

A Study to Assess the Level of Stress among BSC Nursing 1st Year Student in Govt. College of Nursing N.S.C.B. M.C.H. of Jabalpur

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ABSTRACT

Stress is a universal phenomenon, all people experience it, stress can have both positive and negative effect stress is produced by a change in the environment that is perceived as a challenge threat or danger stress affects the whole person i.e., in all the human dimensions (physical, emotional, intellectual, social and spiritual). The perception on stress and the responses to it are highly individualized, not only from one time to another in the same person. Stress is a dominant strain in the fabrics of today's life. "Stress occurs when people face events that they perceive as endangering their physical and psychological wellbeing" these events are known as stress response stress may be major and minor short live or protracted. Stress is produced by varying environment. It disturbs the mental of any person.

Stress can be defined as any type of change that causes physical emotional or psychological stress, stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree.

The psychological or physiological response to internal or external stressors. Stress involves change affecting nearly every system of the body influencing how people feel and behave.

Nursing is training numerous studies have shown that there are many reasons the prevent sources of stress felt by students and faculty that comprises curriculum requirements assignments and examinations and combining clinical work with studies

KEYWORDS: *Stress, Phenomenon, a challenge threat, stress affects,*

INTRODUCTION

Stress is a universal phenomenon, all people experience it, stress can have both positive and negative effect stress is produced by a change in the environment that is perceived as a challenge threat or danger stress affects the whole person i.e., in all the human dimensions (physical, emotional, intellectual, social and spiritual). The perception on stress and the responses to it are highly individualized, not only from one time to another in the same person. Stress is a dominant strain in the fabrics of today's life. "Stress occurs when people face events that they perceive as endangering their physical and psychological wellbeing" these events are known as stress response stress may be major and minor short live or protracted. Stress is produced by varying environment. It disturbs the mental of any person.

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STRESS AS A BIOLOGICAL RESPONSE

In 1956 Hans Selye published the results of his research concerning the psychological responses of a biological system to a change imposed on it.

Since his initial publication. He has revised his definition of stress calling it “the state manifested by a specific syndrome which consist of all the nonspecifically induced changes within a biological system” (Selye 1976) thus syndrome of symptoms, has come to be known as the “fight or flights” syndromes. Schematics of these biological responses, both initially and with sustained stress, are presented in figures 1-1 and 1-2. Selye called this general reaction of the body to stress the general adaptation syndrome his describes the reaction in three distinct stages

1. **ALARM REACTION STAGE**- during thus stage, the physiological responses of the fight or flight syndrome are initiated.
2. **STAGE OF RESISTANCE**- the individual the physiological responses of the first stage as a defense in the attempt to adapt to the stressor. If adaptation occurs, the third is prevented or delayed. Physiological symptoms may disappear.

STAGE OF EXHAUSTIONS

This stage occurs when there is a prolonged exposure to the stressor to which the body has become adjusted. the adaptive energy is depleted and the individual can no longer to draw from the resources for adaptation describes in the first two stages Disease of adaptation (e.g., headaches, mental disorders, coronary artery disease, ulcers, colitis) may occur without intervention for reversal, exhaustion, and in some causes even death, ensures (Selye 1976)

TYPES OF STRESS

Two kinds of stress are there,

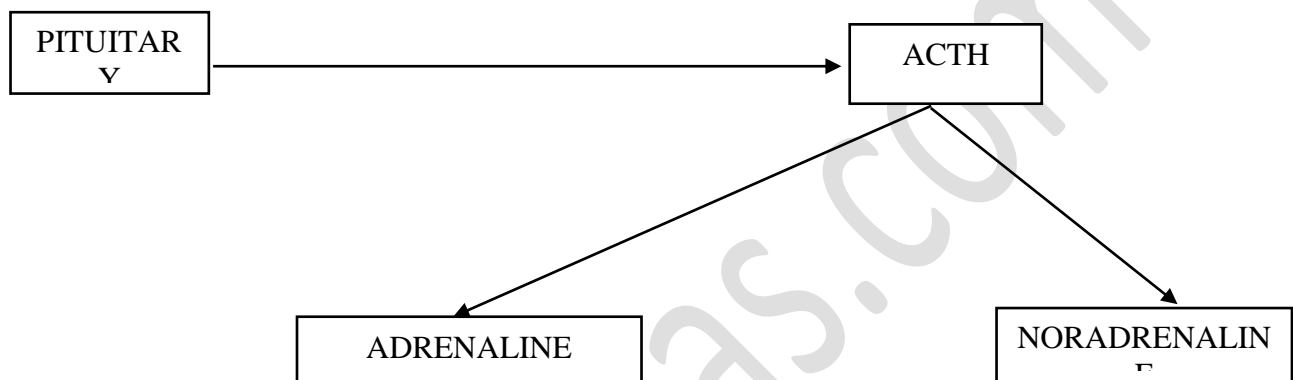
1. Eustress – healing and pleasant
2. Distress - disease producing and unpleasant.

