

Original Article**Stress and Coping among Nursing Students****Nisha Kumari Shah^{*}, Kabita Dhama, Khushi Pokhrel, Pammi Shah, Nyamika K.C, Mamta K.C**

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Article Received: 15th January, 2023; Accepted: 18th April, 2024; Published: 30th June, 2024**DOI: <https://doi.org/10.3126/jonmc.v13i1.68111>****Abstract****Background**

Student at the university level experience high level of stress, related to worry about successes, availability of time and engagement in patient care. Coping mechanisms are essential when trying to deal with the stress and anxiety that nursing students face on a daily basis. The objectives of this study was to find out the level of stress and coping among nursing students and to find out the association between level of stress and coping with selected socio demographic variables.

Materials and Methods

A descriptive cross sectional research design was adopted for the study. Non probability total enumerative sampling technique was used in the study. A structured questionnaire consisting of 5 points Likert scale was used for assessing the stress whereas Brief cope scale was used for assessing the coping among nursing students. Data was analyzed by using descriptive and inferential statistics.


Results

The result depicts that out 107 respondents, more than two third (68.2%) of the respondents had high level of stress whereas more than half (60.7%) of the respondents had average coping. There was statistically significant association between the age of the respondents with the level of stress whereas there was no statically significant association between coping with the socio demographic characteristics of respondents.

Conclusion

The study concluded that, more than two third respondents had high level of stress with average coping. So, there is further need of nursing educators to provide stress management technique and educational program to nursing students.

Keywords: *Coping, Nursing students, Stress*

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Introduction

Student at the university level experience high level of stress, related to worry about successes, availability of time and engagement in patient care. There are many sources of stress among university student, which can be related to academic workload, many assignments, and expose to a new setting. The rate and level of stress and depression is an alarm among students in different academic fields [1].

During nursing education and training, nursing students are frequently exposed to various stressors which may directly or indirectly impede their learning, performance and overall well-being of their body and mind [2]. The nursing curriculum is designed with the theoretical as well as practical setting due to which nursing students may face various stressors in clinical learning environment [3]. Similarly, coping strategies refer to the specific efforts, both behavioral and psychological, that people employ to master, reduce, tolerate or minimize stressful events. Coping style is an important factor that determines this perception. Coping with stress means using thoughts and actions to deal with stressful situation and lower our stress levels [4].

Thus the objective of the study is to assess the level of stress and coping mechanism among nursing students.

Materials and Methods

A descriptive cross sectional research design was adopted and the study was done at Nobel Medical College and Teaching Hospital, Biratnagar from February 2023 to April 2023. This study was started after acquiring approval from the institutional review committee of Nobel Medical College, the purpose of the study was explained to the students and written and verbal consent was obtained from each participant. A total of 107 students were taken as a sample by using non probability total enumerative sampling technique. The sample size was also calculated by using formula z^2pq/d^2 with prevalence 48% and sample size was 104. All the students of B.Sc. Nursing and BNS were included in the study. Respondents' anonymity and confidentiality was maintained by coding the forms and using the given information only for the research purpose. Data was collected by using the self-administered structured questionnaire comprising of three parts. Part I consist of socio demographic variables including age, religion, enrolled nursing programme, academic year, monthly family income, place of residence, marital status and diagnosed with any medical or psychiatric

problems. Part II consist of 5-point Likert scale for assessing the stress score ranging from 0 to 56. Similarly, part III consists of Brief cope scale for assessing the level of coping consist of 28 items scale of 1 to 4 scoring ranging from 28 to 112. The data was analyzed using the Statistical Package for the Social Sciences SPSS version 20. For descriptive statistics frequency and percentage was calculated and for inferential statistics chi square test was used to find out the association between dependent and independent variables.

