A study to assess barriers of therapeutic communication among nurses working in medical and surgical ward in a view to develop guidelines on effective communication for quality nursing care at selected hospital, Bengaluru Karnataka.

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Abstract

A Comparative Study on Level of Stress among Students during Offline and Online Classes at Selected Colleges in Bengaluru. The study was conducted to assess the level of stress among the college students during online and offline classes and compare the level of stress among college students who attended both online and offline classes. A Structured questionnaire and Likert scale were developed to assess the level of stress among students during offline and online classes. The study was conducted in NMKRV, P.U college Bengaluru. 100 students were selected by using convenience sampling technique. The data was analyzed by using descriptive and inferential statistics. The results revealed that among 100 students in NMKRV P.U college the mean score of stress during online class is 52.35 with SD of 9.124 and for offline class mean was 37.22 with SD of 7.582. Study concluded that severe stress was faced in online class in comparison with offline class where there was no severe stress among students. Bringing awareness regarding stress and its management among students is very important to have healthy mind.

Key Words

Stress, Offline class, Online class, Students, level of stress.

Introduction:

Stress isn't technically a disease; Stress is a human reaction and can happen to anyone. Stress is natural feeling of not being able to cope up with specific events. It may be viewed as an individual's reaction to any change that requires an adjustment or response, which can be physical, mental, or emotional. Stressors is an event or situation that causes stress, a biological, psychological, social, or chemical factor that causes physical or emotional tension and may contribute to the development of certain illnesses.

Any discussion of stress would surely be incomplete without some mention of the work of Hans Selye, M.D. considered by many to be father of stress research; Selye began studying the phenomenon of stress

over 50 years ago. His classic and still widely respected work, "The Stress of Life", first published in 1946, gave us this definition: A non-specific response of the body to a demand.[1]

Stress is inescapable; to be without stress is to be dead. Stress has both positive and negative influence on a human. Positive stress "eustress" which can have a beneficial effect on human health, performance, motivation, emotional well-being etc., whereas negative stress "distress" which leads to the downfall of a person.

Objectives of the study:

1. To assess the level of stress among the college students during online and offline classes.

2. To compare the level of stress among college students who attended both online and offline classes.

3. To find the association between level of stress of offline classes of students with selected demographic variable.

4. To find the association between level of stress of online classes of students with selected demographic variable.

RESEARCH DESIGN

It is the overall plan or structure that guides the entire research process. It serves as a blueprint for conducting a study, outlining the steps and methods to be used in the study for achieving the determined objectives. It starts from the formulation of research question or hypotheses to collection, analysis and interpretation of data. It is the systematic steps that a researcher follows to assess the research problem. The organization of the study is based on the research design.

The research design found appropriate for the present study is "Descriptive design", which is a non-experimental research design to compare the level of stress during offline and online class among P.U college students.

The design is selected due to the circumstances of the study to achieve the goals and objective. The schematic representation of the study is shown in the figure below.

Variables

Variables are the key elements that the researcher aim to study, measure and analyze in the research. These are the character or the attributes which has different values that the researcher measures or observes in the natural setting without manipulating it. Variables are very crucial for research as they provide data needed to answer research question and test hypotheses.

Research Variables:

The level of stress among students during online and offline class.

Contributing Variables:

These are the attributes and characteristics of sample in the study.

In this study as age, gender, residence, type of family, religion, monthly income, previous information about online class, previous knowledge about using digital device for online class, type of devices used for online class and method of learning for offline class are the contributing factors.

STUDY SETTING

The research setting or study setting refers to the physical, social or virtual environment in which the data collection takes place and research is conducted. The

setting was selected based on the feasibility of the researcher. The study was conducted in NMKRV, P.U College Bengaluru. The criteria for selection are also based on availability of samples of college students who attended both online and offline class.

Population

In research, the population refers to the entire group of individuals, objects, or events that the researcher has interest in studying. The population is the broader target group from which a sample is drawn for collection of data and analysis.

The accessible population of the study are students in selected P.U college, Bengaluru.

Sample

In research a sample refers to the subset of individuals, objects or events that is being extracted from the larger population of interest. It represents the entire population in the study. The findings from the sample in the study can be generalized to larger population.

For this study 100 students studying in the NMKRV Pre-University College were selected as the sample.

Sampling Technique

Techniques used by the researcher to select a subset of individuals, object or events from a larger population for the purpose of data collection. For this study Convenience sampling technique which is a type of non-probability sampling was adopted to select 100 samples.

Sampling Criteria

The samples were selected in a predetermined set of criteria

Inclusion Criteria:

➤ The students age should be 16-20 years.

➤ Students who are willing to participate.

➤ Students who have attended both online and offline classes.

➤ Students who can read and write English.

Exclusion Criteria:

➤ Student age more than 21 years.

➤ Students who are not in college at the time of data collection.

➤ Students who have already participated in similar studies.

Table: Stress among college students during online and offline class n=100

Stress	Minimum	Maximum	Mean	Std. Deviation
Online class	30	73	52.35	9.124
Offline class	24	57	37.22	7.582

Table: Level of stress among college students during online class
n=100

Level of stress	Frequency	Percentage
Mild	10	10.0
Moderate	74	74.0
Severe	16	16.0

Table: Level of stress among college students during offline class n=100

Level of stress	Frequency	Percentage
Mild	69	69.0
Moderate	31	31.0
Severe	00	00

Table: Comparison of level of stress among college students during online and offline class``   n=100

Stress	Mean	Std. Deviation	t test value	p value
Online class	52.35	9.124	12.050	<0.001
Offline class	37.22	7.582		

Table: Comparison of stress among college students during online and offline class

Level of stress	Online class		Offline class	
	Frequency	Percentage	Frequency	Percentage
Mild	10	10.0	69	69.0
Moderate	74	74.0	31	31.0
Severe	16	16.0	-	-

Conclusion:

Hence it concluded that there is significant difference in level of stress among students attending offline and online classes. And there is majority of students who face stress faced during online class and some students face stress in offline class as well. Bringing awareness about Stress among Students is important to maintain a good mental health.

Recommendations:

Similar study can be conducted with the samples who are already learning through online method e.g., students going through distance education through online mode.

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