RESEARCH ARTICLE

A DESCRIPTIVE STUDY TO ASSESS THE ACADEMIC STRESS AMONG THE FIRST YEAR B.Sc. NURSING STUDENTS OF SELECTED COLLEGE OF NURSING, LUCKNOW

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ABSTRACT

Background: Academic stress may be the single most dominant stress factor that affects the mental well-being of college students. Academic stress can be explained by understanding the interconnection between environment stressor and the student's appraisal of academic stressor and response to the same. Stress can cause several physiological changes. It can cause tension, pressure or negative emotions including anxiety and anger to the individual. **Methodology:** In this study descriptive research approach was used to assess the level of academic stress among the students of B.Sc. Nursing 1st year to develop an information booklet. This study was conducted using descriptive research approach at Selected College of Nursing, Lucknow. The total sample size was 45 samples selected by non-probability convenient sampling technique. The data was collected by administering structured knowledge questionnaire. The tool consisted of 07 questions of socio demographic variables and modified perceived rating scale to assess stress which consists of 20 items, minimum score 20 and maximum score is 100. It is classified into mild (1-50) moderate (51-75), severe levels (more than 75) related to various aspects of stress in the students. **Result:** The data obtained are tabulated and analyzed by using descriptive and inferential statistics. The statistical analysis of sample 28.8% students having mild stress, 37.7% having moderate stress and 33.3% having severe stress. **Conclusion:** Thus, it is evident from the study findings that 28.8% had mild stress, 37.7% had moderate stress and 33.5% had severe stress. It shows the majority of the sample had moderate academic stress.

INTRODUCTION

Academic stress may be the single most dominant stress factor that affects the mental well-being of college students. Stress experienced by college students is multi-factorial and can be attributed to a variety of contributing factors. A growing body of evidence suggests that academic-related stress plays a significant role in college. As per literature, overall, as many as 87% of college students surveyed across the United States cited education as their primary source of stress (American Psychological Association, 2020). College students are exposed to novel academic stressors, such as an extensive academic course load, substantial studying, time management, classroom competition, financial concerns, familial pressures, and adapting to a new environment**.**

Academic stress can reduce motivation, hinder academic achievement, and lead to increased college dropout rates**.** Academic stress has also been shown to negatively impact mental health in students. Mental, or Psychological, well-being is one of the components of positive mental health, and it includes happiness, life satisfaction, stress management, and psychological functioning Positive mental health is an understudied but important area that helps paint a more comprehensive picture of overall mental health. Moreover, positive mental health has been shown to be predictive of both negative and positive mental health indicators over time Further exploring the relationship between academic stress and mental well-being is important because poor mental well-being has been shown to affect academic performance in college.

OBJECTIVES OF THE STUDY

- To assess the academic stress level among the B.Sc. Nursing 1st year students.
- To associate the stress level with selected demographic variables.

RESEARCH METHODOLOGY

In this study descriptive research approach was used to assess the level of academic stress in the 45 students. The study was conducted in selected Nursing College, Lucknow.

Non: probability convenient sampling technique was used in present study for selecting patients for the samples. The tool consisted of self- structured tool which has 2 sections.

Section A: There is Socio demographic variables tool consist of 07 questions such as Age, Gender, Religion, Marital status, Hours of Sleep, Nursing Curriculum difficulty to follow and extracurricular classes.

Section B: modified perceived rating scale to assess stress which consists of 20 items, minimum score 20 and maximum score is 100. It is classified into mild (1-50) moderate (51-75), severe levels (more than 75) related to various aspects of stress in the students.

Content validity of tool was done by 05 experts in the field of mental health field nursing.

DATA COLLECTION PROCESS

The data collection procedure includes the following phase

Phase 1: The formal written permission was received from the principal of selected college of nursing after the explaining the benefits of assess the level of stress among the students.

Phase 2: The data was collected in selected College of Nursing, Lucknow. The researcher obtained written consent from the participants, after explaining the benefits of this study, using non probability purposive sampling technique. Data was collected from 45 students for the main study in the month of December 2023.

Data analysis was done by using descriptive and inferential statistics.

RESULTS

The data was analyzed and interpreted according to the objectives of the study by using descriptive and inferential statistics. The data collected were organized under the following sections;

Section 1: Demographic variables ofselected sample.

Section 2: Find out the level of anxiety among preoperative patients.

Demographic variables of selected samples

Table 1 reveals, most of the students were between 20-25 yearsof age 55.5%. All of the students are female 100.%. Most

of students were Hindu 62.2%. Majority are unmarried that is 86.6%. Most of the students takes 6-8 hours of sleep that is 44.4% and 80% of the students find this Nursing curriculum difficult to follow and majority do not have joined any extracurricular classes that is 62.2%. Find out the level of anxiety among preoperative patients. Table 2 reveals that in this study findings shows that 28.8% students having mild stress, 37.7% having moderate stress and 33.5% having severe stress.

Table 1. Demographical variables of the patient

Demographical variables		Frequency	Percentage (%)
2. Age (In Years)	Less than 20	18	40
	20-25	25	55.5
	25-30	2	4.5
	More than 30	0	0
3. Gender	Male Female	0	0
		45	100
4. Religion	Hinduism	28	62.2
	Muslim	17	37.8
	Christian	0	0
	Others	0	0
5. Marital status	Married Unmarried	06	13.4
	Divorced	39	86.6
	Widow/ Widower	0	0
		0	0
6. Hours of Sleep	Less than 6 Hours	15	33.3
	6-8 Hours	20	44.4
	More than 8 Hours	10	22.3
7. Do you find this Nursing Curriculum difficult to follow?	Yes	36	80
	No	9	20
8. Joined any extracurricular classes to relieve stress	Yes	17	37.8
	No	28	62.2

Table 2. level of stress among the B.Sc. Nursing first year students

MILD	MODERATE	SEVERE
28.8%	37.7%	33.5%

CONCLUSION

Thus, it is evident from the study findings that there is significant academic stress among the B.Sc. Nursing 1st year students. The study concluded that that 28.8% students having mild stress, 37.7% had moderate stress and 33.5% had severe stress but it shows the majority of the sample had moderate stress in academics. Academic stress can be explained by understanding the interconnection between environment stressor and the student's appraisal of academic stressor and response to the same. Stress can cause several physiological changes. It can cause tension, pressure or negative emotions including anxiety and anger to the individual.

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