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## A Study to assess the level of Stress and coping strategies among GNM and BSc Nursing students of Selected College of Nursing, Bangalore with a view to develop an Information Booklet.

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Introduction:

### ABSTRACT

Nursing is widely recognized as one of the most demanding and stressful professions, which requires very stringent training since initial years of nursing education. Throughout the training period, students are exposed to various stressful situations. Inability to cope up with varied stressors may lead to psychological distress and impede students' pursuits of nursing career. If not intervened early, this may have a detrimental effect on health and may eventually affect the future workforce in rendering care. The aim of the study was to assess the level of stress and coping strategies, find out the association between stress level and coping strategies and to develop an informational booklet on stress management techniques. Descriptive cross sectional Research design involving 205 nursing students (GNM and BSc) selected with purposive sampling technique. Data was collected through demographic variables, Perceived Stress Scale (PSS) and The Coping Behavior Inventory (CBI). Data was analyzed by descriptive and inferential statistics. Results indicated nursing students has moderate stress (mean:  $1.74 \pm 0.66$ ) and coping (mean:  $1.91 \pm 0.65$ ) levels. A strong positive correlation ( $r = 0.66$ ,  $p < 0.001$ ) was found between stress from teachers and avoidance coping, suggesting that students under stress from faculty interactions are more likely to use avoidant behaviors.

### Introduction:

Stress is commonly described as a feeling of being overwhelmed, tense, anxious, or under pressure. It represents an individual's psychological and physiological response to external demands or stressors in the environment. According to Fred Luthans (1998), "Stress is an adaptive response to an external situation that results in physical, psychological, and/or behavioral deviations for organizational participants."<sup>2</sup>

Coping refers to the cognitive and behavioral efforts made by individuals to manage specific external and/or internal demands that are perceived as exceeding their personal resources. It is a dynamic process that evolves through continuous appraisals and reappraisals of the changing person-environment interaction, ultimately aimed at regaining a sense of control over the situation<sup>3</sup>

Nursing is a demanding profession, and nursing students often face stressors similar to those encountered by practicing nurses. These stressors include balancing theoretical knowledge acquisition with clinical practice, managing high workloads, and addressing personal and academic challenges. Effective coping strategies are

essential for managing stress and maintaining well-being among nursing students.<sup>4</sup>

### Need for the Study

Stress is a state triggered by environmental changes that are perceived as threatening or overwhelming to an individual's internal equilibrium. Coping refers to the constantly evolving cognitive and behavioral efforts aimed at managing specific internal or external demands that are appraised as exceeding the individual's resources. Among nursing students, stress has remained a persistent and global concern for many years.

Nursing students often experience stress due to factors like balancing theoretical knowledge with clinical practice, high workloads, and personal challenges. Coping strategies, which are cognitive and behavioral efforts to manage these stressors, are essential for maintaining well-being. Therefore, identifying study-related stressors and exploring effective coping strategies is essential, particularly for students enrolled in GNM and BSc Nursing programs

### Objectives

To assess the level of stress among Nursing students at selected College of Nursing

To determine the coping strategies used by the Nursing students to manage their stress

To find out the correlation between stress level & coping strategies among Nursing students

To develop an informational booklet on stress management techniques based on the findings of the study.

### Hypothesis

H1: There will be a significant level of stress among GNM and BSc Nursing students.

H2: There will be an association between the level of stress among Nursing students and their coping strategies.

### Materials and Methods:

#### Research Approach

The research approach adopted for the present study was Quantitative Research approach.

#### Research Design

The research design selected for the study was Descriptive cross-sectional Research design.

#### Variables

Dependent variable: Stress and coping strategies of nursing students.

Independent variable: These are the factors that may influence the stress levels or coping strategies:

Extraneous variable: it includes religion, family income, educational qualification of mother, educational qualification of Father, interest of study, year of study, hours spent for studying, hours of sleep, any external stressors from family.

#### Population

Nursing students enrolled in GNM and BSc Nursing programs at selected College of Nursing.

#### Sample

The sample consisted of nursing students enrolled in GNM-2nd& 3rd year and BSc-2nd, 3rd and 4th years at selected College of Nursing, Bangalore

#### Sample Size:

The sample for the present study composed of 205 student nurses

#### Sampling Technique

The study used a non-probability purposive sampling technique to select student nurses.

#### Sampling Criteria:

Inclusion Criteria The student nurses who are: -.

enrolled in 2nd, 3rd, or 4th year of GNM or BSc Nursing programs.

present during the period of data collection.

willingly consented to participate in the study.

able to understand and respond to the questionnaire in English.

#### Exclusion Criteria

##### The student nurses who are:

1st-year students, as they had minimal academic and clinical exposure.

Students who were absent or on leave during the time of data collection.

Students who were unwilling to participate or did not give informed consent

Not available at the time of study.

