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## A study to assess the prevalence of stress among the 1<sup>st</sup> year B.Sc. Nursing students at selected nursing college in Bengaluru

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### Abstract

**Background:** Stress, defined as a condition of both physical and psychological strain necessitating adaptation, presents challenges for individuals. Among student nurses, stressors emerge from various sources including academic, clinical, and financial domains, compounded by pressures from parental expectations, the pursuit of high grades, and the weight of career decisions.

**Aim:** To assess the prevalence of stress among the 1<sup>st</sup> year B.Sc. nursing students.

**Materials and Methods:** A quantitative research approach, descriptive research design was adopted for the study. A sample of 60 1<sup>st</sup> year B.Sc. nursing students was selected by using a simple random sampling technique. A modified student stress scale was used to assess the level of stress. The data was analyzed by using descriptive and inferential statistics i.e. frequency and percentage, mean, standard deviation, Z test, and chi-square.

**Major findings of the study:** 5(8.3%) students had mild stress, 45(75%) students had moderate stress, and 10 (16.7%) students had severe stress. Association between the level of stress and socio-demographic variables, there is a statistically significant association with socio-demographic variables such as the mother's education, father's education, family income per month, type of family, and awareness about the nursing profession.

**Keywords:** Psychological strain, physical strain, education

### Introduction

Stress, a ubiquitous aspect of human existence, is frequently perceived as a negative sentiment; however, it holds significant value in survival. Serving as a mechanism to confront threats and perilous circumstances, stress acts as a catalyst for motivation and can enhance performance. Defined as a condition of both physical and psychological tension, stress necessitates adaptation from the individual to meet its demands.

Student nurses encounter a myriad of stressors spanning academic and clinical realms, compounded by financial strains and personal expectations, including those from parents and career choices. Within academia, stressors encompass the demands of exams, extensive study commitments, looming assignment deadlines, pressure for high grades, scarce leisure time, and delayed feedback, alongside logistical hurdles like workshop arrangements. In clinical settings, stressors range from tending to critically ill patients and managing peer conflicts to self-doubt about clinical skills, anxiety over meeting clinical requirements, handling challenging patient interactions, managing workload and physical strain, and mastering essential psychomotor abilities. These stressors collectively contribute to elevated stress levels among student nurses, underscoring the importance of robust coping strategies and support structures in both educational and clinical context.

### Need for the study

Stress encompasses various changes that induce physical, emotional, or psychological strain, affecting individuals in diverse ways. It emerges as the body's reaction to stimuli demanding attention or action, with virtually everyone experiencing it to some extent. Stress prompts the body's activation of the fight-or-flight response when perceiving a threat or danger, triggering the release of hormones such as adrenaline and cortisol. This physiological reaction prepares individuals to cope with the perceived challenge or threat.

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A meta-analysis was conducted to explore the prevalence and associated factors of stress and anxiety among nursing students by reviewing 121 studies from various electronic databases up to October 26, 2022. The findings indicated that nursing students reported moderate levels of stress (42.1%) and mild to moderate levels of anxiety (ranging from 19.4% to 25.1%). Notably, third- and fourth-year nursing students exhibited higher levels of severe stress compared to their counterparts in the first and second years (29.0% versus 15.1%).

**Statement of the problem**

A study to assess the prevalence of stress among the 1st year B.Sc. nursing students at selected nursing college at Bengaluru

**Objectives**

1. To assess the level of stress among the 1<sup>st</sup> year B.Sc. nursing students.
2. To associate the level of stress with the socio-demographic variables of 1<sup>st</sup> year B.Sc. nursing students.

**Assumptions**

1<sup>st</sup> year B.Sc. Nursing students may have the stress

**Methodology**

**Research Approach:** The investigator adopted a quantitative approach for this study.

**Research Design:** Descriptive research design.

**Setting of the study:** The study was conducted at Sri Sharada Nursing College, Bengaluru.

**Population:** The population for this study was B.Sc. Nursing students.

**Target population:** 1<sup>st</sup> year B.Sc. nursing students.

**Accessible population:** 1<sup>st</sup> year B.Sc. nursing students at Sri Sharada Nursing College, Bengaluru.

**Sample:** Students who are studying 1<sup>st</sup> year B.Sc. Nursing at Sri Sharada Nursing College, Bengaluru, and those who meet the inclusion criteria are the sample for this study.

