rayat Bahra College of Nursing, Mohali.
- To find the association between coping strategies score with selected demographic variables among 1<sup>st</sup> year nursing students at Rayat Bahra College of Nursing, Mohali.

### Operational Definitions

#### 1. Adjustment Problem

Adjustment problems refers to the problems occurring among nursing students in the areas of personal, social, psychological, academic and physical as measured by rating scale.

#### 2. Coping Strategy

Coping strategy refers to the cognitive and behavioural attempts, adopted by nursing students to reduce external or internal demands and conflicts by frequency distribution tool.

#### 3. Nursing Students

In this study nursing students refers to students studying in GNM 1<sup>st</sup> year, B.Sc. Nursing 1<sup>st</sup> year, and Post Basic B.Sc. Nursing 1<sup>st</sup> year.

### Assumptions

- It is assured that they will have some adjustment problems at the initial days.
- It is assumed that adjustment problems are influenced by the selected demographic variables.
- The positive way of coping with adjustment problems promotes mental health of an individual.

### Delimitation

The study was delimited to students of B.Sc. Nursing 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> year and Post Basic 2<sup>nd</sup> year or GNM 2<sup>nd</sup> year 3<sup>rd</sup> year of Rayat Bahra College of Nursing, Mohali.

**Research Approach**

A quantitative approach was used in the study to accomplish the objective of the study.

**Research Design**

A descriptive design was applied to conduct the research study to assess the adjustment problems and coping strategies adopted by 1<sup>st</sup> year nursing students.

**Research Setting**

The present study was conducted in Rayat Bahra College of Nursing, Mohali, and Punjab. The total students of B.Sc (N) 1<sup>ST</sup> Year (50), GNM 1<sup>st</sup> year (30), Post Basic B.Sc. (N) 1<sup>st</sup> Year (10).

**Target Population**

The students of B.Sc. (N), Post Basic B.Sc. (N) 1<sup>st</sup> year, GNM 1<sup>st</sup> Year.

**Sample Size:** A total sample of 80 students were taken.

**Sampling Technique:** Propulsive sampling technique was used to select the sample

**Criteria for selection of the sample****Inclusion Criteria**

- Students of 1<sup>st</sup> year nursing program in session 2022 at Rayat Bahra College of Nursing.
- Both male and female nursing students are included.
- Students who are willing to participate in study
- Students present at the time of data collection

**Exclusive Criteria**

Students of GNM 2<sup>nd</sup> year 3<sup>rd</sup> year, B.Sc (N) 2<sup>nd</sup> year 3<sup>rd</sup> year 4<sup>th</sup> year and Post Basic B.Sc. (N) 2<sup>nd</sup> year student were be excluded.

**Development of research tool:** Tool was developed by keeping in mind the objective of the research study. It include 2 parts.

- **Section A-Socio-demographic variables:** It include age, gender, religion, types of family, father occupation, mother occupation, total no. of sibling, place of staying, family income.
- **Section B-Rating Scale:** Items were framed related to adjustment problems
- **Section C-Rating scale:** Items was framed related to coping strategies.

**Descriptive tool**

The tool was prepared to collect the data consist.

**Section A: Socio demographic characteristics**

- Age
- Gender
- Types of family
- Father's education
- Mother's education
- Father's occupation
- Mother's occupation
- Total no. of siblings
- Place of staying
- Family income

**Section B: Self structure questionnaire to assess the adjustment problems faced by 1<sup>st</sup> year nursing students**

This part consist of 24 questions regarding adjustment problems. The items numbers 0-8, 9-16, 17-24 were scored accordingly.

- Never 0
- Sometime 1
- Most of time 2
- Always 3

**Criteria Measures**

Severe Adjustment Problems: 0-24

Moderate Adjustment Problems: 25-48

Severe Adjustment problems: 49-72

**Section C-Self structure questionnaire to assess the coping strategies adopted by 1<sup>st</sup> year nursing students**

This part of 24 questions regarding the coping strategies. The item number 0-12, 13-24 were scored accordingly.

- Never 0
- Some Time 1
- Often 2
- Always 3

**Criteria Measure**

- 0-36 Adaptive coping
- 37-72 Maladaptive coping

**Validity of tool****Tool was validity for the content and language**

- For validity of tool research guide was consulted.
- Experts of nursing field and nursing research were also consulted.
- Language validity was done by the experts in the field of literature.
- Changed were incorporated according to the suggestion after discussion with guide.

