



RESEARCH ARTICLE

THE LEVEL OF STRESS AMONG NURSING STUDENTS IN SELECTED NURSING COLLEGE, ODISHA

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ABSTRACT

Stress can fill in as a main thrust regarding acquiring comes about, however then again, relentless stress can go about as an executioner as far as execution. It is essential for nursing instructors to know the predominance of psychological stress and psychological prosperity among nursing understudies. This paper is a report of a review led to investigate the level of stress among the nursing understudies. With the use of modified perceived stress scale (PSS-14) level of stress was measured from sample of 30 from each group of bachelor of nursing 2nd, 3rd & 4th year. The outcomes demonstrate that there was severe stress among the nursing understudies (63%). Future research is prescribed to expand the extent of this audit by tending to the adapting methodologies that are used by nursing understudies to manage clinical stress.

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INTRODUCTION

Stress could be characterized as in view of reaction in view of stimulus (Furnham, 2005). Push has both positive and negative impacts on individuals (Behere *et al.*, 2011). Literature uncovers that anxiety has negative impacts what may be ordered into three gatherings as needs be physical signs, for example, cerebral pain and diseases; mental indications, for example, outrage, low sense of pride and tension; and behavioral appearances, for example, weight reduction, tranquilize addiction (Arnold and Boggs, 2006). Actually, stress is the physical and mental reaction when individual is debilitated by any occasion or condition and that it is established in the primitive battle or flight reaction for indivisual (Feldman, 2008). Natural circumstance and certain occasions that are seen decidedly as difficulties may prompt to positive reactions, for example, concentrate hard whiles those apparent contrarily as dangers may prompt to negative responses (Robotham, 2008). A large portion of the writing on stress reliably validate the way that life changes or move can incline a man to stress (Robotham, 2008) and that both negative and positive occasions in our lives, for example, coming up short an examination, having issues with flat mates, sickness in the family, getting hitched or separate, getting advanced or let go, moving to another region or setting off to the college can deliver stretch. Life changes, every day bothers, home life and cultural assimilation - the way toward adjusting and getting to be distinctly incorporated with another social

condition, have in this manner been distinguished as wellsprings of stress. In the event that anxiety influences everybody, it infers that understudies, educators, guardians, youngsters, agents among others live with stress. The negative impacts of stress has likewise been reported. For instance, stress is accepted to be a noteworthy benefactor to coronary illness, growth, lung issues, coincidental wounds, cirrhosis of the liver and suicide, six of the main sources of death in the United States (Heron, 2013). furthermore, past. In spite of the fact that the negative impacts of stress has been recorded, it has likewise been noticed that direct levels of stress is not awful but rather may rather be propelling since it makes the individual buckle down. It is the outrageous or serious types of stress that is awful and endeavors ought to be made to oversee it. Stress is regular among individuals under weight and occupied individuals like supervisors and understudies who are relied upon to keep up models and meet deadlines⁶. Understudies particularly first year recruits are a gathering especially inclined to stress and this is because of the transitional way of school life (Towbes and Cohen, 1996). They should conform to being far from home interestingly, keep up abnormal state of scholarly accomplishment, change in accordance with substantial workload in constrained time, swarmed address lobbies, brutal learning conditions and also to another social condition (Seyedfatemi *et al.*, 2007).

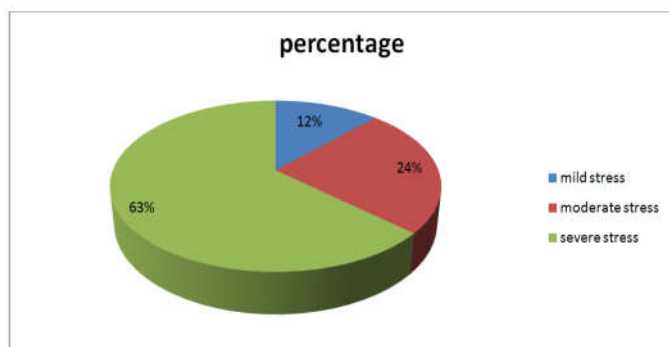
Nursing understudies need to experience a lot of preliminary work before their clinical work, fly out long separations to clinical locales and utilize profoundly specialized hardware. What's more, they may perform systems that could make hurt

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their patients, and this builds their dread of committing errors and certainty. All these are conceivably distressing to nursing understudies notwithstanding different stresses that all understudies are confronted with. What's more, understudies at the colleges contrast altogether from those at the preparation universities. For instance in addition to other things, understudies at the colleges will probably have acquired preferable evaluations over those at the preparation schools since passage prerequisites at the colleges are more stringent.

MATERIALS AND METHODS

This quantitative descriptive survey for selected three group of nursing students consists of 30 samples in each conveniently. The student's posted in clinical placements like intensive care, emergency care, medical, surgical, maternity and pediatric units in affiliated hospitals in the BSN program were selected to be included in study. The modified perceived stress scale (PSS 14) was used for assessing stress among nursing students. This scale is a 5 point rating scale and having score from 14 to 70. The score was divided like mild, moderate and severe stress. The reliability of the tool confirmed at 0.80 through chronbach co-efficient estimation. Collected data was analyzed by using SPSS version 17. The baseline characteristics were analyzed by percentage.



RESULTS

It was found that, about 12% of nursing students were having mild stress, 24% of nursing students were having moderate stress and 63% of nursing students were having as well as moderate stress.

DISCUSSION

Stress is a worldwide marvel and influences everybody. The rate of stress among understudies can have genuine and negative impacts on their wellbeing and studies. Learning in regards to the stress and it's seriousness among nursing understudies in the nursing colleges can be useful in compelling administration and directing of the students on the best way to adapt to the stress and adjust to stressors. The present review in this manner analyzed the experience of stress among the nursing students, in chosen nursing college of Odisha.

Conclusion

This study was gone for inspecting the level of stress as far as its seriousness among the understudies and analyzing which sort (class) of stress understudy report more. The outcomes demonstrate that there was severe stress among the

understudies. In view of the above discoveries, proposals were made for analysts incorporate centering guiding around understudies individual concerns or stresses as much as on scholastic ones. Future research is prescribed to expand the extent of this audit by tending to the adapting methodologies that are used by nursing understudies to manage clinical anxiety.

Limitation

The study result is limited for generalization due to few samples in a restricted set up.

Ethical approval

The study proposal was duly approved by the Hospital Ethical Research committee before commencement of the main study. The permission was accorded priorly from the Dean of the nursing college. The students were explained about the purpose of the study & students those were not willing to participate were excluded.

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