

# Academic Stress Among Nursing Students: A Descriptive Cross-Sectional Study

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**Abstract:** ***Background:** Stress, we've all felt it. Sometimes stress can be a positive force, motivating you to perform well at your piano recital or job interview. But often, like when you're stuck in traffic, it's a negative force. If you experience stress over a prolonged period, it could become chronic, unless you take action<sup>1</sup> The present study aimed to assess the academic stress among Nursing Students at SIPS Pvt.Ltd, Lucknow. **Methods:** In this study, a descriptive research design and non-probability purposive sampling technique were used. A total of 110 samples were selected. The perceived stress scale was used to assess stress. **Results:** The result revealed that among all 110 participants, with academic courses BSc Nursing, GNM, ANM, and Paramedical. And age group of students were 17-25 above 27(24.5%) had low stress, 56 (50.9%) had moderate stress levels of knowledge, and (24.5%) had high perceived stress levels. The mean score of participants was 20.98 and the SD was +.8.15. Significant association was found only with marital status, residence, and residence during education. **Conclusions:** The study concluded that there was a moderate level of academic stress from areas of workload, and assignments, that is why there is a need for stress-relieving exercises/therapies for all students suffering from stress.*

**Keywords:** Descriptive Study, Academic Stress, Nursing Students.

## 1. Introduction

According to World Health Organization [WHO], Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.<sup>1</sup> Stress is a part of human life and every living organism undergoes a series of stress as a result of daily life activities.<sup>2</sup>

Stress is your body's way of responding to any kind of demand or threat. When you sense danger, whether it's real or imagined, the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response."<sup>3</sup>

We all deal with stress differently. Our ability to cope can depend on our genetics, early life events, personality and social and economic circumstances.<sup>4</sup> About one-third of people around the world reported feeling stressed, worried, and/or angry in 2019. Approximately 284 million people worldwide have an anxiety disorder (Our World in Data, 2017), As per a study, 63.5% of Indian students reported stress due to academic pressure. The 2015 research study says that 66% of students feel pressured by their parents for better academic performance. The study shed light on the examination-related fear that most of students have and found that more than 81% of students fear exams.

Another similar study was on 400 male students from five private secondary schools in Kolkata who were studying in grades 10 and 12. 35 percent of students were found to have high academic stress

## 2. Methods

### Study Design

#### Study design

A descriptive research design was carried out in SIPS Pvt. Ltd, Lucknow.

#### Study population

The study was conducted in SIPS Pvt, Ltd, Lucknow among Nursing students whomet the inclusion criteria and agreed to participate in this study survey wererecruited as subjects and 37 percent were found to have high anxiety levels.<sup>5</sup>

Academic sources of stress are examinations, long hours of study, assignments, grades, lack of free time, lack of timely feedback after their performance, and special elements of the academic program like arrangement and conduction of workshops. Clinical sources of stress are taking care of ill patients, interpersonal conflict with peer groups, insecurity about personal clinical competence, fear of completing their clinical requirements, dealing with uncooperative patients, work overload, prolonged standing, learning psychomotor skills, e.g. bed making, bed bath, and vital signs monitoring have also been associated with high levels of stress.<sup>6</sup>

#### Sample size

The total sample size was calculated 110.

#### Sampling Method-

Non-Probability Purposive sampling technique was used

#### Data collection tool

**Tool1-** sociodemographic variables sections consist of 10 items such as-age, gender, marital status, religion, residence during Education, father's occupation, educational level, mother's occupation.

**Tool 2:** Consists of a perceived stress scale which contains total 10 questions

Score	Level of stress
0-13	Low Stress
14-26	Moderate Stress
27-40	High perceived stress

### Statistical Analysis-

Data entered in Microsoft excel.

## 3. Results

**Table 1:** Level of academic stress among Nursing students

Stress	Frequency	%
Low stress	27	24.5%
Moderate stress	56	50.9%
High perceived stress	27	24.5%

Stress levels were categorized into low, moderate, and high perceived stress. A total of 27 participants (24.5%) reported low stress, 56 participants (50.9%) reported moderate stress, and another 27 participants (24.5%) reported high perceived stress. The association between the stress level with their selected socio- demographic variables was done by chi square test.

