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## Assess the level of stress between B.Sc. Nursing 1<sup>st</sup> year and 2<sup>nd</sup> year students

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### Abstract

Stress is a physical or emotional state always present in the person as a result of living. It is intensified in a non-specific response to an internal and external environmental change or threat. Current study in NIMHANS, Bangalore reported that 64 % who committed suicide were 38 plus age group, 35 percent in the age group of 15-29 years included teenagers and young adults failing relationship academic and peer pressures along with poor coping abilities and lack of support system. A quantitative approach with non-experimental comparative research design was used for the study. The sample size were 60 and convenience sample method used. Data should be collected through stress scale. The results shows that the mean score of B.Sc. nursing 1st year was 25.66 which is higher than B.Sc. nursing 2<sup>nd</sup> year students mean score 24.93 and t calculated value is 0.31 which less than tabulated value, so significant difference showed that level of stress was higher in B.Sc nursing 1<sup>st</sup> year student in comparison with B.Sc. nursing 2<sup>nd</sup> year students.

**Keywords:** Assess, stress, nursing students

### Introduction

Stress is define as “any process, either in the external environment or within an individual that demand a response from the individual” Engel (1962). Stress is associated with negative situations, but good things also produce stress. Stress from positive experiences, such as becoming newly married, promoted at work, etc. is called eustress. A stressor is any situations that show anxiety responses. Stress and stressors are different for each person; therefore, it is important that the nurse knows the stress producers for each of her patient. Student’s nurses are affected with stressor in financial, academic and clinical areas and in financial source like economic condition and family background. In academic session students face the stress in the form of competition, performance and completion of work; long hours spend of study, assignment, arranging the workshops etc. Clinical stress in nursing students like care of ill patients, conflict in peer group, personal clinical competence, fear related to complete clinical requirements, nursing students also deal with uncooperative patients, over burden, long time standing, learning. Nursing student’s excessive stress can be harmful to academic performance. Whose students perceive stress level may often become depressed. Depression also leads mental health problems such as less intake of food or unsystematic use of substances. A study conducted on level of stress among the 1st year B.Sc Nursing students. Descriptive research design used and sample size should be 60. Data should be collected through modified student stress scale. Major findings of the study were 25% students had mild stress, 36.7% students had moderate stress, and 38.3% students had severe stress and statistically significant association of socio demographic variables like mother education, father education, family income. B. Kalavathi, S’S.Shabana, Rajeswari. H (2016).

### Objectives

1. To assess the stress level among B.Sc. nursing 1<sup>st</sup> year and 2<sup>nd</sup> year students.
2. To compare the level of stress between B.Sc. nursing 1<sup>st</sup> year and B.Sc 2<sup>nd</sup> year students.

### Methodology

A quantitative approach with non-experimental comparative research design was used for this study. The sample size were 60 and convenience sample method used. The main study was conducted in selected nursing college Bhopal. A sample size of thirty 60 nursing students was selected through convenient sampling technique.

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During research confidentiality and anonymity of the participants will be maintained. The participants were ensured that they will not have psychological stress or harm during the study. Post test was done on the 7th day following intervention. The data were analyzed and interpreted in terms of objectives formulated. The descriptive statistics were used in data analysis.

## Findings and discussion

### Section-I: Description of demographic variables

- Nursing students according to their age wise shows that 22.5% of the students were belongs to 18-19 years and all most (72.5%) of the students were belongs to 20-22 years whereas, only 5% of the students were belongs to above 23 years.
- Majority (97.5%) of the nursing students was Hindu and only 2.5% of them were Christian.
- Majority (97.5%) of the nursing students were female and only 2.5% of them were male. Hence it is interpreted the nursing profession are dominated by female.
- Among total respondent 3(10%) were between 5000 to10000, 16(53.33%) were between 11,000 to15000, 3(10%) were between 16000 to20000, 8(26.67%) were more than20000.
- Among total respondent 8(26.67%) were between less than 4 hours, 20(66.67%) were between 5 to 7hours, 2(6.66%) were between 8 to 10 hours.

**Section II:** Comparison of level of stress between B.Sc nursing 1st year and 2<sup>nd</sup> year students.

Students in programme	Mean	SD	SE	t value
B.Sc. Nursing 1 <sup>st</sup> year	25.66	9.76	2.38	0.31
B.Sc. Nursing 2 <sup>nd</sup> year	24.93	8.60		

The mean score of B.Sc. nursing 1st year was 25.66 which is higher than B.Sc. nursing 2nd year students mean score 24.93. t calculated value is 0.31 which less than tabulated value, so significant difference showed that level of stress was higher in B.Sc nursing 1st year student comparison with B.Sc. nursing 2<sup>nd</sup> year students. It is found that between B.Sc. nursing 1st year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress and B.Sc. nursing 2nd year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress. SD value of B.Sc. nursing 1st year was 9.76 and B.Sc. nursing 2nd year SD= 8.60.

## Conclusion

It this study found that between B.Sc nursing 1st year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress and B.Sc nursing 2nd year students 33.33% are having mild stress, 66.67% are having moderate stress, 0.00% are having severe stress. Statistical analysis showed that mean of B.Sc nursing 1<sup>st</sup> year student level of stress is 25.66 and mean of B.Sc nursing 2nd year is 24.93 and t value was 0.31. The study finding showed that level of stress of B.Sc nursing 1st year students is higher than B.Sc nursing 2nd year students. Association was done the stress level between B.Sc nursing 1st year and 2nd year students with their selected socio demographic variables such as age, monthly income, Hours spent for studying, Hours of sleep at night, Religion, known

language. Hypothesis (H0) - There will be no significant association of stress level between B.Sc nursing 1st year and 2<sup>nd</sup> year students with their selected socio demographic variables.

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