

Stress among the Students of Bachelor Nursing Complementary Program in Yanbu City

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Abstract: The present study aimed to identify stress among students of bachelor nursing complementary program at Taibah University in Yanbu city. It's a descriptive explanatory study it conducted at faculty of applied medical sciences. The study sample comprise a convenience was sample of 100 students from all level of bachelor nursing complementary program. The data collected through questionnaire schedule with respect, privacy, voluntary and confidentiality of the subject developed by the researchers. A Pilot study was conducted include 10% of the subject (excluded from the sample) after completion of data collection; the necessary statistical analysis will be done. The result of the present study concluded that 66% (two third of study subject) of The study subjects had no more knowledge about stress and how they can coping with stress , while 6 % of study subject had accurate and complete answers about stress. Also, showed that more than 40% had moderate stress and less than 5% had severe stress. So, we recommended that should be awareness about our mental health needs and most take care of ourselves and seek help if we need it .

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I. Introduction

Stress is a factor that happens to affect everyone's life. Nursing student undergo tremendous stress during various stage their course 1,24. Studies comparing the stress level of various professional students found that nursing students experience higher levels of stress than medical, social work and pharmacy students⁽²⁴⁾ Another study showed that one third of nursing student experience stress severe enough to induce mental health problems such as anxiety and⁽¹⁶⁾ Rella , Winwood and Lushington (2008) found that up to 20% of nursing graduates were reporting serious unmanaged fatigue and stress during their student life⁽¹⁸⁾.

Stress is the emotional and physical response you experience when you perceive an imbalance between demands placed on you and your resources at a time when coping is important. You experience stress whenever you are faced with an event or situation that you perceive as challenging to your ability to cope. If you see the event or situation as only mildly challenging you will probably feel only a little stress: however, if you

perceive the situation or event as threatening or overwhelming coping abilities, you will probably feel a lot of stress. Importantly, perception of how negative an outcome could be will significantly determine what degree of stress you experience⁽¹³⁾ . Three main group of stress have been identification: (i) academic stress (testing, evaluation, fear of failure in training, problems with workload, ... etc.) (ii) clinical stress (work fear of making mistakes negative responses to the death or suffering of patient, relationships with other members of organization, ... etc.), (iii) personal/social stress (economic problems, imbalance between housework/schoolwork, ... etc.)⁽¹⁶⁾.

Moderate amounts of stress help to motivate students and at times increase their performance while too high levels of stress interferes with academic performance causes him to get lower grades may suffer from low self-esteem and other mental health problems^(7,17) . Continuous high level of stress may also influence the clinical situation especially in patient care⁽¹²⁾. The signs and symptoms of stress can range from a major physical crisis like a heart attack to more minor symptoms like tiredness and disrupted sleep patterns. The more serious stress-related problems usually emerge in the context of prolonged periods of exposure to intense stress. It is important. Therefore, to be able to recognize and manage the early signs and symptoms of stress, in order to avoid the more serious effects of stress on your health and well-being⁽¹³⁾.

Stress among nursing students has been well document a study by Trockel, (2000) found that nursing students suffer from long hours of study, multiple assignments, lack of timely feedback and lake of faculty response to student needs^(2,24). Nursing students have the same academic stressors as other college students such as midterm and final examinations, research papers and other assignments. In addition, nursing students experience a clinical component, which is highly stressful. Students have a large amount of preparatory work before their clinical assignment^(25,26) there are some sources of stress that we have limited ability to change and this can lead to people feeling stressed, anxious, angry and depressed⁽¹³⁾ So, the researcher prefer to study this

topic because it is very important and interfere with their learning and affected on their outcomes also this study did not made before in Taibah University

II. Study Aims

1. Identify stress among students of bachelor nursing complementary program.
2. Explain stress among students of bachelor nursing complementary program.

III. Research Questions

1. What are the knowledge of the students about stress?
2. How about levels of the stress among students?

IV. Materials

1. Design: Descriptive explanatory.
2. Setting: The study was conducted at faculty of applied medical sciences.
3. Subject : the study was comprise a convenience sample of 100 student from all the level of bachelor nursing complementary program.
4. Tools of data collection: Tow tools was designed and used by research to collect the necessary data.
5. Tool (1):

Questionnaire schedule developed by the researchers which include two parts:

Part (a): Included socio-demographic characteristics such as age, education.

