

A Descriptive Correlation Study on Stress and Psychological Wellbeing among Nursing Students in Selected Nursing Institutes of Ambala, Haryana

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Abstract

Introduction-There is widespread recognition that stress can have reflective negative impacts on nurses' psychological well-being. Stressful environment was repeatedly causing a negative effect on the academic performances and psychological well-being of the nursing student

Method- A correlation study was selected. Total 120 nursing students were included by disproportionate stratified random sampling. Data was collected by using DASS-42 (14 items of stress) and psychological general wellbeing index

Result- Finding of the study showed that there was significant moderate negative correlation between stress and psychological wellbeing.

Conclusion-The study concluded there was a significant correlation between stress and psychological wellbeing scores among nursing students. Hence, it infers that if stress decreases psychological well being increases and vice versa.

Keywords: Stress, Psychological wellbeing, Nursing student

Introduction

Life events and stress contributed significantly to psychological distress. The pattern of psychological distress differed between the nursing students. Stress and psychological distress may have negative outcomes for the retention of nursing students in program of study. Student nurses experience significant stress and psychological distress during their training and this may contribute to sickness, absence and attrition.¹

Student nurses experience significant stress and psychological distress during their training and this may contribute to sickness, absence and attrition. Stress is a well-recognized feature of the life of undergraduate nursing students. Increasing body of evidence examining the impact of stress on health and psychological well-being in student nurses, as they are known to carry higher levels of stress than other student's population. Excessive levels of stress may lead to physical and mental health problems and may affect student's academic performance.²

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A huge body of research exist which suggests that medical practitioner and medical students may be at greater than before risk of a number of personal and psychological problem. The negative impact of

psychological well-being is well characterized in the literature outcome.³

The consequence of stress on psychological well-being affect the student ability as stress has been known as barrier to concentrate on study, decrease problem solving ability, and show adverse symptoms and illness in the students such as anxiety and depression. It is important to learn stress management technique from which students able to manage their as well as patient stress.⁴

Nursing Students perceived that their education is highly stressful and continue score above average on stress scale in many studies, it associated with decrease psychological well being, poor academic performance, and impaired cognitive function and some student think to quit their studies in between.⁵

Material and Methods

The study was conducted during the period from October 2018 to April 2019 in Haryana, India. Total 364 students were screened by DASS 42 from two nursing institutes, among them 169 students were had stress. One hundred twenty students were selected by using disproportionate stratified random sampling, total 120 subjects were taken. Data was collected by using DASS-42 (14 items of stress) and psychological general well being index.

Description of Tool

DASS 42 (14items for stress) Scale to assess the stress: A standardized tool was used to assess the stress among nursing students. It consists of 42 items with a 4-point rating scale in which only 14 items were used to check the stress. Which were collected from participants with self-report technique (Paper and pencil). This tool is incorporated in the study after getting prior permission from the tool developers. The calculated Cronbach Alpha Internal consistency was 0.79 (Acceptable range is 0.7-0.9).

Psychological General Well Being Index

A standardized tool was used to assess the psychological wellbeing index among Nursing students. It consists of 22 items (With 6-point rating scale) in relevant to anxiety, depressed mood, positive wellbeing,

self-control, general health, and vitality. This tool was incorporated in the study after getting prior permission from the tool developer. The calculated Cronbach Alpha Internal consistency was 0.79 (Acceptable range is 0.7-0.9).

Data Analysis

Descriptive statistics

Frequency and Percentage distribution was used to describe the level of stress among nursing students

Inferential statistics-

Pearson’s correlation was used to check the correlation between stress and psychological well being

Result

Data were entered in Microsoft Excel, and analysis was done with SPSSversion20. More than half of the Nursing Students (56.9%) were having mild stress. Nearly one third (31%) and were having moderate stress, least (10.3%) were having severe stress and (1.7%) were having extremely severe stress shown in figure 1

