

A Study To Assess Stress And Its Contributing Factors Among Nursing Students During Initial Period Of Their Clinical Posting In Selected College Of Nursing, Nadiad, Gujarat

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Abstract

Introduction: Stress refers to dynamic interaction between the individual and the environment. This interaction may lead to cognitive, emotional and behavioral alteration. Nursing is a challenging profession which poses individuals to carry out different roles. And many students enter into nursing without having a clue of the roles performed. Current scenario is that there are some nursing institutions, where there is an inadequate facility and exposure inadequate enough to attain the objectives and competencies requires for a nurse. Stress is a particularly important issue in education because it has the potential to impede learning and performance. **OBJECTIVES** 1. To assess the perceived stress of nursing students during their initial clinical posting. 2. To identify the contributing factors to stress among nursing students. 3. To determine association of stress with selected demographic variables. **Materials And Methods:** The researcher has adopted quantitative research approach and non-experimental descriptive research design. A descriptive study was carried among 100 students in selected colleges of Nadiad, Gujarat. The students who fulfil the inclusion criteria were selected as a sample for the study and sample size was 100, simple random sampling technique was used. The data was collected using a questionnaire. The questionnaire gathered information on baseline data and perceived stress. Perceived stress was assessed by using the questionnaire from standardized tool. Collected data were analyzed using SPSS statistics software.

Results: In our study, the demographic variables like area of posting and family members in nursing are highly significant and age in years and education are significant. Other demographic variables are not significant with stress and its contributing factors. With regards to level of perceived stress among nursing students, 57% of nursing students are having moderate stress, 34% of nursing students are having mild stress, 9% of nursing students are having severe stress.

Conclusion: This study revealed that around half of the samples are having moderate stress and very few of them are facing severe stress which can be overcome by counselling and support of the teachers.

Keywords: Stress, perceived stress scale, first year nursing students, initial clinical practice.

Introduction:

Stress refers to a dynamic interaction between the individual and the environment. This interaction may lead to cognitive, emotional and behavioral alteration. Nursing is a challenging profession which poses individuals to carry out different roles.¹ Stress is a particularly important issue in education because it has the potential to impede learning and performance. Empirical research supports the view that nursing students suffer from stress in their clinical practice. Stress occurs when people feel they need more social and personal resources. This definition reflects cognitive factors, including thoughts, attitude and beliefs about stressors.² Betty Neuman's theory of stress is appropriate for understanding the stress students experience in the clinical setting.³ International studies show nursing students frequently face moderate to severe stressors in clinical settings. In the literature clinical stressors of nursing students include caring for dying patients and end stage patients, lack of clinical knowledge and skill, clinical dishonesty, fear of making a mistake, interpersonal conflicts with peers, fear of unknown events, and phenomenon, new clinical situations, and heavy workload.⁴ Stress and the identification of potential stressors among nursing students have received much attention in the literature. More over the stress is more in their first academic year due to 9 subjects that they need to concentrate on.⁵ During the initial period as a nursing student, investigator experienced extremely stressful situation especially during initial clinical periods and were with questionable coping pattern, which effect adversely affects the physical strength, emotional stability, clinical performance and academic activities.⁷ Stress is a term which has become a part and parcel of our present generation. Order to perform well certain degree of positive stress called Eustress is needed. Negative stress called distress occurs when a person fails unable to perform or to cope with a situation. Stress is a condition in the person experiences changes in the normal balance state.⁸ Nursing students entering clinical practicum training for the first time have more difficulty during the initial clinical practicum because of lack of experience.⁹

Objective of the study were

- To assess the perceived stress of nursing students during their initial clinical posting.
- To identify the contributing factors to stress among nursing students.
- To determine association of stress with selected demographic variables.

Methods:

A descriptive study was conducted by distributing a standardized perceived stress scale among nursing students. A brief description of study objectives was explained and by convenience, those who agreed to respond to the questionnaire confirmed their agreement through signing the consent form. Students who were not willing to participate, students who are not available at the time of data collection, students with known psychological and psychiatric disorders and nursing students who have recent history of hospitalization in last 15 days to 1 month and students other than first year B.Sc. and first year GNM nursing were excluded. This study was approved by the institutional research committee of the Dinsha Patel College of Nursing, Gujarat. Participation was voluntary with assurance about the confidentiality of their information, as no identifiers or personal information were collected.