Part (b): Included knowledge of the student about stress.

Tool (2):

Tailor score to measure level of stress among students of bachelor nursing complementary program had done according to next schedule⁽²⁷⁾.

Scale	Score	Level of stress
A	0-16	No stress
B	17-20	Low stress
C	21-26	Moderate stress
D	27-29	Severe stress
E	30-50	Very severe stress

V. Methods

The study will be accomplished according to the following steps

- 1- Pilot study was carried out only 10 students (excluded from the sample) to test clarity and applicability of the tools as well as to calculate the time needed and complete it after that the necessary modifications was done.
 - 2- Data was collected the same time of interviewed students.
 - 3- After completion of data collection, the necessary analysis was done.
 - 4- Ethical consideration was adhered to all steps of the study. The student was approached and informed about the purpose of study before being asked to participate. The assurance of anonymity was adduced prior to the request for participation. It was provided in way.
- The participants were asked that they would the questionnaires without name and the all information was remained confidential.
- In addition, that their participation in the study is voluntary. Also, they were informed that they could withdraw from the study at any time .
- Confidentiality was maintained by data coding to eliminate identify data was personal information.

VI. Result

Table (1) :Distribution of the study subject according to their social and Demographic characteristics

N=220

Characteristics		frequency	Valid Percent
Age(years)	25-30	174	79.09
	>30	46	20.91
The level of parents' education	Non	132	60.00
	High school	66	30.00
	Bachelor	22	10.00

Marital status	Single	114	51.82
	Married	106	48.18
Children number	1-3	68	30.91
	4-6	34	15.45
	>6	5	2.27
	Non	113	51.36
Permanent residence place	City	171	77.73
	Village	49	22.27

Result of table (1):it showed that 79.09% of (the majority) of the study Subject had age between 25-30 years .As regard the level of parents 'education 60% (Two-thirds) illiterate, as well marital status about 51,82 (half) of the sample subject were single, About number of children 30.91%(one third) had between 1-3 child, while Permanent residence place of the study subject77.73% lived in urban area.

Table (2): Distribution of the study subject according to their knowledge about causes of stress.
N=220

Knowledge about stress causes		Frequency	Valid Percent	Chi-Square	Mean
Do you live and study in the same city	Yes	137	62.27	13.25**	1.52
	No	83	37.73		
Does anyone live with you now	Yes	146	66.36	23.56**	1.47
	No	74	33.64		
Because you are study and live in different places, that makes you more stressful	Yes	119	54.09	1.47	1.61
	No	101	45.91		
IS transportations are available	Yes	98	44.55	2.61	1.71
	No	122	55.45		
Do you find it difficult to achieve your financial obligations	Yes	115	52.27	0.45	1.68
	No	105	47.73		
Do you have who gives you emotional support	Yes	127	57.73	5.25*	1.74
	No	93	42.27		
Are you affected by your condition when exposed to psychological pressure	Yes	122	55.45	48.55**	1.23
	No	47	21.36		
	occasionally	51	23.18		
Can you manage your stress in a good way	Yes	64	29.09	27.99**	1.41
	No	109	49.55		
	occasionally	47	21.36		
Do you take a time to relax and rest	Yes	97	44.09	12.00**	1.33
	No	66	30.00		
	occasionally	57	25.91		
Does family problems makes you stressful	Yes	112	50.91	35.19**	1.32
	No	41	18.64		
	occasionally	67	30.45		
Do you take enough sleeping	Yes	64	29.09	11.62**	1.58
	No	59	26.82		
	occasionally	97	44.09		
Women having more stress than men	Yes	188	85.45	110.61**	1.26
	No	32	14.55		
Do you keep your problem for yourself till the desire to explode	Yes	114	51.82	111.01**	1.60
	No	29	13.18		
	occasionally	65	29.55		
	always	12	5.45		
Can you focus on your study when having stress	Yes	93	42.27	53.81**	1.44
	No	49	22.27		
	occasionally	61	27.73		
	always	17	7.73		
If you under stress there is negative changes in your attitude	Yes	118	53.64	130.07**	1.61
	No	33	15.00		
	occasionally	65	29.55		
	always	4	1.82		
Do you have daily exercise	Yes	29	13.18	67.26**	1.79
	No	127	57.73		
	occasionally	64	29.09		