**Sample Technique:** The sampling technique adopted for this study was simple random sampling by using the lottery method.

**Sample size:** The sample size for this study was 60 students of 1<sup>st</sup> year B.Sc. Nursing.

**Description of tool:** Tool consists of two parts.

**Part-I:** It includes socio demographic variable such as age, religion, education of parents, occupation of parents, family income, type of family, number of siblings, selection of course, medium of study, previous experience of hostel stay.

**Part-II:** Consists of modified student stress scale, it consists 29 items which covers the areas of physical, psychological, academic, and sociological factors. Minimum score is 14, maximum score is 70.

**Results**

**Table 1:** Frequency and percentage distribution of level of stress among 1<sup>st</sup> year BSc Nursing students

Level of Stress	N	Percentage %
Low Stress	5	8.3%
Moderate stress	45	75%
High stress	10	16.7%

[i] Table shows the levels of stress among the nursing students. The majority 75% (45) of study subject has moderate stress level while 16.7% (10) of study subject has high stress level and 8.3% (5) of study subject has low stress level.

**Table 2:** Association between the levels of stress with socio demographic variables of 1st year B.Sc. nursing students.

S. No	Socio demographic variables	Level of stress						χ 2
		Mild stress		Moderate stress		Severe stress		
		F	%	F	%	F	%	
1.	<b>Father's education</b>							
	a) Illiterate	-	-	1	1.7	1	1.7	22.9 S***
	b) Primary school	4	6.7	4	6.7	1	1.7	
	c) Secondary school	8	13.2	10	16.7	14	23.2	
	d) Higher secondary school	2	3.3	6	10	6	10	
e) Graduate	1	1.7	1	1.7	1	1.7		
2.	<b>Mother's education</b>							
	a) Illiterate	1	1.7	1	1.7	-	-	25.8 S***
	b) Primary school	2	3.3	3	5	-	-	
	c) Secondary school	7	11.8	9	15	14	23.3	
	d) Higher secondary school	2	3.3	6	10	8	13.2	
e) Graduate	3	5	3	5	1	1.7		
3.	<b>Family income per month</b>							
	a) Rs ≤1,500	12	20	4	6.7	5	8.3	33.2 S***
	b) Rs 15, 01-4000	1	1.7	3	5	7	11.6	
	c) Rs 4, 001-6500	-	-	8	13.3	7	11.6	
	d) Rs 6,501-9000	1	1.7	7	11.7	4	6.7	
e) Rs ≥9001	1	1.7	-	-	-	-		
4.	<b>Type of family</b>							
	a) Nuclear family	15	25	21	35	20	33.2	18.1 S***
b) Joint family	-	-	-	-	3	5		

	c) Extended family	-	-	1	1.7	-	-	
5.	<b>Awareness about nursing profession</b>							
	a) Yes	13	21.7	21	35	23	38.3	12.2
	b) No	2	3.3	1	1.7	-	-	S***
6.	<b>Selection of course</b>							
	a) By self	9	15	15	25	16	26.7	12.2 S***
	b) Suggested by friends	6	10	5	8.3	6	10	
	c) Compelled by parents/ relatives	-	-	1	1.7	-	-	
	d) Any other	-	-	1	1.7	1	1.7	
7.	<b>Previous experience of hostel stay</b>							
	a) No hostel experience	15	25	19	31.7	17	28.3	14.1 S***
	b) 2 years	-	-	1	1.7	1	1.7	
	c) 2-4 years	-	-	2	3.3	5	8.3	

Table No 2 shows that there is a statistically significant association between the level of stress and socio-demographic variables such as father's education, mother's education, family income per month, type of family, awareness about profession, selection of course and previous experience of hostel stay.

### Conclusion

The present study assessed the level of stress among 1<sup>st</sup> year BSc Nursing students. The overall score shows that 8.3% have low stress. 75% have moderate stress, 16.7% have high stress. There was a significant association of demographic variables such as father's education, mother's education, family income per month, type of family, awareness about the profession, selection of course and previous experience of hostel stay.

### Conflict of Interest

Not available

### Financial Support

Not available

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#### How to Cite This Article

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