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## A STUDY ON ACADEMIC STRESS AMONG NURSING STUDENTS

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### **ABSTRACT:**

Stress is characterized as a state of physical and mental pressure that makes the individual want to adapt. It is one of the attributes that we as a whole offer all through our lives. Different scholastic difficulties, for example, test pressure, reluctance in going to class, and inability to understand the nursing understudies are capable by understudies these days in an exceptionally aggressive climate. Along these lines, spellbinding exploration on Academic Stress among Nursing Students of Selected Nursing Colleges in District Mandi, Himachal Pradesh was finished fully intent on deciding how much scholastic pressure experienced by nursing understudies nearby. There were 200 nursing understudies taking an interest in the exploration who were signed up for different nursing courses at picked nursing universities. To evaluate the level of scholastic pressure among nursing understudies, an accommodation inspecting approach was utilized to choose the examples, and a segment profile as well as a self-organized scholarly pressure scale were given to the individuals who took an interest. The discoveries uncovered that most of nursing understudies had a moderate level of scholastic pressure. A connection between level of pressure and chosen segment attributes, like age, course of study, father's instructive status, month to month family pay, and mechanism of schooling status, was found at the 0.05 degree of importance. As indicated by the discoveries of the overview, most of nursing understudies experienced moderate scholastic pressure. Consequently, as indicated by the discoveries of the exploration, it is essential to give studios toward the start of every semester in which understudies might figure out how to adapt to pressure and do well in their scholastics.

**Keywords:** *Academic stress, Nursing students*

**INTRODUCTION:**

Nursing is a focused calling that is occupied with the conveyance of wellbeing administrations to the local area. Additionally an accommodating calling is administration arranged to safeguard the wellbeing and prosperity of individuals. It is both a craftsmanship and a science. Be that as it may, due of the quick moving and close to home nature of the nursing calling, it might instigate weight on both the psychological and actual levels. It is presently all around recognized that nursing schools are a difficult setting that might well affect understudies' scholastic accomplishment and mental prosperity. Assessments, extensive long stretches of review tasks, grades, an absence of available energy, an absence of brief criticism following their presentation, and specific highlights of the scholastic program, for example, the association and execution of studios are for the most part wellsprings of scholarly pressure. Treatment of sick patients, relational contentions with peers, instability about private clinical capability, feeling of dread toward neglecting to finish clinical prerequisites, managing uncooperative patients, responsibility, delayed standing acquiring psychomotor abilities, for example, bed making, washing, and important bodily functions observing have all been connected to elevated degrees of stress in the clinical setting, among others. It is the reaction of guardians and companions to the understudy's outcomes that burdens the person in question and causes test pressure. Furthermore, an apathy toward contemplating and a powerlessness to adhere to the teacher's directions produce lack of interest in going to courses.

[1] According to information gathered by the American College Health Association National Health Assessment (2009, 2010), more than 33% of all post-auxiliary instruction understudies distinguished pressure as their most critical wellbeing obstruction. Stress was trailed by rest issues, discouragement, and nervousness. Amr AM, et al. researched the felt pressure of 373 baccalaureate Mansoura nursing understudies and distinguished the components that added to it, as indicated by their discoveries. A self-controlled survey was utilized to gather data on sociodemographics, various types of stressors, saw pressure, factors influencing actual prosperity, and side effects of nervousness and

discouragement, in addition to other things. The outcomes observed that nursing understudies had critical degrees of stress (40.2 percent), nervousness (46.6 percent), and discouragement (27.9 percent) contrasted with everybody, with scholastic tension being the essential wellspring of stress (mean score 4.6). Subsequently, stress the executives programs at nursing establishments [2] were featured as being critical.

An examination research was completed to explore the distinctions in psychological well-being highlights and stress between baccalaureate nursing understudies and non-nursing understudies, as indicated by Bartlet L Michelle et al. The objective of this examination was to instruct understudy medical attendants to manage limits of pressure in the space of nursing, as well as to make them mindful of the signs of pressure that they could experience in their professions. It was found that nursing understudies experience pressure in unexpected ways in comparison to non-nursing understudies, and the examination contrasted them and non-nursing understudies by using the paper and pencil adaptation of the National College Health Assessment. When contrasted with customary understudies, nursing understudies were presented to more noteworthy degrees of stress [3].

#### **RESEARCH METHODOLOGY:**

The ebb and flow study was directed utilizing a non-exploratory examination procedure and a spellbinding exploration plan. The examination was place at nursing establishments in the Mandi region of the territory of Himachal Pradesh. Nursing Students who were signed up for different nursing courses like ANM, GNM, P.B.B.Sc Nursing, and B.Sc. Nursing at chosen nursing universities in the Mandi region were picked as the review's example, with a complete example size of 200 nursing understudies taking an interest in the exploration study. The example was chosen utilizing an interaction known as accommodation inspecting. Following an exhaustive survey of the writing, a segment profile and the Self - Structured Academic Stress Scale were planned, and the scale was given to members after they had marked a composed assent structure conceding authorization to take an interest. The organization of the

scale required something like 25 minutes altogether, as indicated by our evaluations.

## RESULTS:

The data obtained in the study was analyzed using both descriptive and inferential statistics Table 1.

