"A DESCRIPTIVE STUDY TO ASSESS ACADEMIC STRESS AND COPING STRATEGIES AMONG THE FIRST YEAR GNM NURSING STUDENTS AT KAHER INSTITUTE OF NURSING SCIENCES BELAGAVI"

Nursing

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ABSTRACT

Objectives:.1 To assess academic stress among first year GNM   nursing students. 2. To assess level of coping strategies of first year GNM nursing student's .

Material And Methods: Data were collected by using modified stress assessment scale and Coping strategies assessment scale stress. The demographic variables analyzed in the study were Gender, age, religion, type of family and place of living. The samples for the study were selected by using the convenient sampling technique. The data obtained were tabulated and analyzed in terms of objectives of the study by using descriptive and inferential statistics.

Results: The present study showed that Majority of the samples i.e. 45 (69%) are females and 19 (31%) were males, majority students 52 (81%) were in the age group 19-20 years and 09 (05%) were above 21years. While In this, majority of the students 47(73%) belongs to Hindu and 14(22%) belongs to Christian and 3(5%) students belongs to Muslim community 20(31%) students belongs to joint family and 44(69%) belongs to nuclear family. Majority40 (62%) were staying with family while minority students 07 (11%) staying with friends. the mean of academic stress score of the first year GNM students was 42.4, median was 44, mode was 30, standard deviation was 10.98 and range of the academic stress was 46.

Conclusion:. Majority 44 (67%) of the students are having mild academic stress, while 16 (27%) had moderate academic stress and 4 (6%) had severe academic stress. and majority 48 (75%) of the students are having moderate coping strategies, while 12 (19%) had good coping strategies and 04 (06%) are having mild coping strategies. The results also showed that there is significant association between demographic variable such as place of living [df4=18.31, P<0.005] with academic stress among first year GNM nursing students.

KEYWORDS

Academic stress, coping strategies and First year GNM students.

INTRODUCTION

"Learning is not about earning, but a way of flowering."

Stress is an unavoidable part of our life. Over the years, "stress" has evolved from being just a "response to stimuli" to the complex "person-environment interactions." Stress as a "transaction" was first explained by Lazarus and Folkman [2] in Transactional theory" which deal with "cognitive assessment of stress" and recognized stress as stimuli perceived as harmful, threatening, or challenging that crosses an individual's adaptive (cognitive and behavioral) capacity.,[3]

Nursing students suffer from high levels of stress related to academic assignments in addition to clinical skills training. Nursing student's experiences high level of stress related to their curriculum requirements as a psychosocial phenomenon, stress influence students' academic achievement and wellbeing. Coping mechanisms help students deal with stress. (4)

MATERIAL AND METHOD: The present study was conducted to assess the academic stress and coping strategies. Non probability convenient sampling technique was used to select the subject. Modified academic stress assessment scale and coping strategy assessment scale   was used to collect the data. The tool used in the study has three parts.

Part-I: information on demographic variables of the respondents containing 5 items i.e. age, gender, religion, type of family and Place of living.

Part-II: Modified academic stress assessment scale consist of 20 items related academic stress of first year GNM nursing students

Part III- Modified Coping strategies assessment scale consists of 20 items.

RESULT

Section I: Analysis And Interpreation Of Socio-demographic Variable

The presented in reveals that majority of students 45 (69%) were females and 19 (31%) were males, majority students 52 (81%) were in the age group 19-20 years and minority of students09 (05%) were above 21years. While In this, majority of the students 47(73%) belongs to Hindu and 14(22%) belongs to Christian and minority students 3(5%) belongs to Muslim community 20(31%) students belongs to joint family and 44(69%) belongs to nuclear family. Majority40 (62%)

were staying with family while minority students 07 (11%) staying with friends.

Section II: Analysis And Interpretation Of Level Of Academic Stress Of Students.

Area of Analysis	Mean	Median	Mode	S.D	Range
Academic stress score	42.4	44	30	10.98	46

Table 1 reveals that the mean of academic stress score of the first year GNM students was 42.4, median was 44, mode was 30, standard deviation was 10.98 and range of the academic stress was 46.

The majority 44 (67%) of the students are having mild academic stress, while 16 (27%) had moderate academic stress and 4 (6%) had severe academic stress.

Section III: Analysis And Interpretation To Assess The Coping Strategies Of Students.

Academic stress score	Frequency (f)	Percentage (%)
Poor coping	0	0
Mild coping	04	6%
Moderate coping	48	75%
Good coping	12	19%
Excellent coping	0	0

This section deals with the analysis and interpretation of data with regard to the coping mechanisms adopted by first year GNM Nursing student using 5-point coping scale.

Table 2 represents that, majority 48 (75%) of the students are having moderate coping strategies, while 12 (19%) had good coping strategies and 04 (06%) are having mild coping strategies.

Coping stratergies
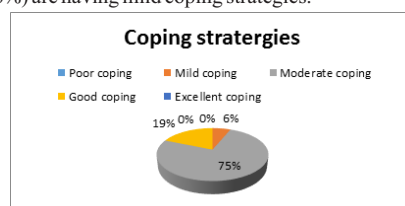
Section Iv: Analysis And Interpretation Of Data Toassess The Differences In Level Of Stress With Regards To The Demographic Variables.

Socio-demographic variables	Academic stress score			Chi-square	P value	Df	Inference
	Mild stress	Modera te stress	Severe Stress				
Age groups							
17-18yrs	00	03	00	2.44	9.49	4	NS
19-20yrs	00	25	26				
21+yrs	00	05	05				
Gender							
Male	05	14	00	4.2	5.99	2	NS
Female	23	20	2				
Religion							
Hindu	16	29	2	5.59	9.49	4	NS
Christian	4	10	0				
Muslim	01	02	0				
Place of living							
Hostel	10	30	0	7.52	9.49	4	NS
With family	05	11	1				
With friends	02	04	01				
Type of family							
Nuclear	11	31	02	18.31	5.59	2	S
Joint	6	11	03				

Table 3 represents that the calculated chi-square value for age, gender, religion and place of living selected socio-demographic variables are not significant at (p 0.05) and Type of family the calculated value is 18.31 and p value is 5.59 at 0.05 df4 (p>0.05) level which indicates that there is association between the academic stress with type of family.

DISCUSSION

The present study has been undertaken to assess the level of academic stress and coping strategies among the first year GNM Nursing students at KLE Nursing College, Belagavi.

Findings related to the socio-demographic variables of the subjects:
The data presented in Table-1reveals that majority of students 45 (69%) were females, majority students 52 (81%) were in the age group 19-20 years, majority of the students 47(73%) belongs to Hindu and 20(31%) students belongs to joint family Majority40 (62%) were staying with family.

Findings related to coping strategies of the students: in this study majority 48 (75%) of the students are having moderate coping strategies, while 12 (19%) had good coping strategies and 04 (06%) are having mild coping strategies.

CONCLUSION

Based on the findings of the study the following conclusion was drawn: Majority 40 (67%) of the students are having mild academic stress, while 16 (27%) had moderate academic stress and 4 (6%) had severe academic stress and majority 48 (75%) of the students are having moderate coping strategies, while 12 (19%) had good coping strategies and 04 (06%) are having mild coping strategies and demographic variable such as Type of living is significant at p 0.05 so associated with the level of academic stress.

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