The data collection tool comprised of 2 sections, namely the students baseline data, standardized perceived stress scale. Students baseline data include age (years), gender, religion, education, type of family, order of birth, family income(monthly), fluency in language, accommodation, area of posting, choice of nursing, any family members in nursing. The concurrent validity and reliability were obtained by (Karl Pearson) data were analyzed using inferential and regressive analysis.

Result:

Table 1. frequency and percentage wise distribution to assess the perceived stress and its contributing factors among nursing students during initial period of their clinical posting according to demographic data. (N=100)

Sr. no.	Demographic variable	Categories	Frequency	Percentage
1.	Age	18-19	90	90
		20-21	10	10
		22 and above	0	0
2.	Gender	Male	19	19
		Female	81	81
		Other	0	0
3.	Religion	Hindu	78	78
		Muslim	3	3
		Christian	18	18
		Other	1	1
4.	Education	B.Sc. nursing	47	47
		GNM nursing	53	53
5.	Type of family	Joint Family	51	51
		Nuclear Family	44	44
		Single Parent	5	5
6.	Order of Birth	First	52	52
		Second	38	38
		Third	7	7
		More than three	3	3
7.	Family income (monthly)	Less than 5000	4	4
		5000-30000	31	31
		30000-50000	31	31
		More than 50000	34	34
8.	Fluency in language	English	2	2
		Gujarati	97	97
		Hindi	1	1
		Other	0	0
9.	Accommodation	Hostel	16	16
		PG student	7	7
		Day Scholar	20	20
		Guardian's Home	57	57
10.	Area of Posting	Government Hospital	25	25
		Charitable Hospital	0	0
		Private Hospital	47	47
		Community Hospital	28	28
11.	Choice of nursing	Voluntary	90	90
		Non- voluntary	10	10
12.	Do you have any family member in nursing profession?	Yes	35	35
		No	65	65

Table-2: Frequency and percentage wise distribution to assess the perceived stress and its contributing factors among nursing students during initial period of their clinical posting.

Level of perceived stress	Score	
	F	%

Mild	34	34
Moderate	57	57
Severe	9	9
Total	100	100

With regards to the level of perceived stress among nursing students, 57% of nursing students are having moderate stress, 34% of nursing students are having mild stress and 9% of nursing students are having severe stress.

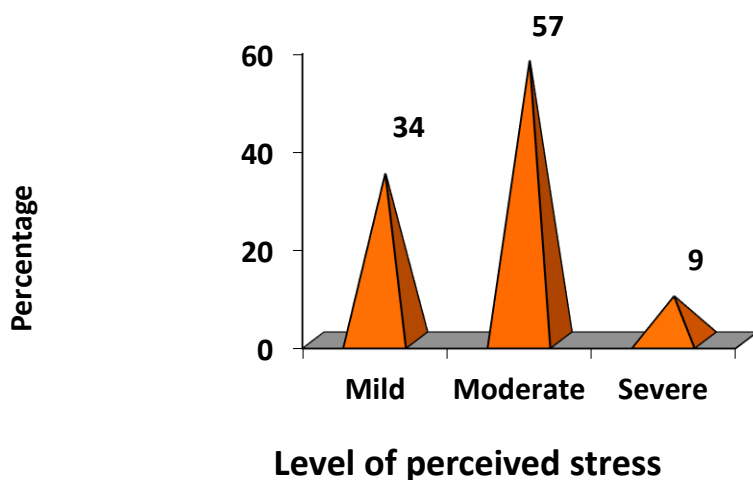


Fig. -1: Frequency and percentage wise distribution to assess the perceived stress and its contributing factors among nursing students during initial period of their clinical posting.

Table-3: Overall Mean, SD and SE to assess the perceived stress and its Contributing factors among nursing students during initial period of their Clinical posting.

Level of perceived stress	MAX SCORE	Range	Mean	SD	MEAN%
Stress from taking care of patients	32	29-8	17.18	5.06	53.7
Stress from the teachers and nursing staff	24	24-6	13.17	4.12	54.9
Stress from assignments and workload	20	20-5	12.73	3.612	63.7
Stress from peers and daily life	16	16-4	8.64	2.94	54.0
Stress from lack of professional knowledge and skills	16	16-4	9.75	3.71	60.9
Stress from the environment	12	12-3	7.68	2.68	64.0
Overall	120	108-37	69.15	15.60	57.6

With regard to Overall score for the level of perceived stress was 120, the range was between 108-37, the mean value was 69.15 with the standard deviation of 15.60 and mean% was 57.6.