ACTUALLY, WHAT DOES STRESS MEAN IN PRACTICE



FIGHT AND FLIGHT RESPONSES

Arousal responses via hypothalamus to pituitary



This speed up of body metabolism and increases autonomic nervous system activity which leads on to fight or flight response.

JEAL VARIOUS STRESS RELATED DISEASES AND CONDITIONS (LIFESTYLE DISORDERS)

SYSTEM AFFECTED	RESULTING CONDITION
Cardiovascular system	Coronary artery disease, stroke
Muscular system	Tension headache, muscle contraction, backache
Locomotor system	Rheumatoid arthritis
Respiratory and allergic disorder	Asthma, hay fever

NEED OF THE STUDY

Nursing student are important human resources in the field of health. Stress among nursing student is crucial since stress can lead to low productivity, low quality of life and suicide ideas identifying factors affecting stress. In initial period of college among nursing students can help nursing educators to find way to decrease stress. Many students who are newly taking admission to nursing profession will have mild from or psychological variation. Students are mainly faced with practical and academic stressors. Hence the study strongly suggests that, starting session on time, time management, avoid ragging, student counselling are the most important factors to reduce academic stress the newly admitted students. The

research study shows that majority of the students 8(61.5%) were in the age of 18 years old follows Hindu religion, 1.0(76.9%) belonged to upper caste, 11(84.6%) stayed in urban area, 7(53.8%) had no difficulty in this college. Out of 7(53.8%) students had moderate level of stress with 1.53 ± 0.51 whereas 6 (46%) students had mild stress. There were no significant association of stress score with age, ethnicity, residence, feeling difficulties in the college with $p < 0.05$; 6(46%). There was low positive academic stress with $r_p = 0.395$. It was found that the causes of anxiety were due to college environment, seniors, ragging, difficult subjects, delay session and can be reduced by stopping seniors ragging, providing transportation, starting session on time counseling, providing lunch in canteen, friendly environment, free hours for library.

OBJECTIVES

- Assess The Level Of Stress Among B.S.C. Nursing 1st Year Student In Govt College Of Nursing N.S.C.B. M.C.H Jabalpur
- Associate the Level Of Stress With their Socio Demographic Variables.

METHODOLOGY

The sample comprise of 100 BSc nursing 1st year student selected by purposive sampling technique in Govt. College of Nursing NSCB MCH Jabalpur (M.P.)

A Student stress inventory was used to assess the level of stress among B.Sc. nursing 1st year student for the data collection and they were analyzed using statistics

FINDING

The study obtains 31 % of the students belongs to mild stress, 67% of the students belongs to moderate stress and 2% of the students belongs to severe stress and the association between level of stress and show social demographic variables are age, types of residence, religion, types of family, occupation of parents, income of family per month, source of information regarding stress are insignificant.

OPERATIONAL DEFINITIONS

1. ASSESS- It refer to the measurement of the stress by using student stress inventory
2. Level of stress –stress refer to physical, interpersonal relationship, environmental and academic, which is measured by student stress inventory
3. B.Sc. nursing 1st student – refer to all BSc nursing 1st year students

ASSUMPTION

BSc nursing student may have stress who were studying in 1st year

DELIMITATION

The study is limited to the –

1. B.Sc. Nursing 1st year student between the age 18-26 year
2. Student who was available at the time of data collection.
3. Who are willing to participate in study

CONCLUSION

This study was conducted with the objective

- Assess The Level Of Stress Among B.S.C. Nursing 1st Year Student In Govt College Of Nursing N.S.C.B. M.C.H Jabalpur
- Associate The Level Of Stress With Their Socio Demographic Variables

In this study we obtained the score within 122-160, reflects having the severe stress (2%), 81-121 reflects the moderate stress (67%) and those who obtained score 40-80 reflects having mild stress (31%) and the association between socio-demographic variable and level of stress is significant.

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