Assess the Level of Academic Stress among Nursing Students in Parul University of Vadodara District – A Descriptive Study

Manish Trivedi[1*], Anjali Chavda[2], K M Soniya Yadav[3], Rakshit Khatik[4], Arpitesh Kumar[5]

[1*]Assistant Professor, Department of Medical-Surgical Nursing, Parul Institute of Nursing, Parul University, Vadodara, India.
[2,3,4,5]4th-year B.sc Nursing, Parul Institute of Nursing, Parul University, Vadodara, India.

Corresponding Email: [1*]manish.trivedi21363@paruluniversity.ac.in

Abstract: Background: Stress experienced by the students included in the category of academic stress. Academic stress is the response that comes with too many demands and tasks that must be undertaken by students. Students in the academic life will face the problem of social, emotional, physical, and family that can interfere with learning and academic performance. Student response to the stressor will vary. Some students may be frustrated, while others see a stressor as a challenge to be able to try harder.

Objective: The objective of the study is to assess the level of academic stress among nursing students.

Methodology: Quantitative research Approach with descriptive design was adopted in the study. The setting consists of Parul Institute of Nursing, Parul University of Vadodara. the target population of the study is Students of Nursing Profession. The inclusion criteria of our study are students of 2nd,3rd & 4th year B.Sc. Nursing and 2nd & 3rd-year GNM, whereas the exclusion criteria are those who are not available at the time of data collection and 1st-year B.Sc. Nursing & GNM. The sample size for this study was 100. Non-probability sample technique was used. The tools and technique consist of Section A: Socio-demographic Variable, Section B: Self-Structure Rating scale to assess the level of academic stress among nursing students, Data collection has been done by using validated and reliable tools. Data was analyzed by using both descriptive and SPSS software.

Result: The result shows that 74 (74.0%) students having moderate stress, 20(20.0%) students having mild stress, and 6(6.0%) students having severe stress. age, course of nursing students, place of residency, medium of education in school and religion was found statistically significant at $p<0.05$ level. Gender and monthly family income of nursing students was found statistically non-significant at $p>0.05$ level.

Conclusion: Most of Nursing students had moderate levels of academic stress so interventions should be carried out to lower the academic stress and learning can be improved among the nursing students.

Keywords: Assess, Academic Stress, Nursing Students.

1. Introduction

Stress is a "state created by an adjustment of the climate that is seen as trying, compromising, or harming to an individual's unique equilibrium or balance."

For the most part, various types of stressors influence understudies, for example, the strain of scholastics with the obligation to succeed, not knowing the future result and failure to incorporate into the framework. Understudies wrestle with social, close to home, physical and family issues which might impede scholarly execution. Stress can affect nursing understudies influencing on both reasoning and learning. In any case, notwithstanding the unsafe impacts of tireless elevated degrees of stress it is accounted for that low degrees of stress likewise go about as an inspiration for the nursing understudies. Past examinations featured expanded degrees of misery and related adverse consequences among clinical and nursing understudies like side effects of sadness. The conceivable pessimistic effect of profound trouble as revealed in writing among clinical understudies remember debilitation for showing growing experiences and clinical execution, stress prompted messes, and lessening execution. [1]

Stress experienced by the understudies remembered for the class of scholarly pressure. Scholastic pressure is the reaction that accompanied such a large number of requests and errands that should be embraced by understudies. Understudies in the scholastic life will deal with the issue of social, profound, physical and family that can impede learning and scholarly execution. Understudy reaction to the stressor will shift. A few understudies might be disappointed, while others consider a stressor to be a test to have the option to invest more effort. Understudies

experiencing significant change from their late teenagers to the early adulthood. The physiological and hormonal changes, bringing about impulsive understudies in managing issues, with the goal that understudies will quite often be more defenceless to stretch. Stress experienced by understudies, expecting them to look for ways or involving methods for dealing with especially difficult times to make due or to deal with issues. [2]

Understudy at the college level experience elevated degree of stress, connected with stress over victories, accessibility of time, commitment to patient consideration (Mohamed & Ahmed, 2012). There are many wellsprings of stress among college understudy, which can be connected with scholarly responsibility, numerous tasks, and open to another setting. The rate and level of pressure and discouragement is an alert among understudies in various scholarly fields. Nursing understudies practice a long hour of study and deficient time for different exercises. Moreover, they invest a significant energy in the clinical regions, with the weighty obligation of being responsible for patients. Besides, monetary, attempting to oversee time and utilizing super advanced machines are extra stressors as a rule. Clinical practice in nursing is fundamental for train understudies to be proficient attendants through applying scholarly abilities by and by, helping span the hypothesis practice hole that normally faces recently qualified medical caretakers. Understudies for the most part attempt fundamental courses for clinical practice from the start of the instructive program, hence they face this extraordinary acceleration notwithstanding the general weights of dealing with their scholastic exercises, which is innately unpleasant (Reeve et al., 2013). The pressure can be connected with the brief time frame to study and spend numerous hours in clinical setting, for example, clinics and wellbeing focuses. Some understudy can't adapt to their stressors since they don't have the reasonable review plan. As a rule, understudy can't kill the pressure however they can lessen it, so adapting is a component that assistance in save their psychosocial.[3]