**Reliability of research tool**

Research of rating scale to assess adjustment problem faced by 1<sup>st</sup> year nursing students and coping strategies adopted by them was determine by split half method, using Kari Pearson formula. Reliability of rating scale was found to be  $r=0.7$ . Hence it was considered reliable.

**Pilot Study**

The pilot study was conducted in month of June 2023 on 08 subject from Rayat Bahra College of nursing, Mohali. Analysis an interpretation of date collected in pilot was done in accordance to objective and feasibility was assessed.

**Data Collection Procedure**

Data collection procedure was carried out in month of July 2023. written permission was taken from Director-Principal of Rayat Bahra College of Nursing, Mohali, before data collection researchers introduce themselves, explained the purpose of study clarified queries and look consent from individual subjects. The tool was administered to subjects in their class in lunch break. The subjects were asked to fill the tool individually. Average subjects look 25-30 minutes to fill the tool. After completion of collection subjects were thanked for their participation and assured to maintain confidentiality of information.

**Ethical Considerations**

- Written permission was taken from the Director Principal of Rayat Bahra College of Nursing.
- Informed consent was taken from each study subject.
- Confidentiality and anonymity of the subjects were maintained throughout the study.

**Feasibility of research study**

**To assess feasibility of research study, an informed survey was carried out with following objectives.**

- To assess the availability of study subjects.
- To find out the practicability of research tool.
- To refine the methodology of research study.

**Plan for analysis**

Analysis and interpretation of data was done according to the objective using descriptive and inferential statistics. The

data analysis was done by calculating, frequency, percentage, mean and standard deviation. The chi-square ( $\chi^2$ ) test was used to find association of adjustment problems with selected demographic variable. The level of significance chosen was  $p < 0.05$ .

**Summary**

This chapter deal with description of field of study population, sample and data sampling technique, development of tool, reliability of tool, pilot study, data collection procedure, ethical consideration and plan for analysis.

**Results****Section A: Characteristics of sample**

**Table 1:** Percentage distribution of sample characteristics, N = 80

Variables	Opts /	Percentage (%)	Frequency(f)
Age	> 17 Years	3%	2
	18-20 Years	74%	59
	21-22 Years	14%	11
	Above 22 Years	10%	8
Gender	Male	38%	30
	Female	63%	50
	Other	0%	0
Religion	Hindu	28%	22
	Muslim	36%	29
	Sikh	30%	24
	Christian	6%	5
	Other	0%	0
Types of Family	Nuclear Family	68%	54
	Joint family	31%	25
	Extended	1%	1
Father's Education	No Formal Education	5%	4
	Primary	20%	16
	Secondary	33%	26
	Senior Secondary	16%	13
	Graduate	21%	17
	Post Graduate & above	5%	4
Mother's Education	No Formal Education	15%	12
	Primary	21%	17
	Secondary	21%	17
	Senior Secondary	20%	16
	Graduate	19%	15
Father's Occupation	Govt. Employee	26%	21
	Private Employee	34%	27
	Other	40%	32
	Govt. Employee	10%	8
	Private Employee	13%	10
Mother's Occupation	Home Maker	76%	61
	Other	1%	1
	One	35%	28
	Two	51%	41
Place of Staying	Three or more	14%	11
	Hostel	14%	11
	Paying Guest	9%	7
	Home	51%	41
Monthly Family Income (In Rs.)	Others	26%	21
	<10,000	15%	12
	10,001 to 15,000	14%	11
	15,001 to 20,000	15%	12
	>20,000	56%	45