N=220

	Social	Frequency	Valid Percent	Chi-Square	Mean
Academic average causing you more stressful when its fall	Yes	142	64.55	97.12**	1.83
	No	34	15.45		
	occasionally	44	20.00		
Praying keeps you in a good healthy physiological and psychological state	Yes	197	89.55	314.79**	2.06
	No	20	9.09		
	occasionally	3	1.36		
Source of pressure affecting you in the current period		112	50.91	92.61**	1.48
		56	25.45		
		35	15.91		
		17	7.73		

Result of table (2): It showed that 62.27% (more than half) of the subject of the study had to studying in die same city. Also he had66.36%(two thirds) of ills lives in the present While 54.09% (more than half) the study in a different place from his hometown to make the stress on the subjects of our study. As transportation, 55.45% (more than half) answers are not available. In addition, 52.27% (two thirds) said that it is difficult to achieve their financialcommitments

However, 57.73% (more than half) of them that he had to give emotional support. while(more than half) of the subject 55.45% of the study are affected by the condition when exposed to psychological pressure .And 49.55% (less than half) answer Occasionally can manage stress by good way. And sometimes answered 44.09% (less than half) of the selected category of the study they take time to relax and unwind chose to . while 50.91% (half of that family problems pressure caused more.

And 44.09 % (less than half) said they di not take enough time to sleep > and for those who aremore vulnerable to pressure from(the majority) said 85.45% subject women more stressful than man , While 51.82% (more than half) of the study group they are leaving the problem themselves to pressures as a result of 42.27% (less than half) While 53.64 % (more than half) head a negative change in their behavior when it is under pressure and 57.73 % (more than half) of them said that he does not daily exercise. Workouts for this academic average when they fall to cause more stress 64.55%(two-thirds) answered yes and in any case the 89.55 % (vast majority) said that prayer keeps the people in good state, And finally, 50.91% (more than half) of the study subject said to study the causes of the mostpressing in the current period.

Table (3):distribution of the study subject according to their knowledgeabout stress.

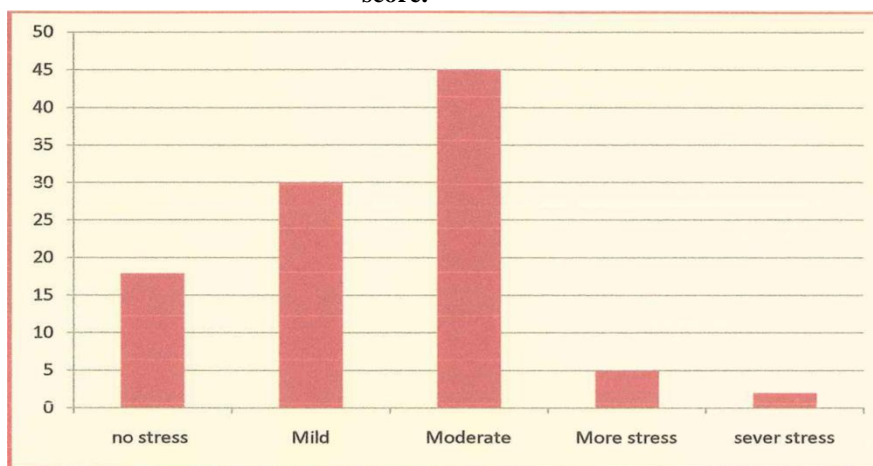
N=220

Item	Frequency	Valid Percent	Chi-Square	Mean	
Types of anxiety	Personal	74	33.64	95.77**	2.37
	Social	81	36.82		
	Daily basis	26	11.82		
	Short term	34	15.45		
	Long term	5	2.27		
Causes of anxiety	Accurate and complete	89	40.45	80.19**	2.13
	Accurate but not complete	13	5.91		
	Wrong or do not know	118	53.64		
Stress complications are	Increase heartbeat Increase	93	42.27	90.32**	1.8
	activity of respiratory system	81	36.82		
	Obesity , Alzheimer disease and depression	43	19.55		
	Drug and alcohol abuse	3	1.36		
Stress is bad	Yes	150	68.18	29.09**	1.32
	No	70	31.82		
Coping with stress	Accurate and complete	14	6.36	117.85**	2.59
	Accurate but not complete	62	28.18		
	Wrong or do not Know	144	65.45		