Table 4: Association of Level of perceived stress and selected demographic data.

Demographic variables	MILD		MODERATE		SEVERE		χ^2 -value	p-value
	F	%	F	%	f	%		
1.Age in years:								
18-19 years	27	27	55	55	8	8	6.92 (df=9)	P=0.031 NS
20-21 years	7	7	2	2	1	1		
22 and above	0	0	0	0	0	0		
2.Gender :								
Male	9	9	10	10	0	0	3.42 (df=2)	0.181 NS
Female	25	25	47	47	9	9		
Other	0	0	0	0	0	0		
3.Religion:								
Hindu	27	27	44	44	7	7	2.62 (df=6)	P=0.855 NS
Muslim	2	2	1	1	0	0		
Christian	5	5	11	11	2	2		
Others	0	0	1	1	0	0		
4.Education:								
B.Sc. Nursing	10	10	31	31	6	6	6.38 (df=2)	P=0.03* S
GNM Nursing	24	24	26	26	3	3		
5.Type of family :								
Joint family	19	19	28	28	4	4	3.91 (df=4)	0.688 NS
Nuclear family	12	12	27	27	5	5		
Single parent	3	3	2	2	0	0		
6.Order of birth :								
First	16	16	33	33	3	3	7.18 (df=6)	P=0.304 NS
Second	15	15	19	19	4	4		
Third	1	1	4	4	2	2		
More than three	2	2	1	1	0	0		
7. Family Income:								
less than 5000	1	1	3	3	0	0	3.53 (df=6)	P=0.740 NS
5000-30000	13	13	17	17	1	1		
30000-50000	10	10	17	17	4	4		
more than 50000	10	10	20	20	4	4		
8. Fluency in language :								
English	0	0	2	2	0	0	2.33 (df=4)	P=0.675 NS
Gujarati	34	34	54	54	9	9		
Hindi	0	0	1	1	0	0		
Other	0	0	0	0	0	0		
9. Accommodation :								
Hostel							6.22 (df=6)	0.399 NS
PG Student	8	8	7	7	1	1		
Day scholar	4	4	3	3	0	0		

Guardian's home	5 17	5 17	14 33	14 33	1 7	1 7		
10. Area of posting :								
Government Hospital	17	17	8	8	0	0	18.15 (df=6)	0.001* HS
Charitable Hospital	0	0	0	0	0	0		
Private Hospital	10	10	31	31	6	6		
Community Hospital	7	7	18	18	3	3		
11. Choice of nursing :								
Voluntary	32	32	51	51	7	7	2.15 (df=2)	P=0.341 NS
Non-Voluntary	2	2	6	6	2	2		
12. family member in Nursing Profession								
Yes	19	19	15	15	1	1	10.66 (df=2)	P=0.005** HS
No	15	15	42	42	8	8		

*p<0.05 significant, ** p<0.01 & ***p<0.001 highly significant.

Table-4: Presents the association for the level of perceived stress and selected demographic data among nursing students.

Regarding education, χ^2 -value is 6.38, the probability value is p=0.03* which is significant. Regarding area of posting, χ^2 -value is 18.15, the probability value is p=0.001* which is highly significant. Regarding family members in nursing profession, χ^2 -value is 10.66; the probability value is p=0.005** which is highly significant, while other demographic data were found not significant in association for the level of perceived stress with demographic data. The null hypothesis was accepted in our study.

DISCUSSION:

Our study revealed that around half of the students are having moderate stress while very few of them are having severe stress. This study represents that there was a significance between the level of perceived stress with area of posting, family members in nursing, age in years and education while there was no significance between level of perceived stress with gender, religion, type of family, order of birth, family income, fluency in language, accommodation, choice of nursing.

CONCLUSION:

This chapter deals with analysis and interpretation of data collected from 100 samples, on assessment of perceived stress and its contributing factors among nursing students during initial period of their clinical posting from selected college of Nadiad. The study revealed that area of posting and family members in nursing are highly significant and education is significant with the selected demographic variables, other demographic variables are not significant with stress and its contributing factors. With regards to the level of perceived stress among nursing students 57% of them are having moderate stress, 34% of them are having mild stress, 9% of them are having severe stress.

Ethics Declaration and Consent

Dinsha Patel college of nursing, institute ethics committee reviewed this study and granted ethical approval. Consent has been obtained from all participants.

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