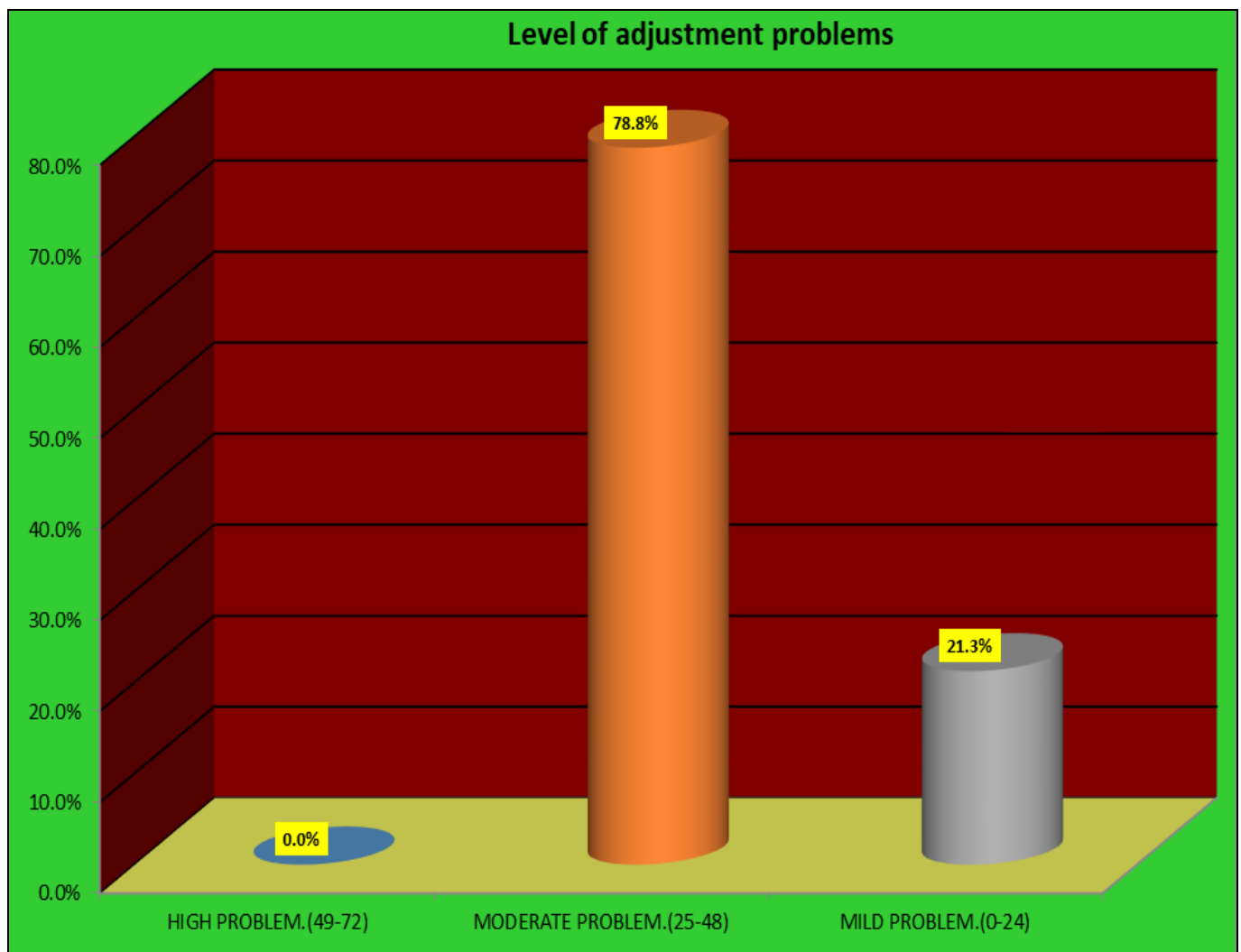
Table depicts that among 1<sup>st</sup> year nursing students 2 (3%) of subjects were in the age group of > 17 years, more than half of the subjects 59 (74%) were in age of 18-20 years and 11 (14%) of subjects were in age group 21-22 years and 8 (10%) of subjects were in age group above 22 years. majority of subjects 50 (63%) were females and 30 (38%) of subjects were males. 22 (28%) of subject were Hindu, 29 (36%) of subjects were Muslim, 24 (30%) of subjects were Sikh, while 5 (6%) of subjects were belong to Christian. More The half subject 54 (68%) belong to nuclear family and 25 (31%) of subject were living in joint family while 1 (1%) subject were living in extended family. More than half of subjects father 26 (33%) were secondary standard passed, 4 (5%) of subjects father were no formal education and post graduate and above. 13 (16%) were senior secondary or 17 (21%) were graduated. 17 (21%) of subjects mother were primary or secondary standard passed, 16 (20%) were senior secondary passed or 15 (19%) were graduated while 3 (4%) subjects mother were post graduated or above. (26%) of subjects fathers were government employees and (34%) were private, while (40%) had other jobs. (10%) subjects mothers were government employees, (13%) were private,

(76%) were home makers and 1 had other job. (35%) were 1 sibling, while (51%) were 2 or (14%) were three or more siblings. (14%) subjects staying at hostel or (9%) were at paying guest (51%) at their home and (26%) were staying at others. (15%) of subjects family incomes were less than Rs. 10,000 or between Rs. 15,001 to 20,000, while (14%) had income between Rs.10,001 to 15,000, or (56%) had above Rs.20,000 family income.

