A Study to Assess the Level of Stress Related to Examination among 1st Year Nursing Students Studying at Shri Ram Murti Smarak College of Nursing Bareilly

Atul Pal[1], Rintu Chaturvedi[2]

[1] M. Sc. Nursing Student, Mental Health Nursing, College of Nursing, Shri Ram Murti Smarak College of Nursing, Bareilly. U. P., India

Corresponding Author Email: *yuvrajpali555[at]gmail.com*

[2] Professor, Mental Health Nursing, College of Nursing, Shri Ram Murti Smarak College of Nursing, Bareilly. U. P., India
Email: *softy.sr.chaturvedi[at]gmail.com*

Abstract: *The study was conducted on 100 1st year nursing students undergoing training at SRMS College of nursing. Sample were collected through convenient sampling technique. The data was collected by Structured rating scale. The result showed that 49% of participants in the age group of 19 years. Majority 69% of them were females. Around 43% of them were Hindu. Most 33% of them have higher secondary education of father. Most 64% of them have secondary education of mother. Most 50% of them have private job occupation of father. Most 56% of them have housewife occupation of mother. Most 46% of them were urban. Overall observation shows 47% of them had mild stress, 49% of them had moderate stress, 4% of them had severe stress. The study concluded that examination related stress still continues to be a destructive problem affecting the students' academic performance, mental health and wellbeing so it is it is very important to arrange some workshops at the beginning of every semester so that student can manage the studies in a well-defined and coordinated manner.*

Keywords: Asses, Stress, Level of stress, Examination, Nursing Students

1. Introduction

Stress in nursing education is reported as one of the most important issues in the modern world that has been recognized namely a 20th century disease. Stress is the "wear and tear" our bodies ride as much we alter to our continually changing environment; it has physical and emotional effects and can create positive or negative influence on us. Stressors can be broadly defined as situations or events that have the potential to affect health outcomes. During nursing instruction or training, nursing college students are fast uncovered after various stressors as may additionally without delay or in a roundabout way impede their education then performance.[1]

From the large number of stresses faced by adolescents and young adults, academic stress, emerges as significant mental health problem in recent years. It has been estimated that 10% to 30% students experience academic related stress that affects their academic performance. Information load, high expectations, academic burden or pressure, unrealistic ambitions, limited opportunities, high competitiveness are some of the sources of stress which create tension, fear and anxiety.[2]

2. Literature

1) Review of literature related to stress among nursing students.
2) Review of literature related to examination stress.

3. Methodology

The research design used in this study was non experimental, descriptive research design. The study was conducted in Shri Ram Murti Smarak College of Nursing, Bareilly", U. P.100 1st year nursing students undergoing training at SRMS College of nursing were selected through convenient sampling technique. The data was collected by Structured rating scale. The data are collected with the help of various tool consisting:

Part I: This consist of the demographic variables such as age in year, gender, religion, education of father, education of mother, occupation of father, occupation of mother, place of residence.
Part II: Structured Rating scale for stress. It consists of 19 statements.

4. Result & Findings

The result showed that the level of stress among nursing students out of 100 students 47% of them had (mild stress), 49% of them had moderate stress and 4% % of them had severe stress.

Table 1: Mean and Standard Deviation of the Level of Stress among 1st Year Nursing Students

Level of Stress	Mean	SD
Severe (39 - 57).	0.64	3.07
Moderate (20 - 38)	5.04	3.8
Mild (1 - 19)	2.6	2.22
Total	8.28	9.09

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The data presented in table no.1 reveals the mean and standard deviation for the various the levels of Stress among the 1st year nursing students. The mean score of students who had Severe stress is 0.64 S. D.3.07, the mean score of students who had moderate stress is 5.04 with S. D.3.8 and the mean score of students who had mild stress is 2.6 with S. D.2.22. The total mean score of students is 8.28 with S. D.9.09.

The chi square test was used to check the level of stress of students with their selected demographic variables. The obtained chi square value for age and gender is 0.88 and 0.78 which is less than the table value 2.45 and 4.30 which indicate there is no significant association between level of stress with these demographic variables, Hence the researchable hypothesis is rejected.

The obtained chi square value for Religion, Education of father, Education of mother, Occupation of father, Occupation of mother, Place of residence are 6.5, 19.98, 32.73, 3.10, 4.83, 7.70 which is greater than the table value 2.45, 2.45, 2.45, 2.45, 2.78, 2.78, 2.78., Hence the research hypothesis stating "There will be significant association between the level of stress among 1stYear nursing students with their selected Demographic variables" is accepted at6 0.05 level.

5. Discussion

The present study was undertaken with an objective to assess the level of stress among the 1st year nursing students of SRMS College of Nursing Bareilly.

The findings of the present study were supported by the findings of previous studies.

Jancy Rachel Daisy R (2017) A study was undertaken to assess the level of stress between first and final year B. Sc. Nursing students in selected Nursing colleges. The samples were collected through convenience sampling technique. The sample size was 100. The tool used for data collection consists of 52 questions rated on a five point rating scale to assess the level of stress among I year and final year B. Sc. Nursing students. The findings of the study revealed that majority of first year Nursing students 30 (60%) experienced severe stress, 15 (30%) of them experienced moderate stress and a small minority 5 (10%) experienced mild stress. A large number of final year students 28 (56%) experienced mild stress, 15 (30%) of them experienced moderate stress and only 7 (14%) of them experienced severe stress. Majority of first year Nursing students 30 (60%) experienced severe stress, 15 (30%) of them experienced moderate stress and a small minority 5 (10%) experienced mild stress. The total mean score of first year students are greater than the final year B. Sc. Nursing which indicates that there was a significant difference in the level of stress between first year and final year B. Sc. Nursing students.[3]

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