Results

Table 1: Socio demographic Characteristics of Respondents n=107

Characteristics	Frequency (N)	Percentage (%)
Age in years		
≤ 22 years	43	40.2
>22 years	64	59.8
Religion		
Hindu	102	95.3
Others	5	4.7
Enrolled Nursing Programme		
B.Sc. Nursing	64	59.8
BNS	43	40.2
Academic year		
1 st year	15	14.0
2 nd year	14	13.1
3 rd year	49	45.8
4 th year	29	27.1
Monthly family income (in Rs)		
<45000	42	39.3
45000-55000	42	39.3
>55000	23	21.5
Place of residence		
Hostel	37	34.6
House	37	34.6
Rent	33	30.8
Marital status		
Married	18	16.8
Unmarried	89	83.2
Diagnosed with medical or psychiatric problems		
Yes	4	3.7
No	103	96.3

Table 1 depicts that more than half (59.8%) of respondent were more than 22 years and most (95.3%) were from Hindu religion. Likewise, more than half (59.8%) respondent were enrolled in B.Sc. Nursing programme and almost half (45.8%) were from 3rd year. More than one third (39.3%) respondent had monthly family income less than 45000 and in between 45000-55000. More than one third (34.6%) of respondent residence was both hostel and house. Similarly, majority (83.2%) of respondent were unmarried. And nearly all (96.3%) of respondent were not diagnosed with any medical or psychiatric problems.



Table 2: Level of Stress among Respondents (Nursing Students n=107)

Level of stress	Frequency (N)	Percentage (%)
Moderate stress	34	31.8
High stress	73	68.2

Table no 2 depicts that more than two third (68.2%) of the respondents had high level of stress.

Table 3: Level of Coping among the Respondents (Nursing Students) n=107

Coping	Frequency (N)	Percentage (%)
Poor coping	42	39.3
Average coping	65	60.7

Table no 2 depicts that more than half (60.7%) of the respondents had average level of coping.

Table 4: Association between Respondents Level of Stress with Socio demographic variables of the Respondents n=107

Characteristics	Level of stress		P value
	Moderate stress N (%)	High stress N (%)	
Age in years			
≤ 22 years	19(44.2)	24(55.8)	0.024*
>22 years	15(23.4)	49(76.6)	
Religion			
Hindu	33(32.4)	69(67.6)	0.562
Others	1(20.0)	4(80.0)	
Enrolled Nursing Programme			
B.Sc. Nursing	23(35.9)	41(64.1)	0.259
BNS	11(25.6)	(74.4)	
Academic year			
1 st year	6(40.0)	9(60.0)	0.834
2 nd year	4(28.6)	10(71.4)	
3 rd year	14(28.6)	35(71.4)	
4 th year	10(34.5)	19(65.5)	
Monthly family income (in Rs)			
<45000	16(38.1)	26(61.9)	0.395
45000-55000	13(31.0)	29(69.0)	
>55000	5(21.7)	18(78.3)	
Place of residence			
Hostel	9(24.3)	28(75.7)	0.447
House	14(37.8)	23(62.2)	
Rent	11(33.3)	22(66.7)	
Marital status			
Married	5(27.8)	13(72.2)	0.690
Unmarried	29(32.6)	60(67.4)	
Diagnosed with medical or psychiatric problems			
Yes	3(75.0)	1(25.0)	0.058
No	31(30.1)	72(69.9)	

*Significant (p≤0.05), chi square

Table no 4 depicts that there was statically significant association between the age of the respondents with the level of stress.

Table 5: Association between Respondents Level of Coping with Socio demographic variables of the Respondents n=107

Characteristics	Coping Poor Coping N (%)	Average Coping N (%)	P value
Age in years			
≤ 22 years	14(36.2)	29(67.4)	0.245
>22 years	28(43.8)	36(56.2)	
Religion			
Hindu	39(38.2)	63(61.8)	0.331
Others	3(60.0)	2(40.0)	
Enrolled Nursing Programme			
B.Sc. Nursing	23(35.9)	41(64.1)	0.392
BNS	19(44.2)	24(55.8)	
Academic year			
1 st year	5(33.3)	10(66.7)	0.840
2 nd year	6(42.9)	8(57.1)	
3 rd year	21(42.9)	28(57.1)	
4 th year	10(34.5)	19(65.5)	
Monthly family income (in Rs)			
<45000	14(33.3)	28(66.7)	0.360
45000-55000	20(47.6)	22(52.4)	
>55000	8(34.8)	15(65.2)	
Place of residence			
Hostel	13(35.1)	24(64.9)	0.162
House	19(51.4)	18(48.6)	
Rent	10(30.3)	23(69.7)	
Marital status			
Married	6(33.3)	12(66.7)	0.573
Unmarried	36(40.4)	53(59.6)	
Diagnosed with medical or psychiatric problems			
Yes	2(50.0)	2(50.0)	0.654
No	40(38.8)	63(61.2)	