**Section B:** Finding related to adjustment problems faced by 1<sup>st</sup> year nursing students and association between adjustment problems score with selected demographic variables among nursing students.

**Table 2:** Frequency & percentage distribution level of problem faced, N=80

Criteria Measure of problem faced score		
Level of Scores, N=80	Percentage	Frequency
High Problem (49-72)	0.0%	0
Moderate Problem (25-48)	78.8%	63
Mild Problem (0-24)	21.3%	17
Maximum =72 Minimum = 0		



**Fig 1:** Percentage wise distribution of adjustment problems faced by 1<sup>st</sup> year nursing students. Hence it can be inferred more than half (78.8%) of nursing students faced moderate adjustment problem in college

**Table 3:** Association between adjustment problems among 1<sup>st</sup> year nursing students and selected demographic variables, P=0.05

Demographic Data		Levels of problem faced (N=80)			Association with problem faced score				
Variables	Opts	High Problem	Moderate Problem	Mild Problem	Chi Test	P Value	DF	Table Value	Result
Age	> 17 Years	0	0	2	11.311	0.010	3	7.815	Significant
	18-20 Years	0	48	11					
	21-22 Years	0	7	4					
	Above 22 Years	0	8	0					
Gender	Male	0	24	6	0.045	0.832	1	3.841	Not Significant
	Female	0	39	11					
	Other	0	0	0					
Religion	Hindu	0	13	9	7.807	0.050	3	7.815	Not Significant
	Muslim	0	24	5					
	Sikh	0	21	3					
	Christian	0	5	0					
	Other	0	0	0					
Types of Family	Nuclear Family	0	44	10	1.191	0.551	2	5.991	Not Significant
	Joint family	0	18	7					
	Extended	0	1	0					
Father's Education	No Formal Education	0	4	0	16.133	0.006	5	11.070	Significant
	Primary	0	8	8					
	Secondary	0	24	2					
	Senior Secondary	0	8	5					
	Graduate	0	15	2					
	Post Graduate & above	0	4	0					
Mother's Education	No Formal Education	0	11	1	8.858	0.115	5	11.070	Not Significant
	Primary	0	13	4					
	Secondary	0	13	4					
	Senior Secondary	0	9	7					
	Graduate	0	14	1					
	Post Graduate & above	0	3	0					
Father's Occupation	Govt. Employee	0	19	2	9.319	0.009	2	5.991	Significant
	Private Employee	0	16	11					
	Other	0	28	4					
Mother's Occupation	Govt. Employee	0	7	1	0.751	0.861	3	7.815	Not Significant
	Private Employee	0	8	2					
	Home Maker	0	47	14					
	Other	0	1	0					
No. of Siblings	One	0	25	3	2.858	0.240	2	5.991	Not Significant
	Two	0	30	11					
	Three or more	0	8	3					
Place of Staying	Hostel	0	6	5	5.111	0.164	3	7.815	Not Significant
	Paying Guest	0	5	2					
	Home	0	34	7					
	Others	0	18	3					
Monthly Family Income (In Rs.)	<10,000	0	9	3	1.534	0.674	3	7.815	Not Significant
	10,001 to 15,000	0	9	2					
	15,001 to 20,000	0	8	4					
	>20,000	0	37	8					

Table 3 shows that adjustment problems among 1<sup>st</sup> year nursing students is significantly associated with significantly with age group and father's education and non-

significantly associated with, gender, religion, types of family and, mother education, father occupation, mother occupation, no. of sibling, place of staying, family income.