#### Description of the Tool

The data was collected through

PART A: Demographic Data

PART B: Assessment of Level of Stress with Perceived Stress Scale (PSS)

PART C: Assessment of Coping Strategies with The Coping Behavior Inventory (CBI) survey

#### Plan for Data Analysis

The data was analyzed using descriptive and inferential statistics

### Results and Interpretation:

**Table 1: Summary of Domain Wise Stress Scores**

Variables	N	Range	Mean $\pm$ SD	Median (IQR)
Stress- Taking care of patients	205	0,4	1.7 $\pm$ 0.79	1.75(1.12,2.12)
Stress-Workload& Assignments	205	0,4	1.95 $\pm$ 0.82	2(1.4,2.4)
Stress-Lack of Professional Knowledge	205	0,4	1.58 $\pm$ 0.86	1.67(1,2)
Stress-Clinical Environment	205	0,4	1.66 $\pm$ 0.92	1.67(1,2)
Stress-Peers& Daily Life	205	0,4	1.76 $\pm$ 0.86	1.75(1.25,2.25)
Stress-Teachers& Nursing staff	205	0,4	1.76 $\pm$ 0.85	1.83(1.17,2.17)
Stress-Total	205	0,4	1.74 $\pm$ 0.66	1.73(1.4,2.13)

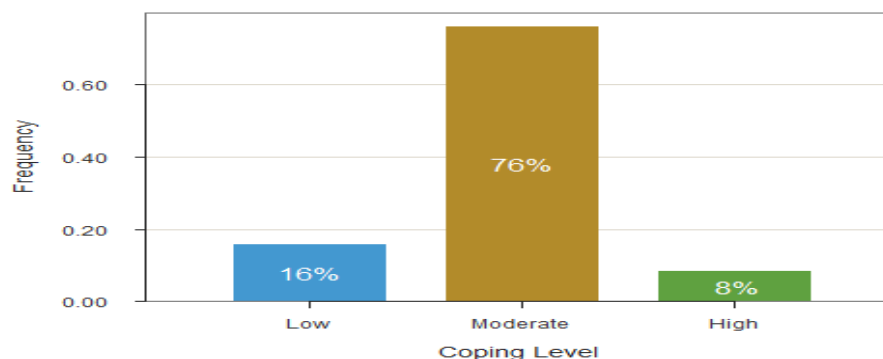
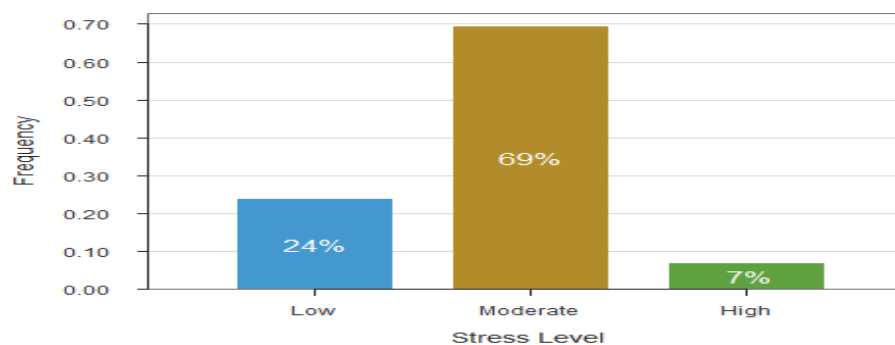
Above table provides a summary of the domain-wise stress scores, based on their responses to the Perceived Stress Scale. The highest mean stress score was observed in the domain of workload and assignments (1.95  $\pm$  0.82), indicating that academic demands constitute the most prominent source of stress and the stress related to lack of professional knowledge and skills (1.58  $\pm$  0.86) showed slightly lower mean scores. The overall stress score averaged 1.74  $\pm$  0.66, with a median of 1.73, suggesting a moderate level of perceived stress across all domains.

Table 2: Summary of Domain Wise Coping Scores

Variables	N	Range	Mean $\pm$ SD	Median (IQR)
Coping- Avoidance	203	0,4	1.44 $\pm$ 0.79	1.5(0.83,2)
Coping-Problem	202	0,4	1.92 $\pm$ 0.82	2(1.5,2.2)
Coping-Optimistic	200	0,4	2.13 $\pm$ 0.87	2(1.69,2.75)
Coping-Transference	199	0,4	2.19 $\pm$ 1.07	2(1.67,3)
Coping-Total	203	0,3.67	1.91 $\pm$ 0.65	2(1.56,2.3)

The table summarizes nursing students' coping strategies based on the Coping Behavior Inventory (CBI). The highest mean score was observed in the transference domain ( $2.19 \pm 1.07$ ), indicating that students frequently coped with stress by engaging in relaxing or restorative activities such as sleep, food, or entertainment. In contrast, avoidance had the lowest mean score ( $1.44 \pm 0.79$ ), indicating that it was the least preferred coping strategy among students. The overall coping score averaged  $1.91 \pm 0.65$ , with a median of 2.00, reflecting a generally moderate to high level of coping

DIAGRAM 1: TOTAL STRESS LEVEL AND COPING LEVEL\*\* (N = 205)



The graph illustrates the distribution of stress and coping levels among nursing students. A significant majority of students (69.27%) experienced a moderate level of stress, while 23.90% reported low stress and only 6.83% reported high stress. In terms of coping, 75.86% of students demonstrated a moderate level of coping ability, with 8.37% showing high coping levels and 5.76% classified as having low coping.

