

# A Study to Assess the Sense of Coherence on Mental Health among Nursing Students in a Selected College, Chennai

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**Abstract:** *The study was to measure the sense of coherence among B.Sc nursing final year students. The study was carried out using a non-experimental descriptive design. The study included 75 samples drawn from a selected college in Chennai using a non-probability purposive sampling technique. The questionnaire (demographic factors) and Antonovsky's 13-item sense of coherence scale were used to collect data. The instrument was divided into two sections: demographic factors and Antonovsky's 13-item sense of coherence scale. The data was obtained after gaining authorization from the appropriate authorities. According to the study findings, nearly half of the students 38 (50.70%) belong to the high SOC ( $\geq$  median) group, showing a higher overall sense of coherence, while the remaining students 37 (49.30%) belong to the low SOC ( $\leq$  median) group, indicating a lesser sense of coherence. The median SOC score was 52, with a mean of 50.61 and a standard deviation of 9.44, indicating a moderately distributed SOC score distribution among the students. These data demonstrate the range of pupil levels of coherence.*

**Keywords:** College students (demographic variables), Antonovsky's 13-item sense of coherence scale

## 1. Introduction

Nursing students are the backbone of nursing workforce. Nursing students spend a significant amount of time in clinical settings. Despite being rigorous and physically demanding, practical training provides nursing students with an important opportunity to apply the academic knowledge they have gained in lectures. Their patient nursing care necessitates a variety of cognitive, psychological, and psychomotor abilities.

According to the National Mental Health Survey (2015-2016), one out of every twenty Indians suffers from depression. Young adolescent suicides accounted for 67% of total suicides. Psychiatric disorders affect 23% of adolescent population.

According to the national statistical office, approximately 12.6% of students in India drop out of school. To overcome all of these problems, teenagers must have a strong sense of coherence.

Adolescent mental health is predicted by a strong sense of coherence. A sense of coherence combines optimism with control. The SOC is made up of three major components: comprehension, manageability, and meaningfulness. Comprehensibility, a cognitive quality, relates to the degree to which you see both internal and external inputs as rationally understandable.

A behavioural element of manageability is the degree to which we believe we have resources at our disposal. These resources might then be employed to help handle the

constant barrage of inputs. Meaningfulness, a motivational aspect, has to do with the extent to which we feel that our lives have some kind of emotional meaning. This might also come into play when we face some sort of problem or challenge.

## Statement of the Problem

A Study to assess the sense of coherence on mental health among nursing students in a selected college, Chennai.

## Objectives

- 1) To assess the level of sense of coherence among final year B.Sc. Nursing students.
- 2) To determine the association of sense of coherence with the selected demographic variables.

## 2. Methodology

Quantitative research approach was adopted for the study. Non experimental descriptive research design was selected. The research was carried out at Madha College of Nursing in Kundrathur, Chennai. Population consisted of final year B.SC Nursing students within the age group 18-21years who are studying in Madha College of Nursing. The sample of 75 final year B.SC Nursing students within age group 18-21years who fulfilled the inclusion criteria were chosen using purposive sampling method. The tool used for the study was Modified Sense of coherence developed by Antonovsky (1987). This is a 7-point likert scale that consists of 13 items consisting of components like Comprehensibility-5, Manageability-4 and Meaningfulness-4 and level of Sense of Coherence is categorised as low and

high. The score ranges between 13 and 91 points. The data collection procedure was done within 30 minutes

### 3. Results and Discussion

The demographic variables of the students showed majority 57 (76.0%) were in the age group of 19-21 years and the remaining 18 (24.0%) were aged above 21 years. Considering the gender of the students, Majority 62 (82.7%) were females and the remaining 13(17.3%) were males.

With regard to religion 49 (65.3%), 22 (29.3%), 4 (5.3%) were Hindus, Christians and Muslims respectively. In accordance with occupation of father, 23 (30.7%) were working in the private sector, only 1 (1.3%) in the government sector and 51 student's father (68.0%) falls into the other category of occupation.

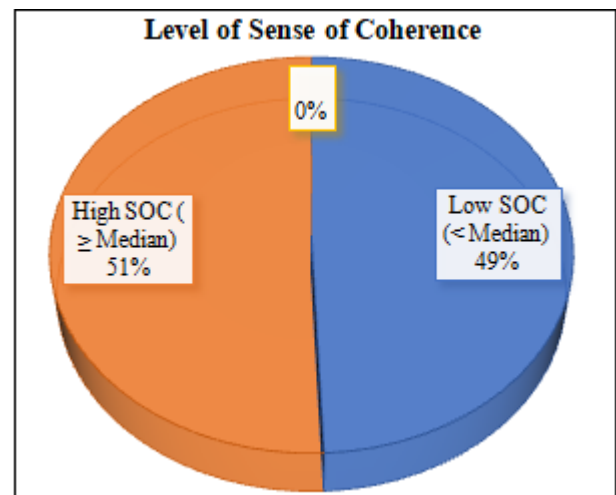
In respect to family income per year, 23 (30.7%) reported less than Rs 1 lakh, 50 (66.7%) falls between Rs 1 lakh and Rs 3 lakh and remaining only 2 (2.7%) reported greater than Rs 3 lakh. In accordance with area of residence 33 (44.0%) were residing in urban area, 22 (29.3%) semi-urban area and 20 (26.7%) in rural. With regard to percentage of student's attendance 60 (80.0%) had attendance between 80% - 100%, 15 (20%) had a between < 80%

With regard to social support 50 (66.7%) were satisfied and remaining 25 (33.3%) expressed dissatisfaction. Student's relation with friends 60 (80.0%) stated good and 15 (20.0%) had poor relationship with their friends.

