

A Study to Assess the Stress Level Among First Year B.Sc. Nursing Students at Selected College, Madurai

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ABSTRACT

Background: First-year B.Sc. Nursing students experience stress due to academic workload, examinations, assignments, clinical exposure, and adjustment to nursing education. An objective of the study is to assess the level of stress among first-year B.Sc. Nursing students, and to find the association between stress level and selected demographic variables. A method used in this study is a quantitative descriptive survey design was used among 100 first-year B.Sc. Nursing students. Purposive sampling technique was adopted. Data were collected using demographic, academic, and stress assessment questionnaires. Data were analyzed using frequency, percentage, mean, standard deviation, and Chi-square test. The results are the majority of students (67%) had moderate stress, 26% had mild stress, and 7% had severe stress. Reason for choosing nursing showed significant association with stress level ($\chi^2 = 34.32$, $p < 0.05$). Academic variables also showed significant association with stress level. Conclusion Moderate stress was predominant among first-year B.Sc. Nursing students. Regular counseling, academic guidance, stress-management programmes, and mentoring are recommended.

Keywords: Stress, B.Sc. Nursing Students, Academic Stress, Stress Level, Nursing Education, Perceived Stress Scale.

1. INTRODUCTION

Stress is a common psychological response that occurs when an individual experiences demands or challenges that exceed the available coping resources. Nursing students are exposed to various academic and clinical responsibilities that may contribute to stress during their education.

B.Sc. Nursing education involves theoretical learning, practical skills, clinical postings, examinations, assignments, and patient-care responsibilities. First-year nursing students may experience additional

stress because they are adjusting from school education to a professional nursing environment and are exposed to new academic and clinical expectations.

Academic workload, difficulty in understanding the syllabus, examinations, assignments, time management, attendance requirements, and clinical exposure may influence the stress level of nursing students. High levels of stress may affect concentration, academic performance, sleep, emotional well-being, and overall adjustment.

Therefore, assessing the stress level among first-year B.Sc. Nursing students is important to identify students who may require appropriate academic guidance, counseling, mentoring, and stress-management support. Hence, the present study was conducted to assess the stress level among first-year B.Sc. Nursing students at selected college, Madurai.

2. OBJECTIVES

1. To assess the level of stress among first-year B.Sc. Nursing students.
2. To find the association between the level of stress and selected demographic variables.

3. METHODOLOGY

Research Approach: - The present study adopted a quantitative research approach to assess the stress level among first-year B.Sc. Nursing students. A quantitative approach was considered appropriate because it provides numerical data that can be analyzed statistically to determine the level of stress and its association with selected variables. **Research Design:** - A descriptive cross-sectional survey design was used in the study. This design helped to assess the existing level of stress among students at a particular point in time without introducing any intervention. **Setting of the Study:** - The study was conducted at Meenakshi College of Nursing, Madurai. The institution was selected because it provided access to first-year B.Sc. Nursing students and an appropriate environment for data collection. **Population:** - The target population consisted of all first-year B.Sc. Nursing students studying at the selected college. **Sample and Sample Size:** - The sample included 100 first-year B.Sc. Nursing students who met the inclusion criteria and were willing to participate in the study. **Sampling Technique:** - A convenient sampling technique was used to select the participants. Students who were available during the period of data collection and who agreed to participate were included in the study. **Inclusion Criteria:** - First-year B.Sc. Nursing students, Students who were willing to participate in the study, Students who were present during the period of data collection. **Exclusion Criteria :-** Students who were absent during data collection, Students who were unwilling to participate in the study.

Description of the Tool:

The data collection instrument consisted of three sections:

Section A: Demographic variables, including age, gender, religion, family type, academic performance, and other personal characteristics.

Section B: Academic variables related to the educational environment and learning process.

Section C: A structured Perceived Stress Assessment Scale used to assess the stress level among first-year B.Sc. Nursing students.

Validity and Reliability: - The tool was reviewed and validated by experts in the field of nursing. Reliability testing was performed before the final data collection to ensure the consistency and accuracy of the instrument.

Statistical Analysis:

- The collected data were organized, tabulated, and analyzed using descriptive and inferential statistics.
- Frequency and percentage were used to describe demographic characteristics and stress levels.
- Mean and standard deviation were used to summarize the stress scores.
- The Chi-square test was used to determine the association between stress level and selected demographic variables.

4. RESULTS

- Mild stress: 26%
- Moderate stress: 67%
- Severe stress: 7%

The majority of first-year B.Sc. Nursing students experienced moderate stress. **Association,** Most demographic variables were not significantly associated with stress level. However, reason for choosing nursing showed a significant association ($\chi^2 = 34.32$, $p < 0.05$).

5. DISCUSSION

The present study found that moderate stress was predominant (67%) among first-year B.Sc. Nursing students. Academic workload, examinations, assignments, time management, and clinical-related demands were important factors associated with stress. Most demographic variables showed no significant association with stress, while the reason for choosing nursing showed a significant association.

6. CONCLUSION

The study concluded that moderate stress was predominant (67%) among first-year B.Sc. Nursing students. Most demographic variables were not significantly associated with stress, while academic variables showed significant association. Regular counseling, academic guidance, mentoring, and stress-management programmes are recommended.

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