



Assess the Level of Stress and Coping Strategies of Student Nurses During Their Initial Clinical Practice, With a View to Develop Self-Instruction Module

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ABSTRACT

Background: Professional preparation of a nurse in the institute of nursing is largely determined by her initial adjustment and ability to cope with change necessary during her academic preparation. to deal with the various stressors and to improve academic performance, maintain the individual integrity, improve the clinical skills, improve the level of confidence it is necessary to assess the differ stressors and coping strategies among nursing students during their initial clinical practice. **Aims and objectives:** The aim of the study is to assess the level of stress and coping strategies of student nurses during their initial clinical practice.

Material and Methods: Non experimental descriptive research design with qualitative approach was used..Non probability purposive sampling technique was adopted to select 100 samples from selected students of Dhiraj General Hospital, Piparia The tool used to collect data was Standard Questionnaire. Data was analyzed by descriptive and inferential statistics. The level significance of the study is fixed at 0.05level.

Results: The result showed that student nurses have high level of stress and less coping strategies during their initial clinical practice. The finding shows that there is a significant association between the type of family and level of stress and also there is high significant association between the accommodation and level of stress. There is weak co-relation found between level of stress and coping strategies among student nurses that is 0.312* statistically significant at 0.05 level in all aspects under the study.

Conclusion: Students who are studying in 1st year B.Sc and GNM nursing have high level of stress and less coping strategies during their initial clinical practice. The pre-test data shown that the level of stress is high in the student nurses.

KEYWORDS

Assess, stress, coping strategies, effectiveness, self instructional module.

INTRODUCTION

Stress affect all people some of way throughout their life, everybody experience some of negative stress consequences, may be acute, sudden which leads to rapid changes in body.

Students are subjected to different kind of stressors such as, the pressure of academic with an obligation to succeed, and uncertain future, difficulty in integrating into the system. That may result in the psychological, physical complaints, behavior problems and poor academic performance.

Nursing school is very, stressful student experiences tension prior to their clinical rotation or their written examination,

especially their finals. Nursing school is very demanding with paper work and skill performance. Academic stress of students includes long hours of study during examination assignments and grades, lack of free time and lack of timely feedback.⁹

To deal with the various stressors and to improve academic performance, maintain the individual integrity, improve the clinical skills, improve the level of confidence it is necessary to assess the differ stressors and coping strategies among nursing students during their initial clinical practise.

m common infections, increases the frequency and severity of such infections and contributes to delayed recovery.

STATEMENT OF STUDY

“a study to assess the level of stress and coping strategies of student nurses during their initial clinical practice, dhiraj general hospital, pipria with a view to develop self- instructional module.”

OBJECTIVES

- To assess the level of stress and coping strategies during initial clinical practices among student nurses.
- To find an association between stress and selected demographic variables.
- To find correlation between stress and coping strategies.

HYPOTHESIS

H₁ - There will be significant association between the level of stress and selected demographic variables among student nurses.

H₂ -There will be significant correlation between the level of stress and coping strategies among student nurses during their initial clinical practices.

MATERIAL AND METHOD

Research Approach :Qualitative research approach

Research Design: Non experimental descriptive research design.

Settings: The study will be conducted in a selected Dhiraj general hospital.

Sampling technique: Non probability purposive sampling will be used for this study.

Sample: The student who are studying in 1st year BSC or GNM Nursing.

Sample size: Sample size 100

Development of tool for data collection:
It contains 3 parts.

Part 1:- Consist of demographic variables such as age of students, sex of students, Residency, educational of parents, religion, and income of parents.

Section 1	Description of the sample according to their demographic characteristics
Section 2	Assessment of level of stress Assessment of coping strategies
Section 3	Testing the hypothesis: evaluate the correlation between levels of stress and coping strategies.
Section 4	Association between levels of perceived stress with demographic variable.

SECTION 1

This section deals with the description of the study participants with their frequency and percentage according their distribution of the demographic characteristics.

DEMOGRAPHIC VARIABLE	CATEGORIES	NO. OF RESPONDENT IN FREQUENCY	NO. OF RESPONDENT IN PERCENTAGE
Age in year	17 – 18 year	30	30.0
	18 – 19 year	59	59.0
	20 and above	11	11.0
Gender	Male	12	12.0
	Female	88	88.0
Type of family	Single	66	66.0
	Joint	34	34.0
Family income	10,000 and below	13	13.0
	10,000 – 20,000	44	44.0
	20,000 – above	43	43.0
Religion	Hindu	91	91.0
	Muslim	01	1.0
	Christian	08	8.0
	Others	00	0
Education of parents	Illiterate	13	13.0
	Secondary	32	32.0
	Higher secondary	29	29.0
	Graduation or above	20	20.0
	Diploma courses	06	6.0

Part 2:- It contains standardized tool namely, perceived stress scale [PSS] to measure degree of stress in first year B.sc or GNM nursing students.