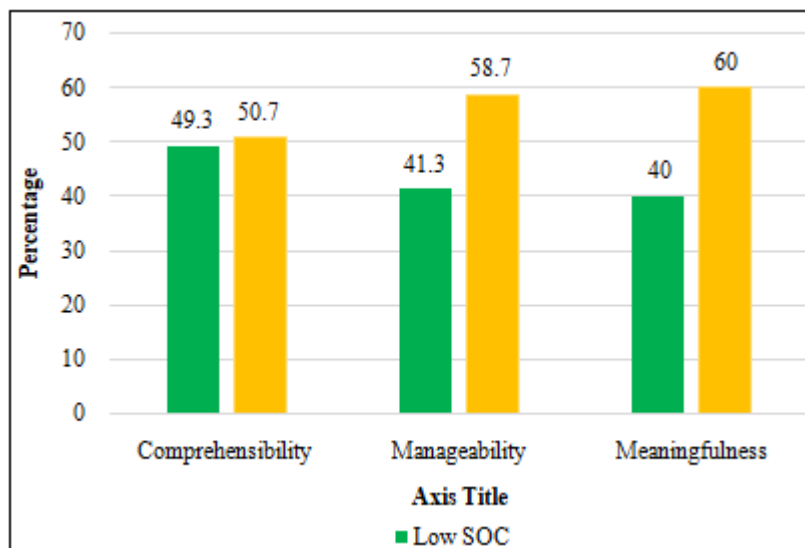
**The first objective was to assess the level of sense of coherence among final year B.Sc. Nursing students.**

Sense of coherence revealed that 38 (50.70%) students fall into the High SOC ( $\geq$  Median) group, while the remaining students 37 (49.30%) belong to the Low SOC ( $<$  Median) group. These findings highlight the diversity in the students' levels of sense of coherence.

Component wise the mean score for Comprehensibility was 17.64 with a SD = 4.55 and median = 19, Manageability mean score was 15.13, median 15 and SD 4.54, and Meaningfulness had a mean score of 18, median 18 and SD of 3.80. These findings suggest that students' sense of coherence based on three components was observed as almost same with slight variation.



**Figure 1:** Percentage distribution of samples according to the overall level of sense of coherence among Final year B.Sc Nursing Students.



**Figure 2:** Percentage distribution of samples of final year B.Sc nursing students' Sense of Coherence (SOC) based on its three components.

**The second objective was to determine the association of level of sense of coherence with the selected demographic variables among final year B.Sc. Nursing Students.**

The table 1 shows the association of level of sense of coherence with the selected demographic variables among final year B.Sc nursing students. There were no significant associations (NS) between SOC level and age, gender,

religion, occupation, family income, place of residence, percentage of attendance, and relation with friends at the  $P < 0.05$  significance level. Whereas, there was a significant association (marked with \*) found between SOC level and satisfaction with social support, suggesting that students who were satisfied with their social support network tend to have a different SOC level compared to those who were

dissatisfied. The study also shows that social support satisfaction may play a more pronounced role in influencing

SOC levels among final year B.Sc nursing students, while other factors do not exhibit significant associations.

**Table 1:** Association level of sense of coherence with the selected demographic variables among Final year B.Sc Nursing Students, N =75

Sl. No	Demographic Characteristics	Level of Sense of Coherence		Chi square value	df	Sig Value
		Low SOC (< Median)	High SOC ( $\geq$ Median)	<b>P &lt; 0.05</b>		
1	<b>Age in Years</b>					
	19 – 21 Years	27	30	0.367 NS	1	0.545
	>21 Years	10	8			
2	<b>Gender</b>					
	Male	5	8	0.744 NS	1	0.389
Female	32	30				
3	<b>Religion</b>					
	Christian	12	10	0.352 NS	2	0.839
	Hindu	23	26			
Muslim	2	2				
4	<b>Occupation</b>					
	Private/Government	12	12	0.006 NS	1	0.937
Others	25	26				
5	<b>Family Income / Year</b>					
	< Rs 1 lakh	11	12	0.030 NS	2	0.985
	Rs 1 lakh-3 lakh	25	25			
> Rs 3 lakh	1	1				
6	<b>Place of Residence</b>					
	Urban	14	19	1.545 NS	2	0.462
	Semi urban	11	11			
Rural	12	8				
7	<b>Percentage of attendance</b>					
	<80%	9	6	0.854 NS	1	0.356
80% - 100%	28	32				
8	<b>Satisfaction with social support</b>					
	Satisfied	19	31	7.708 *	1	0.005
Dissatisfied	18	7				
9	<b>Relation with friends</b>					
	Good	29	31	0.120 NS	1	0.729
Poor	8	7				

NS - Not significant at  $P < 0.05$ , \* - Significant at  $P < 0.05$ , df – Degrees of freedom

#### 4. Conclusion

The current study was designed to measure nursing students' sense of coherence on mental health. According to the study findings, nearly half of the students, 38 (50.70%), belong to the High SOC ( $\geq$  Median). while the remaining students, 37 (49.30%), belong to the Low SOC (<Median). And it was noted that the social support was significantly associated with level of SOC among the subjects.

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