**Section C: Finding related to coping strategies used by 1<sup>st</sup> year nursing students**

**Table 4:** Frequency and percentage distribution level of COPMG strategies

Criteria Measure of coping score		
Level of scores N= 80	Frequency	Percentage
MAL Adaptive Coping .(37-72)	11	13.8%
Adaptive Coping.(0-36)	69	86.3%

Maximum =72 Minimum=0

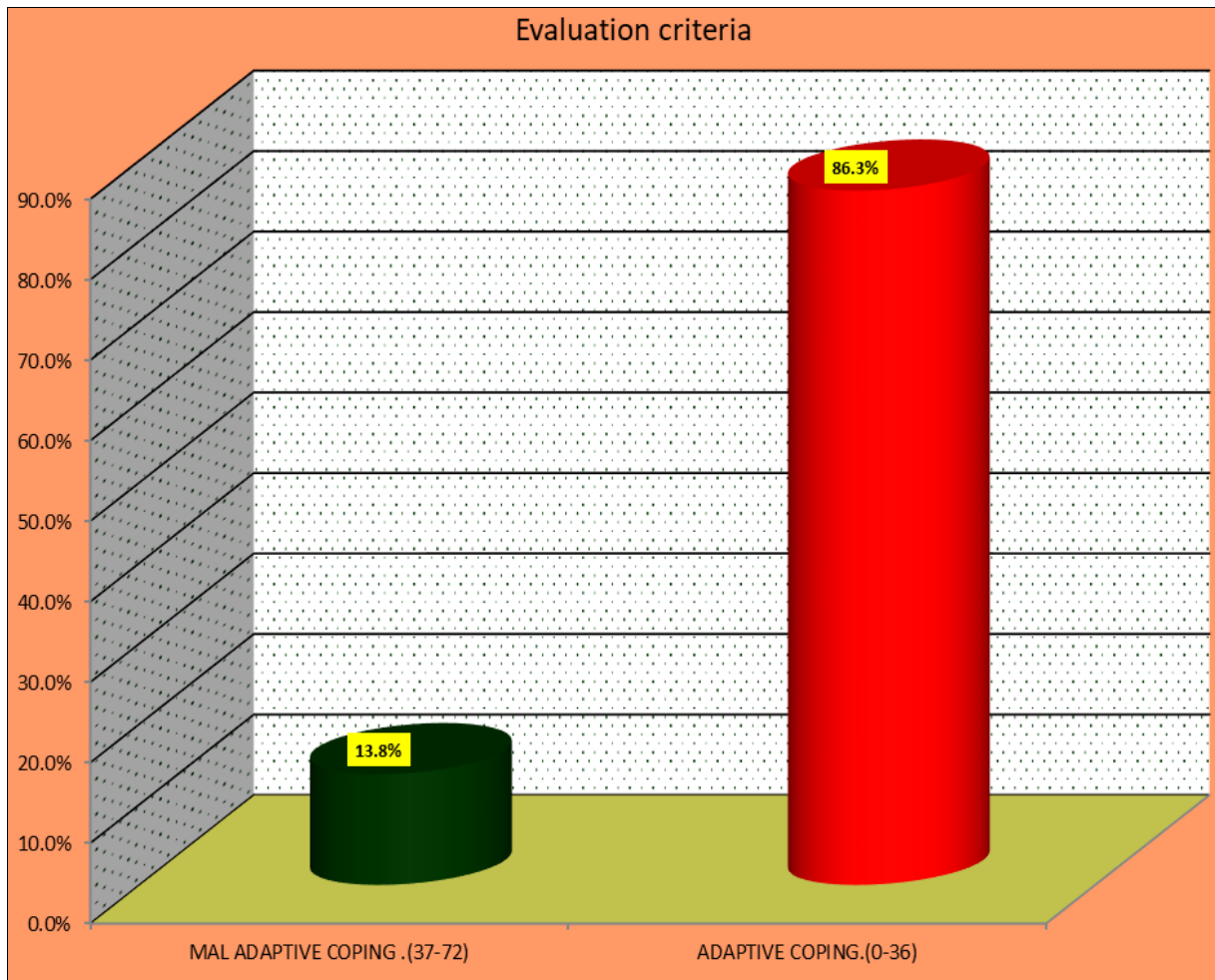


Fig 2: Pyramidal diagram showing the percentage distribution level of coping

**Finding related to association between coping strategies score with selective demographic variables among nursing students:** This section deals with the findings related to the association between score and selected

demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables.