Part 3:- It consists of 5 point Likert scale and it contains 20 statements related to different coping strategies used by first year BSC or GNM nursing students.

Validity of instrument: The tool was submitted to 4 experts of department of psychiatric Nursing. Experts were asked to give their opinions and suggestions about the content of tools. Hundred percent agreements were given by the experts on the content area of tool. A few suggestions were given by the experts to correct the grammatical mistakes.

Reliability: The reliability of the tool was computed by using Split half technique employing Spearman Brown’s Prophecy formula. The computed reliability coefficient of the knowledge tool was found to be (r11) = 0.9464 and further, the statistical validity coefficient was found to be 0.9464. It was statistically significant and thus, the tool was found reliable.

Process of Data Collection: The data collection period extended from 2 -08 -2015 to 3-08 -2015. The date, time and place were confirmed after discussing with the class coordinator of first year BSC and GNM .Before the test the purpose of the study was explained and the confidentiality of the subjects was assured and consent was obtained from students.

Analysis of data:-Data was planned to be analyzed on the basis of objectives and hypothesis. Demographic data would be analyzed in terms of frequency and percentage. The scores of stress and coping strategies may be analyzed in terms of frequency, percentage, mean, median, standard deviation and may be presented in the form of give curve, bar diagrams, pie diagram and cylindrical diagrams There will be significant association between the level of stress and selected demographic variables among student nurses. There will be significant correlation between the level of stress and coping strategies among student nurses during their initial clinical practices.

RESULTS

The findings discussed under the following headings based on objectives of the study.

Transportation	Two wheeler	22	22.0
	Government	12	12.0
	Private	10	10.0
	College bus	30	30.0
	Any other	26	26.0
Accommodation	Hostel	61	61.0
	Own house	32	32.0
	Paying guest	07	7.0

SECTION: 2 (A)

This section deal with assessment of level of stress among nursing students who started their initial clinical practice, in Dhiraj General Hospital.

	LEVEL OF STRESS	
	Frequency	Percent
Mild	0	0
Moderate	70	70.0
Severe	30	30.0

SECTION: 2 (B)

This section deal with assessment of coping strategies among nursing students who started their initial clinical practice, in Dhiraj General Hospital

SECTION: 3

The correlation between level of stress and coping strategies among selected nursing students who started their initial clinical practice in dhiraj general hospital

	Mean	Std. Deviation	Correlation (r)
Perceived Stress	24.3800	3.90229	0.312**
Coping Strategies	60.5600	8.16041	

SECTION: 4

This section deal with the finding related to the association between levels of perceived stress with socio demographic variables. The chi-square test was used to determine the association between level of stress and selected demographic variables.

Level of significance (P < 0.05)

	Demographic variable	Freq. Mild	Level of stress			d.f.	χ^2	P Value
			Moderate	Severe				
1.	Age in years							
	a)17-18 year	30	0	19	11	2	1.435	0.488
	b)18-19 year	59	0	44	15			
	c)Above 20 year	11	0	7	4			
2.	Gender							
	a)Male	12	0	10	2	1	1.154	0.283
	b)Female	88	0	60	28			
3.	Type of Family							
	a)Single family	66	0	41	25	1	5.738	0.017*
	b)Joint family	34	0	29	5			
4.	Family Income							
	a)Below 10,000	13	0	9	4	2	1.016	0.602
	b)10,000 to 20,000	44	0	33	11			
	c)Above 20,000	43	0	28	15			
5.	Religion							
	a)Hindu	91	0	62	29	2	1.746	0.418
	b)Muslim	1	0	1	0			
	c)Christian	8	0	7	1			
6.	Education of Parents							
	a)Illiterate	13	0	8	5	4	5.809	0.214
	b)Secondary	32	0	23	9			
	c)Higher	29	0	17	12			
	d)Graduate	20	0	16	4			
	d)Diploma	6	0	6	0			
7.	Transportation							
	a)Two wheeler	22	0	14	8	4	5.129	0.270
	b)Government	12	0	11	1			
	c)Private	10	0	8	2			
	d)College	30	0	18	12			
	e)Any Other	26	0	19	7			
8.	Accommodation							
	a)Hostel	61	0	51	10	2	15.885	0.004*
	b)Own House	32	0	14	18			
	c)Paying Guest	7	0	5	2			

CONCLUSION

Nursing students have high level of stress and less coping strategies during their initial clinical practice. The finding shows that there is a significant association between the type of family and level of stress and also there is high significant association between the accommodation and level of stress. According to study findings there is weak correlation between the level of stress and coping strategies among student nurses.

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RECOMMENDATIONS

On the basis of the findings of the study; it is recommended that

A similar study can be done with structure teaching programme.

A similar study can be done with larger samples and with the students studying in different batches of nursing.

Studies may be conducted to evaluate the effectiveness of structured teaching program versus other methods of teaching to improve knowledge of different stressors and coping strategies.

A similar study can be conducted in different field of college.

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