Relationship between the Time Management Strategies and Level of Stress among Student Nurses

Ms. Jyoti
B.Sc Nursing Nursing Tutor Apollo School of Nursing Indraprastha Apollo Hospital New Delhi-110076

Ms. Rohini Sharma
MSc Nursing VicePrincipal Apollo School of Nursing Indraprastha Apollo Hospital New Delhi-110076
Corresponding author: Ms. Rohini Sharma

Abstract: *For student nurses time management is very important because it increase effectiveness, efficiency, and productivity in work if time management is not used it may affect individual's performance and achievements. Students most of the times complains that they do not have enough time to complete all the assigned assignments to them. Therefore, the aim of this study is to assess the relationship between the time management strategies and level of stress. The exploratory research design and quantitative non- experimental research design approach is used. The study sample selected 134 student nurses studying in a selected nursing institute of New Delhi structured interview questionnaire was developed and collected the data through online mode(googleforms) which revealed significantrelationship between time management and stress level in most of the cases.*
Key Words: Time management, Time management strategies, Level of stress

---

I.   Introduction

Stress is a natural phenomenon that everyone experiences in his or her life time and is cost by stress factors or stressors. Stress could be defined simply as the rate of wear and tear on the body system caused by life. It generally occurs when a student nurse has difficulty in dealing with life situation, problem and goals and unable to balance it properly.[1]

Time management and achievements at school literature have shown that the time is among the contributing factors which impinge upon student. Time management for every student is different aspects for everyone, by using time management skill to priorities your task, you can dispel any felling of regardless of the size of the project or task. The main purpose of the study is to find out the relation between time management strategies and stress using independent variables such as prioritization, procrastination and socialization. Is also examines the level and frequency of the student involvement with these three variables. Stress can have an impact on a student daily life, knowing that is there is a correlation between a student's amount of perceived stress in a given year.[2]

A huge number of the petroleum institute student complains about the lack of time they have to complete their assignment before deadlines. Time management strategies is one of the factors that significantly affect the stress perform of a student anywhere, therefore our team decided to do a research study to investigate the relationship between time management strategies and stress among student nurse. In addition, we will try to solve problem that are highly related to time management such as procrastination, distraction disorganization and workload pressure. Stress can have an impact on a student daily life, knowing that is there is a correlation between a student's amount of perceived stress in a given year.[3]

A study found that 58.3 % of nursing students were 19-25-year age whereas 41.7% were below 18 yrs. Majority of the nursing students were females (87.2 %), from 1st year (41.6%), from B. Sc. Nursing 4 years programme (72.3 %) and belonged to nuclear family (72.8 %). Further their data indicated that only 28.3% and 16.1% nursing student's father and mother respectively had their education up tograduation. Around 35.6% student's fathers were farmers and75.6% student's mothers were house wife. About 50.6 % of the subjects belong to families having monthly income more thanRs.10, 000/-. Study indicates that 40.6 % of the students resided in the college campus.[4]

Regardless of the quantity of work you complete, if you are experiencing these symptoms, you are likely to have some poor time management practices like poor punctuality, impatience, poor defined goals, lack of energy, imperfections.

There will be steps of down on the path to competition, but with milestone in place, you can check your progress against them. Your ability to monitor your progress means you will stay much calmer throughout the project course. Being able to do your work at a study place rather than rushing through will also increase your confidence in your abilities.

So, Majority of the student nurse will be having moderate to severe stress and effective time management will have negative relationship with level of stress any student nurse.

II. Methodology

The study was conducted in January 2020. An exploratory research approach was used to assess the relationship between the time management strategies and stress level among 134 student nurses studying at Apollo School of Nursing, New Delhi. The Total Enumerative sampling technique is used to select the subjects. The data was collected from the student nurses by online mode (by sharing the Google form link) on 24-25 January to submit their responses.With the permission of Group Director of Nursing and the Principal of the institution. Written consent from each subject was taken before collection of the data. The data is collected using structured questionnaire on time management strategies It has 25 items, all having four responses-always, rarely, often and never having score of 4, 3, 2 & 1 respectively. The maximum score is 100 and minimum score is 25. The criteria are described in Table 1and a standardized tool (STAXIE)STATE TRAIT ANXIETY INVENTORY which was invented by Charles Spielbergerin 1970 to assess the level of stress among Student Nurses.It has 25 items, all having four responses- always, rarely, often and never having score of 4, 3, 2 & 1 respectively. Item no 4,12,16 have reverse scoring i.e., Always-1 Often-2 Rarely-3 Never-4. The maximum score is 100 and minimum score is 25