**Table 2:** The mean and SD for academic stress among Nursing students

Level of knowledge	N 110	Mean	SD
		20.98	8.15

**Table 3:** Association of Demographic Profile with Stress

Demographic Profile		Low stress		Moderate stress		High perceived stress		Significance
		No.	%	No.	%	No.	%	
Age	17-20 yr	12	22.60%	27	50.90%	14	26.40%	chi sq=0.38, p=0.999
	21-23 yr	6	26.10%	12	52.20%	5	21.70%	
	24-25 yr	4	25.00%	8	50.00%	4	25.00%	
	Above 25 yr	5	27.80%	9	50.00%	4	22.20%	
marital status	Married	11	33.30%	10	30.30%	12	36.40%	chi sq=13.78, p=0.032,
	Unmarried	3	15.80%	15	78.90%	1	5.30%	
	Divorced	11	26.80%	21	51.20%	9	22.00%	
	Widow	2	11.80%	10	58.80%	5	29.40%	
Religion	Hindu	7	21.20%	18	54.50%	8	24.20%	chi sq=2.23, p=0.897
	Christian	10	31.30%	13	40.60%	9	28.10%	
	Muslim	5	20.00%	14	56.00%	6	24.00%	
	Sikh	5	25.00%	11	55.00%	4	20.00%	
Residence	Rural	10	19.60%	23	45.10%	18	35.30%	chi sq=6.05, p=0.049
	Urban	17	28.80%	33	55.90%	9	15.30%	
Gender	Male	11	22.90%	21	43.80%	16	33.30%	chi sq=3.63, p=0.163
	Female	16	25.80%	35	56.50%	11	17.70%	
Residence During Education	With family	6	13.60%	30	68.20%	8	18.20%	chi sq=15.54, p=0.016
	Without family	6	23.10%	15	57.70%	5	19.20%	
	Hostel	10	38.50%	8	30.80%	8	30.80%	
	Rental	5	35.70%	3	21.40%	6	42.90%	
Family Monthly Income	10000 or less	12	25.50%	27	57.40%	8	17.00%	chi sq=10.90, p=0.091
	10,001-25000	3	12.00%	14	56.00%	8	32.00%	
	25,001- 30000	5	20.80%	10	41.70%	9	37.50%	
	Above 30001	7	50.00%	5	35.70%	2	14.30%	
Father's Occupation	Private job	6	27.30%	10	45.50%	6	27.30%	chi sq=1.21, p=0.976
	Government job	6	22.20%	14	51.90%	7	25.90%	
	Self-employed	10	28.60%	17	48.60%	8	22.90%	
	Non- working	5	19.20%	15	57.70%	6	23.10%	
Educational Level	B.Sc.(n)	8	40.00%	6	30.00%	6	30.00%	chi sq=6.28, p=0.393
	GNM	9	25.00%	19	52.80%	8	22.20%	
	ANM	8	22.90%	19	54.30%	8	22.90%	
	Paramedical	2	10.50%	12	63.20%	5	26.30%	
Mother's Occupation	Private job	8	26.70%	13	43.30%	9	30.00%	chi sq=7.56, p=0.272
	Government job	9	27.30%	16	48.50%	8	24.20%	
	Self- employed	4	15.40%	19	73.10%	3	11.50%	
	Home maker	6	28.60%	8	38.10%	7	33.30%	

## 4. Discussion

The present study was conducted to assess academic stress among Nursing Students at SIPS Pvt , Ltd,Lucknow. Among all 110 participants 24.5% were having low level of stress, 50.9% were having moderate level of stress and 24.5% having high perceived stress. The mean score of participants

was 20.98. A similar study was conducted to assess the Academic stress among Nursing students at selected Nursing college of Dehradun, .Non-probability convenient sampling technique was used to select the 500 samples and age group were 16 to 24. The study revealed that majority 352(70.4%) of stress experienced from the pressure from nature of and quality of clinical practice. The study showed that the mean

and SD of the participants was 19.32±261.62. The study findings suggest that the majority of stress among Nursing students comes from assignments and workload.

## 5. Conclusion

A Descriptive study to assess the knowledge regarding Academic Stress among Nursing students at SIPS Pvt, Ltd, Lucknow. Based on the present study findings it was concluded that there was a moderate level of stress. Identifying these students for proper counseling could help to reduce or prevent their stress. It is important to establish professional counseling services and conduct psychological awareness programs.

## 6. Recommendation-

A similar study can be replicated on larger samples for wider generalization mainly in the colleges. A similar study can also be conducted as an experimental study. Counselors and psychologists should be arranged for effective counseling so that the students can overcome the stress. Increasing student's stress management skills and abilities is an important target for change.

- The need for nursing training institutions to avoid structuring nursing training education over a short period as this mode of training can induce stress among students.
- Communication plays a major role in reducing the stress on the nursing student.
- Extracurricular activities like sports, chess, and indoor and outdoor games have to be implemented to the students in reducing the stress towards the students.

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