2. Material and Method

This study used a Quantitative research Approach. Having a research design which is descriptive design. The setting consists of Parul Institute of Nursing, Parul University of Vadodara. the target population of the study is Students of Nursing Profession. The inclusion criteria of our study is students of 2nd,3rd & 4th year B.Sc. Nursing and 2nd & 3rd year GNM, whereas the exclusion criteria is those who are not available at a time of data collection and 1st year B.Sc. Nursing & GNM. The sample size for this study was 100. And the sampling technique is Non probability sample technique. The tools and technique consist of Section A: Socio-demographic Variable, Section B: Self-Structure Rating scale to assess level of academic stress among nursing students, Data collection has been done by using validated and reliable tools. Data was analyzed by using both descriptive and SPSS software, wherever required the data has been shown in graphical representation. Ethical permission has been taken from the institutional ethical committee and the approval number is PUIECHR/PIMSR/00/081734/5417.

3. Result

Section 1: Demographic variables

SR. NO.	DEMOGRAPHIC VARIABLE	FREQUENCY	PERCENT
1.	AGE 18-20 YEARS 20-22 YEARS 22-24 YEARS 24 AND ABOVE	25 30 25 20	25.0 30.0 25.0 20.0
2.	GENDER MALE FEMALE	15 85	15.0 85.0
3.	COURSE 2ND YEAR B.SC 3RD YEAR B.SC 4TH YEAR B.SC 2ND YEAR GNM 3RD YEAR GNM	20 20 20 20 20	20.0 20.0 20.0 20.0 20.0
4.	MEDIUM OF EDUCATION IN SCHOOL ENGLISH	 23	 23.0

	GUJARATI	61	61.0
	HINDI	16	16.0
	OTHER	00	00.0
5.	RELIGION HINDU MUSLIM CHRISTIAN OTHER	85 4 8 0	85.0 4.0 8.0 0.0
6.	PLACE OF RESIDENCY HOSTEL DAY SCHOLAR	42 58	42.0 58.0
7.	MONTHLY FAMILY INCOME LESS THAN 15000 15000-25000 26000-50000 MORE THAN 50000	21 38 24 17	21.0 38.0 24.0 17.0

Section 2: assess level of academic stress among nursing students.

LEVEL OF ACADEMIC STRESS IN NURSING STUDENTS	FREQUENCY	PERCENT
MILD MODERATE SEVERE	20 74 6	20.0 74.0 6.0

The result shows that 74 (74.0%) students having moderate stress, 20(20.0%) students having mild stress, and 6(6.0%) students having severe stress.

Section 3: Association of demographic variable and level of academic stress among nursing students.

SR. NO.	DEMOGRAPHIC VARIABLE	MILD	MODERATE	SEVERE	CHI VALUE	df	p-value
1.	AGE 18-20 YEARS 20-22 YEARS 22-24 YEARS ABOVE 24 YEARS	5 6 5 4	18 23 19 14	1 2 2 1	27.482	12	0.007 **S**
2.	GENDER MALE FEMALE	1 19	13 61	1 5	12.119	6	0.059 **NS**

No.							
3.	COURSE 2ND YEAR B.SC 3RD YEAR B.SC 4TH YEAR B.SC 2ND YEAR GNM 3RD YEAR GNM	10 2 7 0 1	9 18 13 16 18	1 0 0 4 1	42.933	15	0.000 **S**
4.	MEDIUM OF EDUCATION IN SCHOOL ENGLISH GUJARATI HINDI OTHER	3 13 4 0	17 46 11 0	1 4 1 0	16.586	9	0.056 **S**
5.	RELIGION HINDU MUSLIM CHRISTIAN OTHERS	17 1 2 0	62 4 8 0	5 0 1 0	16.919	9	0.050 **S**
6.	PLACE OF RESIDENCY HOSTEL DAY SCHOLAR	8 12	32 42	3 3	12.290	6	0.056 **S**
7.	MONTHLY FAMILY INCOME LESS THAN 15000 15000-25000 26000-50000 MORE THAN 50000	4 8 5 3	15 28 18 13	2 2 1 1	12.887	12	0.377 **NS**

S = Significant NS = Non-Significant

4. Discussion

Section 1: Socio Demographical
In this study, Majority of the students belongs from the age group of 20-22 years that are 30(30%), were 89(44.5%) from age group of 21-25 years & only 3(1.5%) from 26- 30 years. 85(85%) are Female and 15(15%) Male. Majority of students are day scholar 58(58%) were 42(42%) in hostel. 85(85%) are Hindu, 8(8.0%) Christian & Muslims are 4(4%). 20(20.0%) from 2nd, 3rd &4th year b. sc. Students and 2nd & 3rd year GNM.61(61%) students from Gujrati medium, 23(23%) were from English medium and 16 (16%) from Hindi medium.38 (38%) students

monthly family income were 15000-25000, 24(24%) students monthly family income were 26000-50000, less than 15000 monthly family income were sbelonged from 21 (21%) and 17 (17%) students were more than 50000 monthly family income.