Table 5: Table showing association of scores and demographic variables

Demographic Data				Association with coping score				
Variables	Opts	Mal Adaptive Coping	Adaptive coping	Chi Test	P Value	DF	Table Value	Result
Age	> 17 Years	0	2	4.539	0.209	3	7.815	Not Significant
	18-20 Years	11	48					
	21-22 Years	0	11					
	Above 22 Years	0	8					
Gender	Male	4	26	0.007	0.933	1	3.841	Not Significant
	Female	7	43					
	Other	0	0					
Religion	Hindu	1	21	2.207	0.531	3	7.815	Not Significant
	Muslim	5	24					
	Sikh	4	20					
	Christian	1	4					
Types of Family	Nuclear Family	7	47	0.294	0.863	2	5.991	Not Significant
	Joint family	4	21					
	Extended	0	1					
Father's Education	No Formal Education	0	4	3.751	0.586	5	11.070	Not Significant
	Primary	3	13					
	Secondary	4	22					
	Senior Secondary	0	13					
	Graduate	3	14					
Mother's Education	Post Graduate & above	1	3	4.117	0.533	5	11.070	Not Significant
	No Formal Education	3	9					
	Primary	3	14					
	Secondary	1	16					

	Senior Secondary	1	15	1.596	0.450	2	5.991	Not Significant
	Graduate	3	12					
	Post Graduate & above	0	3					
Father's Occupation	Govt. Employee	3	18	3.972	0.264	3	7.815	Not Significant
	Private Employee	2	25					
	Other	6	26					
Mother's Occupation	Govt. Employee	0	8	0.427	0.808	2	5.991	Not Significant
	Private Employee	0	10					
	Home Maker	11	50					
No. of Siblings	Other	0	1	4.688	0.196	3	7.815	Not Significant
	One	3	25					
	Two	6	35					
Place of Staying	Three or more	2	9	3.659	0.301	3	7.815	Not Significant
	Hostel	0	11					
	Paying Guest	0	7					
Monthly Family Income (In Rs.)	Home	6	35					
	Others	5	16					
	< 10,000	3	9					
Monthly Family Income (In Rs.)	10,001 to 15,000	1	10					
	15,001 to 20,000	3	9					
	> 20,000	4	41					

The chi-square value shows that there is significance association between the score level and demographic variables. The calculated chi-square values were more than the table value at the 0.05 level of significance. There is no significance association between the level of scores and other demographic variables. The calculated chi-square values were less than the table value at the 0.05 level of significance.

#### Acknowledgement

Firstly, I am thankful to God for giving me that strength to keep going and helped me through hard time for completing this study successfully.

Our research project has never been successful without the coordinated effort so fall them embers involved. It is genuine pleasure to express my deep sense of thanks and gratitude Dr. Deepika R. Kumar, Director Principal, Rayat Bahra College of Nursing, Mohali, Punjab. For her guidance, constructive suggestions and encouragement which made this study successful one.

Our heartiest gratitude to our guide Ms. Kavita, Nursing Tutor, Rayat Bahra College of Nursing, Mohali, Punjab. For her constant dedication keen interest and above all her overwhelming attitude to help her students had been solely and mainly responsible for completing our work. Her timely advices, meticulous scrutiny, scholarly advices and scientific approach have helped me to a very great extent to accomplish this task.

We extend our deepest gratitude to all the expert who have contributed their valuable suggestion in validating the tool.

We express our thanks to Mrs. Jaswinder Kaur, librarian of Rayat Bahra College of Nursing Mohali, Punjab, for extending necessary library facilities throughout the study. Our heartfelt thanks to our parents for their deepest blessing and encouragement and support in all stages of our life.

Our sincere thanks to all my classmates and my best friend for motivation and support during our research study.

Last but not the least our heartfelt gratitude to each and every one who helped us directly and indirectly to complete this research project.

#### Conflict of Interest

Not available.

#### Financial Support

Not available.

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#### How to Cite This Article

Kumar DR, Kavita, Sharma B, Kaur R, Thakur P, Shaveta, *et al.* A descriptive study to assess the adjustment problems faced by 1st year nursing students and coping strategies adopted by them at Rayat Bahra College of Nursing, Mohali, Punjab. International Journal of Advanced Psychiatric Nursing 2024; 6(1): 05-12.

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