Result of table (3):It showed that regarding type of anxiety 36.82% (less than two fifth) of the study subject mentioned social anxiety'. And 33.64% (one third) mentioned personal anxiety and 11.82% mentioned

daily basis. And 15.45% short time while 2.27% mentioned long term. Regarding causes of anxiety 53.64% (more than one half) had wrong or do not know answers. 40.45% (two fifth) had accurate and complete answers. Concerning complications 42.27% (more than two fifth) of the study subject mentioned increase heart beat while 36.82% (merely to fifth) mentioned increase respiratory rate. While 19.55% mentioned obesity, Alzheimer, depression while 1.36% of drug, alcohol abuse diligence. As regard coping with stress 65.45% (two third of study subject) had wrong or don't know answer and 28.18% (more than one quarter) had accurate but not complete answers. While only 6.36% of the study subject had accurate and complete answers. As regard mentioned stress is bad 68.18% nearly to (three quarter) of study subject while 31.82% (one-third) choice stress is good

Figure (1): Level of stress among study subject according to their score.



Result of Figure1: It showed That about 30% (less than one third) had simple stress and 45% (less than one half) of the subject had moderate stress, while 5% (half of one tenth) the subject stress had more stress and also 2% (fifth of one tenth) of subject stress had severe stress on the other hand 18% (less than one fifth) of the subject had no stress at all.

VII. Discussion

Stress is a factor that happens to affect every one's life. Nursing student undergo tremendous Stress during various stages of their causes. Stress is the emotional and physical response. Experience when the person perceive an unbalance between demands placed on him and his The present study identify and explain stress among students of bachelor nursing complementary program. Excessive stress can be harmful to a student's academic performance and students who perceive their stress level as very as high may often become depressed⁽⁶⁾. It show that majority of the study subject had age between 25 -30 years. More than half mentioned that transportation not available. While more than two thirds said that it is difficult to achieve their financial commitments, this on line with other researches mentioned that the nursing student travel long distance to clinical sites and use highly technical equipment also nursing students may be more prone stress than other students^(25,26).

Stress management sources they often must travel long distances to clinical sites and use highly technical equipment. They must perform procedures that can cause serious harm to their patients, thus enhancing their fear of making mistakes. Studies indicate that nursing students may be more prone stress than other students. As regard managing stress the present study show that about more than one half of the study subject are affected by psychological pressure while less than half can manage stress by good way and half of them mentioned that family problems pressure caused more stress. Regarding sources of stress the present study show that this with line on our study. Top five major sources of stress were detected among nursing college students: change in sleeping habits, vacation, breaks, and change in eating habits, increased workload and new responsibilities. Stress may result from being separated from home for the first time, the transition from a personal to an impersonal academic and the structure of the academic experience at the college level⁽²⁰⁾.

VIII. Conclusion

This study concluded that 50% of the study subjects were married and 33% had between 1-3 children. Also 52% of study subject studied in a different Place of their hometown that they make stress on the subject of our study On other hand, 66% had no more Knowledge about stress and who they can coping with stress while

6% of study subject had accurate and complete answers about stress. Also, showed that more than 40% had moderate stress and less 5% had severe stress¹.

IX. Recommendation

It is important that all nurses are aware of New South Wales of health (NSW) commitment to the mental health and well-being of staff at work.

1. A confidential employee assistance program (RAP) should be available to all public sector nurses.
2. A better awareness of our own mental health needs and those of our colleagues.
3. Most of all, it is important that we accept that there is no shame in acknowledging that at time the demands placed on us at work can become over whelming and ourselves, Our families and our patients are to take care of ourselves and seek help if we need it .

Further this research may done on more subjects from most of faculty's having this may give better result.

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