TABLE-1 SCORING CRETERIA FOR TIME MANAGEMENT

Criteria	Percentage	Score
Very Good Time Management strategies	80-100%	80-100
Good Time Management strategies	60-80%	60-80
Poor Time Management strategies	>60%	>60

TABLE-2 SCORING CRETERIAFOR LEVEL OF ANXIETY

Criteria	Percentage	Score
Severe Stress	<60%	<60
Moderate Stress	60-80%	60-80
Mild Stress	>80%	>80

III. Result

Table 3shows that most of the student nurses 62, (46.26%)are in age group of 19-21 years and very few were in age group of 21 years or more 16, (12%). From I Year and II Year batches each 49, (37%) student nurses participated in research. 107(79.85%) student nurses had English as medium of instruction in class XII whereas only 1 had regional language. 129(96.26%) Student nurses are not having health issue and 5 (3.73%) are having health issue. 89(66.41%) Student nurses belong to medium income group and 12, (8.95%) belongs to low income group. 78, (58.2%) student nurses have 2 or more siblings and 9, (6.7%) have no siblings. 85, (63.53%) student nurses have 1 earning member and 2, (1.49%) have 0 earning member in the family. 61, (45.55%) student nurses are having 3 or more roommates and (44, 32.83%) have 1 roommate. 116, (86.56%) are having friendly relationship with roommates and 5, (3.73%)have unpleasant relationship with roommates.

Figure-1 shows that 63, (47%) student nurses are using very good,60, (44.77%) good and 11, (8.2%)are using poor time management strategies. Figure-2 show that 37, (27.61%) student nurses have severe stress 83, (61.94%) have moderate stress and 14, (10.44%) have mild stress.

Table 4 shows that the calculated X^2 is 3.00less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence batch of student nurses has no relationship with time management strategies. Table 5 shows that the calculated X^2 is 0.714 less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence the number of roommates in hostel has no relationship with time management strategies.Table 6 shows that the calculated X^2 is 3.25less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence relationship with roommates has no relationship with time management strategies. Table 7 shows that the calculated X^2 is3.46 less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence batch of student nurses has no relationship with level of stress.

Table 8 shows that the calculated X^2 is1.77 less than tabulated X^2 (3.841) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence health issues of student nurses have no relationship with level of stress.Table 9 shows that the calculated $X^2$is 1.6 less than tabulated X^2 (5.991) at 0.05

level of significance, which signifies that the data is statistically non-significant. Hence socio- economic status has no relationship with level of stress.Table 10 shows that the calculated X^2 is1.63 less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence number of roommates in hostel has no relationship with level of stress.Table 11 shows that the calculated X^2 is2.61 less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence relationship with roommates has no relationship with level of stress.

Table 12 shows that the calculated X^2 is0.76 less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence time management strategies have no relationship with severe stress level. Table 13 shows that the calculated X^2 is 6.56 more than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically significant. Hence time management strategies have relationship with moderate stress level. Table 14 shows that the calculated X^2 is2.05 less than tabulated X^2 (5.991) at 0.05 level of significance, which signifies that the data is statistically non-significant. Hence time management strategies have no relationship with mild stress level.

TABLE 3: FREQUENCY AND DISTRIBUTION OF THE DEMOGRAPHIC VARIABLE
n=134

S. No.	Demographic variables	Frequency	Percentage
1.	**Age**		
	17-19 years	57	41.79 %
	19-21 years	62	46.26 %
	21 or more	16	12 %
2.	**Batch**		
	I Year	49	37 %
	II Year	49	37 %
	III Year	36	27%
3.	**Medium of instruction in class XII**		
	English	107	79.85 %
	Hindi	26	19.4 %
	Any other (regional language)	1	0.74 %
4.	**Any health issue**		
	No(nothing significant)	129	96.26 %
	Yes (please specify)	5	3.73 %
5.	**Socio-economic status (in rupees)**		
	Low income group(<5000/-per capita per month)	12	8.95 %
	Medium income group(<5000-10000/- per capita per month)	88	65.67 %
	High income group(>10000/- per capita per month)	34	25.37 %
6.	**No. of siblings**		
	0	9	6.7 %
	1	47	35 %
	2 or more	78	58.2 %
7.	**No. of earning member in the family**		
	0	2	1.49 %
	1	86	64.17 %
	2 or more	46	34.32 %
8.	**No. of roommates in hostel**		
	1	44	32.83 %
	2	29	21.64 %
	3 or more	61	45.52%