A similar study was done by **MS. Sunandha, Dr. G. Neelakshi, Mrs. G. J. Sarasapharina 2018** has Conducted a non-experimental descriptive study to Assess Academic Stress among Nursing Students was conducted in Sri Ramachandra Institute of Higher Education and Research (DU). The result shows that the majority 64 (85.3%) were in the age group of 18 – 20 years, female students 56(74.7%), in hostel 52(69.3%).

Section 2: Level of Academic Stress in Nursing Students
In this study, the level of academic stress among nursing students revealed that the majority 74% students had moderate stress, 20% had mild stress and 6% had severe stress.

A similar study was done by **MS. Sunandha, Dr. G. Neelakshi, Mrs. G. J. Sarasapharina 2018** has Conducted a non-experimental descriptive study to Assess Academic Stress among Nursing Students was conducted in Sri Ramachandra Institute of Higher Education and Research (DU). The result shows that the majority 64 (85.3%) were in the age group of 18 – 20 years, female students 56(74.7%), in hostel 52(69.3%). among 75 students, majority 58 (77.3%) had severe level of academic stress, and 17 (22.7%) of them had moderate level of stress in relation to personal inadequacy; regarding fear of failure, majority 64 (85.3%) of them had moderate level of stress and 10 (13.3%) of them had severe stress and only one (1.03%) person had mild level of stress. The study was concluded that majority of the students studying 3rd year had moderate level of academic stress.

Section 3: Association of Demographical Variables and Level of Academic Stress in Nursing Students.
In this study the association between level of their selected socio-demographic academic stress among nursing students with their selected demographic variables. Which was tested by using chi-square test. Result showed that the age, course of nursing students, place of residency, medium of education in school and religion was found statistically significant at $p<0.05$ level. Gender and monthly family income of nursing students was found statistically non-significant at $p>0.05$ level.

In the similar study that was conducted by the **Ms. Sunandha, Dr. G. Neelakshi, Mrs. G. J. Sarasapharina, 2018.** Was non-experimental descriptive study was conducted in 2018 at Sri Ramachandra Institute of higher education and research (DU), Porur, Chennai. The data was collection done among 75 students by purposive sampling method the results show that there was a significant association found between the level of academic stress with interest of nursing at the start of program in medical surgical nursing subject at the level of $p<.001$. there was no significant association found between the level of academic stress with any of the background variables in child health nursing subject at the level of $p>.05$ there was no significant association found between the level of academic stress with any of the background variables in mental health nursing subject at the level of $p>.05$. there was no significant association found between the level of academic stress with professional in the family in nursing research and statistics subject at the level of $p<.05$.

5. Conclusion

The present study was conducted to fulfil the aim of the study that was to assess academic stress among nursing students at Parul institute of Nursing, Parul University of Vadodara district the following conclusion was drawn on the basis of the findings of the study were nursing students have mild and moderate level of academic stress. majority of nursing students have 74% moderate level of stress during their academic years. It's also found that academical stress level associated with demographical variables such as age, course of nursing students, place of residency, medium of education in school and religion.

6. Declaration

Conflict of Interest
The authors have confirmed that there are no conflicts of interest between any of the authors.

Author's Contribution
Ethical permission, data collection, data analysed done by corresponding author and Supervision, guidance, validation done by secondary author.

Ethics Statement:
Ethical permission has been taken from the institutional ethical committee and the approval number is PUIECHR/PIMSR/00/081734/5417.

Informed Consent:
All samples had voluntarily taken part in the research. Before gathering data, permission was taken from the participants.

7. References

1. Shdaifat E, Jamama A, AlAmer M. Stress and coping strategies among nursing students. Global Journal of Health Science. 2018; 10 (5):33-41.
2. Aini N. identifying the sources of academic stress and coping strategies in new nursing students. InHealth Science International Conference (HSIC 2017) 2017 Oct (pp. 73-81). Atlantis Press.
3. Ozsaban A, Turan N, Hatice KA. Resilience in nursing students: The effect of academic stress and social support. Clinical and Experimental Health Sciences. 2019 Mar 1; 9 (1):69-76.
4. Sunandha M, Neelakshi G, Sarasapharina MG. A Study to Assess the Academic Stress among Nursing Students at Selected Nursing College. Annals of the Romanian Society for Cell Biology. 2021 May 13; 25 (6):497-503.
5. Sharma N, Kaur A. Factors associated with stress among nursing students. Nursing & Midwifery Research Journal. 2011 Jan; 7(1):12-21.
6. Abasimi E, Atindanbila S, Mahamah MM, Gai X. The experience of stress among nursing students in nursing training colleges in Tamale, Ghana.