Table no 5 depicts that there was no any statically significant association between level of coping with the socio demographic variables of the respondents.

Discussion

Student at the university level experience high level of stress, related to worry about successes, availability of time, engagement in patient care. The stress can be related to the short time to study and spend many hours in clinical setting such as hospitals and health centers. Coping style is an important factor that determines this perception. Coping with stress means using thoughts and actions to deal with stressful situation and lower our stress levels. Socio demographic variables depict that more than half (59.8%) of respondent were more than 22 years and most (95.3%) were from Hindu religion. Likewise, more than half (59.8%) respondent were enrolled in B.Sc. Nursing programme and almost half (45.8%) were from 3rd year. More than one third (39.3%) respondent had monthly family income both less than 45000 and in between 45000-55000. More than one third (34.6%) of



respondent residence was both hostel and house. Similarly, majority (83.2%) of respondent were unmarried. And nearly all (96.3%) of respondent were not diagnosed with any medical or psychiatric problems.

Regarding the level of stress, present study revealed that (68.2%) of the respondents had high level of stress and (31.8%) had moderate level of stress. In support to the present study conducted in Pokhara revealed that (54.7%) of the students had moderate stress, (41.3%) had mild and only (4.0%) of the students had severe level of stress [3]. In contrast with the present, study conducted in Egypt revealed that (48.3%) of respondents had moderate stress whereas only (28.5%) of the respondents had high level of the stress [2]. In contrast to the present study, the study conducted in South India also showed majority (70.3%) had mild, (15.5%) severe and only (14.1%) had moderate level of stress [4]. Likewise, regarding the coping present study showed that (60.7%) of the respondents had average coping and (39.3%) had poor coping. In contrast to the present study done in Egypt showed that (52%) fair, (25%) poor and (23%) had good coping strategies [2].

The present study also showed that there was statically significant association between the age (0.024) of the respondents with the level of stress. The study was supported by the study conducted in Egypt which revealed there was significant association between level of stress with the age (0.03) of the respondents [2]. The study was also supported by the study conducted in South India which revealed that age (0.002) was significant with the stress level of respondents. In contrast to the study, the study conducted in Pokhara revealed that there is no significant association between age (0.231) with level of stress. Similarly, other socio demographic variables like family income (0.750) and religion (0.505) were also not significantly associated with the level of stress among the nursing students [3]. Likewise, the present study showed that there is no significant association between place of residence (0.447) and academic year (0.834) which was supported by the study conducted in South India revealed that there is no significant association between place of residence (0.071) and semester (0.385) with the level of stress among the respondents. The present study also showed that there is no significant association between family income (0.395) with level of stress whereas in contrast to the present study, study conducted in South India revealed that family income (0.000) was signifi-

cantly associated with the level of stress[4]. The present study showed that there is no significant association between level of coping with the selected socio demographic variables which is supported by study conducted in Egypt depicts that there is no significant association between level of coping with the selected socio demographic variables [2].

Conclusion

The study concluded that, more than two third respondents had high level of stress with average level of coping with statistically significant association with the age of the respondents.

Recommendation

A stress management program can be applied for students including the educational program for improving the coping of the nursing students. Nursing educators and curriculum designers should frequently revise the curriculum by assessing the need of the students. Regular training and workshop should be provided to nursing educators for assessing the level of stress or stressing factors among nursing students. A counselling session should be initiated for assessing the need and mental health of students including the family members as well. Further research should be explored for assessing the specific stressors among students in larger sample and in different setting.

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