Demographic Variables	Frequency(f)	Percentage (%)	
Age	18-20 years	104	52
	21-23 years	67	34
	24-26 years	19	9
	27 years	10	5
Religion	Hindu	191	96
	Muslim	3	1
	Christian	6	3
Course of study	ANM	37	19
	GNM	48	24
	B.Sc. Nursing	82	41
	Post Basic B.Sc. Nursing	33	16
Residential area	Rural	134	67
	Urban	66	33
Type of family	Nuclear family	139	70
	Joint family	60	29
	Extended family	1	1
Education status of father	No formal education	6	3
	Middle	20	10
	Matric	71	36
	Senior secondary	48	23
	Graduate	44	22
	Postgraduate	11	6
Education status of mother	No formal education	19	10
	Middle	22	11
	Matric	87	44
	Senior secondary	41	20
	Graduate	26	12
	Postgraduate	5	3
Monthly family income	Upto 10000	69	35
	11,000-20,000	43	22
	21000-30,000	54	27
	Above 30,000	34	16
Medium of education status	Hindi	67	33
	English	133	67
	Any other	0	0
Have you ever use any stress relieving technique	No	31	16
	Yes	169	84
If yes, then specify	Yoga	10	5
	Meditation	98	49
	Recreational therapies	3	2
	Musical therapy	56	27
	Any other	2	1

N=200.

As indicated by the information in the table above, out of 200 nursing understudies, 104 (52 percent) were between the ages of 18 and 20 years. Most of nursing understudies had a place with the Hindu confidence (191 understudies,

or 96%), with 82 understudies (41 percent) from the B.Sc. nursing program. Understudies signed up for the nursing program contained 134 (67 percent) who were from provincial regions and 139 (70 percent) who were from family units. Most of the understudies' dad and mom had higher instructive situations with their children, with 71 (36 percent) and 87 (44 percent) individually having Matric schooling. Most of nursing understudies (69%) had a month to month family pay of as much as 10,000 bucks, 133 percent had English as their essential language of guidance, and most of understudies (98%) utilized contemplation as a pressure alleviating approach. Table 2 shows the consequences of the overview.

**Table 2: Frequency and Distribution of Nursing Students in Terms of Level of Academic Stress.**

Stress level	Frequency	Percentage (%)
Mild	28	14
Moderate	120	60
Severe	52	26

N=200.

As indicated by the measurements in the previous table, most of nursing understudies (60%) had moderate pressure, 26% experienced serious pressure, and simply few them (14 percent) experienced light pressure. Table 3 shows the aftereffects of the overview.

The information in the previous table shows that there was a measurably critical connection between scholastic pressure among nursing understudies and progress in years, course of review, father's instructive status, month to month family pay, and school's mechanism of training status at the P0.05 level. Notwithstanding religion and private district, extra socio-segment factors like family sorts, mother's instructive status, and stress-alleviating rehearses were demonstrated to be measurably inconsequential at the 0.05 degree of importance.

## DISCUSSION:

As indicated by the discoveries, the greater part of the 120 nursing understudies (60%) experienced moderate degrees of scholastic pressure, not

exactly 50% of the 52 nursing understudies (26%) experienced extreme degrees of scholarly pressure, and 28 nursing understudies (14%) experienced gentle degrees of scholastic pressure. Most of nursing understudies (77%) said that the material is too broad and that they are worried about the test. Around 74% of respondents answered that the pressure is brought about by a misalignment among hypothetical and down to earth classwork. Roughly 72.2 percent of understudies said that their instructors put such a large number of extra demands on them. Subsequently, it was resolved that most of nursing understudies experience moderate degrees of scholastic pressure.

The aftereffects of this exploration were practically identical to those of Kavaline Karunagari, who played out a concentrate on pressure and adapting among undergrad nursing understudies. The motivation behind this examination study was to decide the level of pressure and adapting among B.Sc. nursing understudies in the principal year of their program. As an outcome, the absolute feeling of anxiety among nursing understudies was delegated gentle 27%, moderate 65%, and high 8% [7]. What's more, the level of adapting among nursing understudies was delegated unfortunate adapting 4%, gentle 43%, moderate 45%, and great 8%.

As indicated by the discoveries, there was no relationship between religion, local location, sort of family, instruction status of mother, stress alleviating procedure, or age in light of the fact that the determined chi square worth was not exactly the table worth; notwithstanding, the determined chi square incentive for age was 22.156, the determined chi square incentive for course of study was 28.723, the determined chi square incentive for father's schooling status was 19.258, the determined chi square incentive for month to month pay was 8.090, and the determined chi square incentive for the aftereffects of this examination were practically identical to those of Acta. An examination on pressure in nursing understudies, as well as sociodemographic and scholastic weaknesses, was attempted by Paul Enferm. The motivation behind this examination was to research the connection between the presence of stress during nursing school and a few socio-segment and scholastic weaknesses, as well as their communication. Among all understudies, as indicated by the

discoveries of this examination study, 64% were worried, with the pressure associated with the accompanying variables: sex 0.050, age bunch 0.029, mental state p0.001, word related status p0.001, instruction cost p0.009, and the ongoing review time frame p0.001. As indicated by the discoveries of the exploration, ladies, understudies with accomplices, and understudies in their last year of school were bound to encounter pressure [8].

## CONCLUSION:

Scholastic pressure turns into a far and wide worry among nursing understudies all over the country as the semester advances. Scholastic pressure, as indicated by the discoveries of the ebb and flow research, keeps on being a destructive issue that adversely impacts understudies' scholarly presentation, psychological well-being, and generally speaking prosperity. Subsequently, as indicated by the discoveries of the exploration, putting together specific studios toward the start of every semester is exceptionally indispensable. Subsequently, the children will actually want to figure out how to adapt to pressure and make progress in their scholastic undertakings. Yoga, contemplation, and other pressure alleviating treatments ought to be instructed at establishments with the goal that understudies might rehearse them in the study hall. Instructors and clinicians ought to be acquired to give magnificent treatment to understudies for them to conquer their pressure. It is basic to work on understudies' capacity to adapt to pressure and to control their own sensations of nervousness.

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