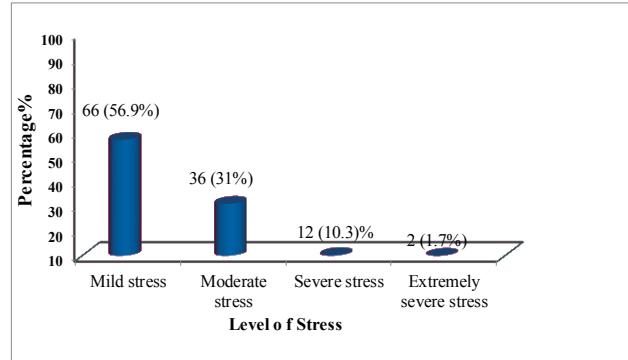


Figure 1- Cylindrical bar diagram showing frequency and Percentage Distribution in terms of Level of Stress among nursing students

Table 1-depicts the Range, Mean, Median, Standard deviation of stress and psychological well being among nursing students The mean score of stress was 19.53 ± 5.02 and median 18.00 with range of 15-41. Further it revealed that the mean score of psychological well being was 62.15±11.77 and median was 63.00 with range 31-85.

Table 1-Range, Mean, Standard deviation, Median of stress and psychological well being among nursing students **N=116**

Variable	Range	Mean ± SD	Median
Stress	15-41	19.53 ± 5.02	18.00
Psychological well being	31-85	62.15±11.77	63.00

Minimum score-0 Maximum score – 42(stress)

Minimum score- 0 Maximum score -110(psychological well being)

Table 2 depicts Area wise Mean, Standard deviation and median of Psychological well

Table 2: Area wise Mean, Standard deviation of difference, Median of Psychological well being among nursing students

N=116

Variable	Mean ± S.D	Median
Anxiety	12.3± 3.97	12.00
Depressed mood	9.24± 2.70	9.00
Positive well being	10.65±2.79	11.00
Self control	8.65 ± 2.66	8.00
General health	9.36±2.56	9.00
Vitality	11.94 ± 2.6	12.00

Table 3- depicts the correlation between stress and psychological wellbeing scores among nursing students. It shows that there was a statistically significant moderate negative correlation($r= -0.38, p=0.001$) between stress and psychological wellbeing among Nursing students. Hence, it infers that if stress decreases psychological wellbeing increases and vice versa.

Hence it inferred that there was a significant correlation between stress and psychological well-being scores among Nursing students.

Table 3-Correlation between stress and psychological well being scores among nursing students

N=116

Correlation(pretest)	Stress r (P value)	Psychological well being r(P value)
Stress	XX	-0.38(0.001) **

**-Significant ($p<0.01$) $r(114)= 0.19$

Discussion

In the present study, 2(1.7%) students were having extremely severe stress, 12(10.3%) students were having severe stress, 36(31%) were having moderate stress, 66(56.9%) students were having mild stress. These findings are contrast with the study conducted by Dr. Indira. A, Kalavath B (2012)⁶ where 15(25%) students had mild stress, 22(36.7%) students had moderate stress, 23(38.3%) students had severe stress. Further these finding were consistent with the findings of Ribeiro Feitosa Cestari, Islene Victor Barbosa (2014)⁷ where they found that majority (64%) of the nursing student had stress.

In present study, there was a significant moderate correlation between stress score and psychological wellbeing score ($r=0.31$, $p=0.05$) in experimental group and a significant moderate positive correlation between pre stress and psychological wellbeing score in comparison group among nursing students ($r=0.43$, $p=0.00$). These finding were in contrast with the finding of Kimarie Brown, Pauline Anderson- Johnson and Anderson Norman McPherson(2016)⁸ where it was found that there was no significant relationship between stress and psychological well-being. Further this finding were consistent with the finding of Guiyuan Qiao, Sijian Li, where it was found that there were negative correlation between stress and psychological well-being.

Conclusion

The study concluded that there was a significant correlation between stress and psychological wellbeing scores among Nursing students. If stress decreases psychological wellbeing increases and vice versa.

Conflict of Interest: NIL

Funding Sources: NIL

Ethical approval: The ethical clearance was obtained from university research ethics committee of Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala (MMDU/IEC/1167) and the study were carried out in accordance with the guidelines laid by Indian Council of Medical Research ICMR (2017). Prior permission was taken from the principle of nursing institutes to conduct the study. The written consent was collected from the nursing students prior to the study.

The purpose of carrying out a research project was explained and assurance of confidentiality was given to the participants.

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