9.	**Relationship with roommates**		
	Friendly	116	86.56 %
	Unpleasant	5	3.73 %
	Neutral	13	9.7 %

FIGURE 1 Pie chart showing percentage distribution of time management strategies among student nurses.
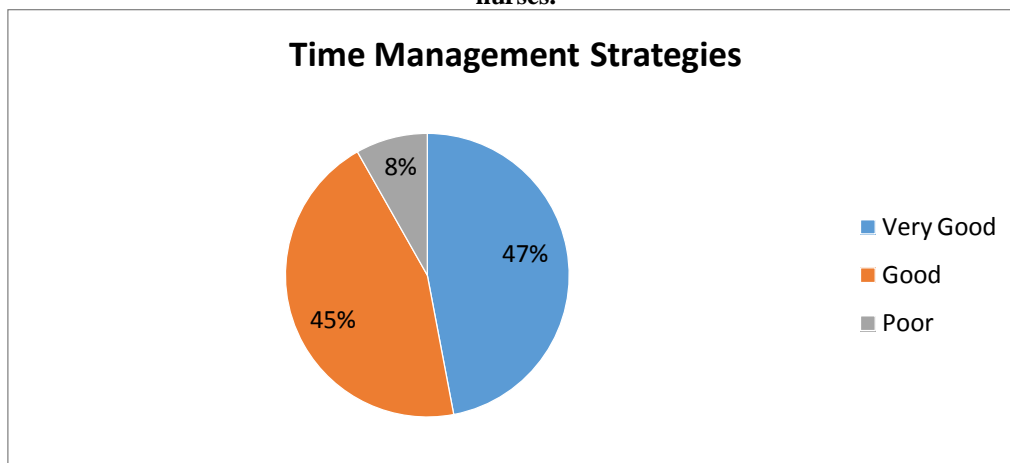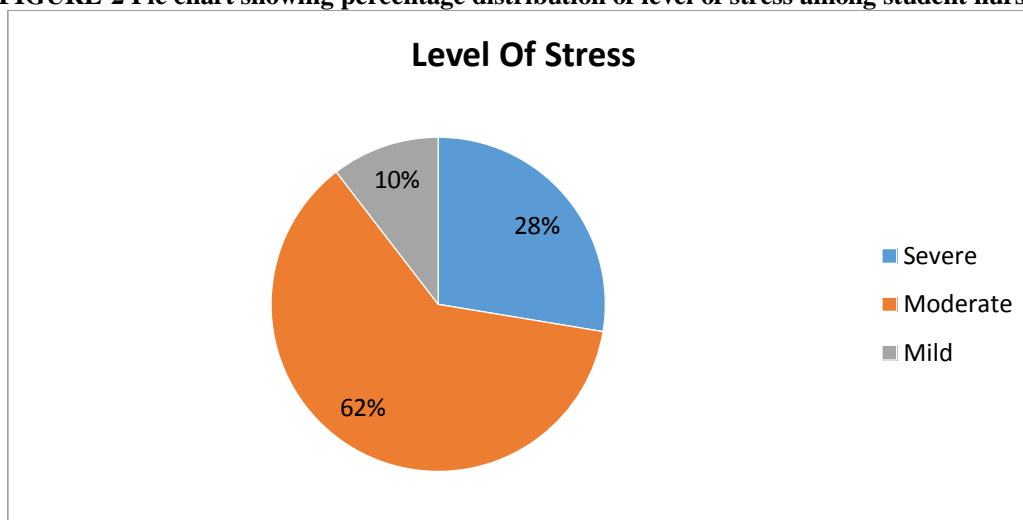

FIGURE-2 Pie chart showing percentage distribution of level of stress among student nurses

TABEL-4 RELATIONSHIP OF TIME MANAGEMENT STRATEGIES WITH BATCH OF STUDENT NURSES

n=134

Batch of student nurses	Time Management Strategies		X^2cal	Df
	Above median	Below median		
I Year	22	27		
II Year	26	23		
III Year	23	13	3.00	2

TABLE 5: RELATIONSHIP WITH TIME MANAGEMENT STRATEGIES WITH NUMBER OF ROOMMATES IN HOSTEL

n=134

No. of roommates	Time Management Strategies		X^2cal	Df
	Above median	Below median		
1	21	23		
2	16	13		
3 or more	34	27	0.714	2

