

A Study To Identify Stressor And Coping Strategies Of 1st Year Nursing Students In A Selected Nursing Institute In Bhubaneswar, Odhisa.

Anosmita Adhikary* Purba Chakraborty ** Soumi Das*** Suparna Maity****
Tapanjana Sarkar***** Mrs Kalyani Rath*****
KINS College of Nursing, KIIT University, Bhubaneswar, Odisha, India
4th Year Bsc Nursing Student, Asso. Prof. of College of Nursing.

Abstract: Stress has been identified as a 20th century disease and has been viewed as a complex and dynamic transaction between individuals and their environments .Stressors can be broadly defined as situations .A descriptive study was undertaken to identify the stressors and coping strategies related to selected variables on 1st year Bsc Nursing students. In this study systematic random sample technique has been used to select 50 samples. Descriptive statistics was used to analyze data in the study. Family type of the students makes significance in interpersonal stress (where p value is 0.04) where students belong from nuclear family have more interpersonal stress with the mean score 22 and standard deviation is 3.30. Father's occupation makes significance for clinical stress with the p value of 0.04. Where students whose father's occupation is other than govt. have more clinical stress, mean score 18.13 with SD of 2.69. Family type make significance for 'engaging in demanding activities' coping strategy with the p value of 0.009. Family type make significance for 'being humorous' coping strategy with the p value of 0.01. Father's occupation make significance for 'seeking spiritual support' coping strategy with the p value of 0.02.

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I. Introduction

Stress has been identified as a 20th century disease and has been viewed as a complex and dynamic transaction between individuals and their environments .Stressors can be broadly defined as situations or events that have the potential to affect health outcomes. Stress can be regarded as a psychological threat, in which the individual perceives a situation as a potential threat.

II. Background of the study

A study conducted in Mangalore to determine the perceived level of stress and coping behaviour among B. Sc. nursing students in selected colleges found that 55% of the sample experienced severe stress, 12.5% experienced moderate level of stress, and 32.5% experienced mild level of stress. The study concluded that stress may arouse from their work, contact with patients, and demands of the organization.

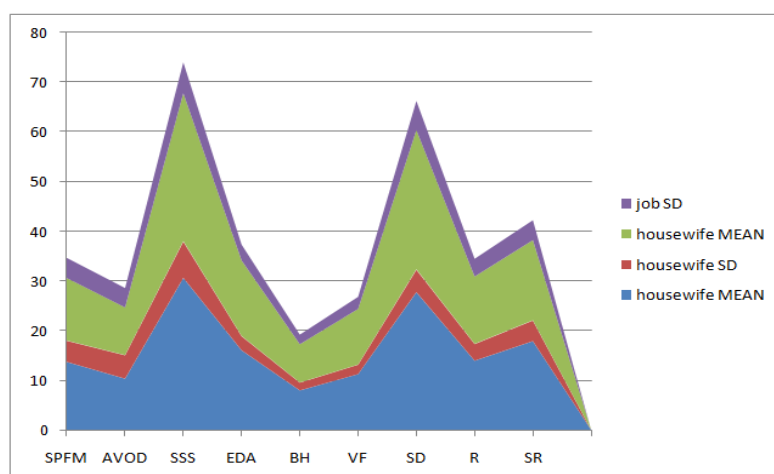
III. Objectives

1. To identify the stressor sources of the 1st year nursing students.
2. To identify the coping strategies used by the students of the 1st year students.
3. To identify the stressors and coping strategies related to selected variables.

IV. Mythology

The present study was adopted descriptive survey design. The study was conducted at the KINS, Bhubaneswar, khurdha, Odisha. The study was conducted on the 1st year nursing students. The group has been selected from college and school of nursing of KINS, BBSR. 50 1st year nursing students from GNM and B.Sc. Sampling technique was systematic random sampling.

V. Result



MEAN AND SD OF COPING ACCORDING TO MAOTHER'S OCCUPATION.

Major findings related to demographic characteristics with stress

- Family type of the students make a significance in interpersonal stress (where p value is 0.04) where students belong from nuclear family have more interpersonal stress with the mean score 22 and standard deviation is 3.30
- Father's occupation make significance for clinical stress with the p value of 0.04. where students whose father's occupation is other than govt. have more clinical stress, mean score 18.13 with SD of 2.69.

Major findings related to demographic characteristics with coping strategies

- Family type make significance for 'solving problems with family member (SPFM)' coping strategy with the p value of 0.004. students belong from joint family have more coping of SPFM, mean score 15.78 with SD of 3.76
- Family type make significance for 'avoiding' coping strategy with the p value of 0.02. students belong from joint family have more 'avoiding' coping, mean score 12.14 with SD of 5.11.
- Family type make significance for 'seeking spiritual support' coping strategy with the p value of 0.04.
- Family type make significance for 'engaging in demanding activities' coping strategy with the p value of 0.009.
- Family type make significance for 'being humorous' coping strategy with the p value of 0.01. Father's occupation make significance for 'seeking spiritual support' coping strategy with the p value of 0.02.

IV- Conclusion

After the analysis and interpretation of the data, the study shows that students have the higher level of stress and it varies with the family type where p value is 0.04 and also father's occupation make changes the stress among students.

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