TABLE 6: RELATIONSHIP OF TIME MANAGEMENT STRATEGIES WITH RELATIONSHIP WITH ROOMMATES

n=134

Relationship with roommates	Time Management Strategies		X^2 cal	Df
	Above median	Below median		
Unpleasant	2	3		
Neutral	10	3		
Friendly	59	57	3.25	2

TABLE 7: RELATIONSHIP OF LEVEL OF STRESS WITH BATCH OF STUDENT NURSES

n=134

Batch of Student Nurses	Level of Stress		X^2cal	Df
	Above median	Below median		
I Year	22	27		
II Year	23	26	3.46	2
III Year	23	13		

TABLE 8: RELATIONSHIP OF LEVEL OF STRESSWITH HEALTH ISSUES

n=134

Health Issue	Level of Stress		X^2cal	Df
	Above median	Below median		
Yes	4	1	1.77	1
No	64	65		

TABLE 9: REALATIONSHIP OF LEVEL OF STRESS WITH SOCIO ECONOMIC STATUS

n=134

Socio Economic Status	Level of Stress		X^2cal	Df
	Above median	Below median		
Low	8	4		
Medium	42	46	1.6	2
High	18	16		

TABLE 10: RELATIONSHIP OF LEVEL OF STRESS WITH NUMBER OF ROOMMATES IN HOSTEL

n=134

Number of Roommates in Hostel	Level of Stress		X^2 cal	Df
	Above median	Below median	1.63	2
1	22	22		

2	12	17		
3 or more	34	27		

TABLE 11: RELATIONSHIP OF LEVEL OF STRESS WITH RELATIONSHIP WITH ROOMMATES

n=134

Relationship With Roommates	Level of Stress		X^{2cal}	Df
	Above median	Below median		
Unpleasant	4	1	2.61	2
Neutral	8	5		
Friendly	56	60		

TABLE 12: RELATIONSHIP BETWEEN TIME MANAGEMENT STRATEGIES AND SEVERE STRESS LEVEL

n=134

Time Management strategies	Severe Stress level		X^2cal	Df
	Above Median	Below Median		
Very Good	60	4	0.76	2
Good	55	4		
Poor	11	0		

TABLE 13: RELATIONSHIP BETWEEN TIME MANAGEMENT STRATEGIESAND MODERATE STRESS LEVEL

n=134

Time Management strategies	Moderate Stress level		X^2cal	Df
	Above Median	Below Median		
Very good	45	64	6.56	2
Good	29	30		
Poor	05	06		

TABLE 14: RELATIONSHIP BETWEEN TIME MANAGEMENT AND MILD STRESS LEVEL

n=134

Time Management strategies	Moderate Stress level		X^2cal	Df
	Above Median	Below Median		
Very Good	13	51	2.05	2
Good	07	52		
Poor	01	10		

IV. Discussion and Conclusion

The present study was aimed to assess the relationship of time management and stress level among the nursing students. The findings revealed that majority of student nurse have very good time management and have severe stress. These findings are same from Alkhatib (2014) who found in his study of time management among nursing students in UAE that the college students have moderate time management. The result of his study is 58.5% of nursing students have good time management. Present study isdifferent from Seyedfatemient al among nursing students conducted among students of CMH Lahore medical college. The result of this study shows that 34.4% has moderate stress and 32.8% fall in the category of low and high stress level. The result of the present study shows non-significant relation between the time management and stress level. This finding is congruent with Yorderwise (2011) who mentioned that "a very close relationship between time management and stress level".

So, it is important that the curriculum of basic nursingprograms should include lessons on consequences of stress on the body and time management. The nursing educators should supervise and guide the student nurses to improve their coping skills. Time management training program and stress management training programs should be given to nursing students during orientation period. Structure of curriculum, study plan and methods of evaluation for students must be discussed with the students in the beginning of each session.

References

[1].   Zegan LS. Stress and the Development of Somatic Disorders S. Handbook of Stress: Theoretical and Clinical Aspects. New York:Free Press; 1986.134-51
[2].   Randy JL, David MB. Stress, Coping, Adjustment and Health Personality,3rdEdition, Delhi: Mc Graw-Hill; 2008.561
[3].   Schiff W, Alters S. Essential Concepts for Healthy Living. 3rdEdition. Canada: Jones and Bartlett Publisher ;2003.46-53
[4].   Carter McNamara. How to Manage your Stress and Time Even Better [Internet] [Free Management Library] [Cited at 2012 January 3]. Available From https://managementhelp.org/personalproductivity/time stressmanagement.htm