ASSOCIATION BETWEEN PRE INTERVENTION LEVEL OF STRESS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES AMONG STUDENTS UNDERGONE STRESS IN SELECTED NURSING COLLEGES, KHAMMAM, TELANGANA

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ABSTRACT

Stress is a condition of mental pressure for particular individual facing problems from environmental and social well-being which leads to so many diseases. The aim of the study is to assess the association between pre intervention levels of stress with their selected demographic variables among students undergone stress in selected nursing colleges, Khammam, Telangana. The pre-experimental one group pre intervention post intervention design was used for the study. It was carried out with 200 samples. Purposive sampling technique was used to select the samples. Modified stress scale was used for the data collection. The analysis revealed that there is a significant association of pre intervention levels of stress with selected demographic variables such as education, family income and exercises. There was a no association of pre intervention levels of stress with other selected demographic variables such as age, gender, occupation of father, type of family and personal habits.

Keywords: Stress, Nursing students, Demographic variables, exercise, disease.

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INTRODUCTION

Stressors have a major influence upon mood, our sense of well-being, behaviour, and health. Acute stress responses in young, healthy individuals may be adaptive and typically do not impose a health burden. However, if the threat is unremitting, particularly in older or unhealthy individuals, the long-term effects of stressors can damage health. Human beings are resilient and in general are able to cope with adverse situations

According to World Health Organization,2020 the statistical survey conducted by South African Nursing Council (SANC) in 2010 to identify the stress related problems among 54,13, 586 student nurses in Australia, Canada, New Zealand, United Kingdom and the United States. They found that 28,30, 923 (52.29%) were suffering with head ache, 23,89,969 (44.14%) were suffering from gastro intestinal disorders like gastritis, gastric ulcers and ulcerative colitis and 1,92,694 (3.55%) students were having other problems like back pain, muscle cramps and hair loss. It is very important to manage stress effectively by means of coping strategies like relaxation exercises, yoga and meditation.

STATEMENT OF THE PROBLEM

Association between pre intervention levels of stress with their selected demographic variables among students undergone stress in selected nursing colleges, Khammam, Telangana

OBJECTIVE OF THE STUDY

To find out the association between pre intervention level of stress with their selected demographic variables among students undergone stress

REVIEW OF LITERATURE

The reviews were collected from various sources like books, journal, and periodicals and also electronic sources such as PubMed / Medline, CINHAL, Science direct, Research gate. Indira. A, B. Kalavathi et al., 2021 conducted a descriptive study on levels of stress among the 1st year B.Sc. Nursing students in Nellore, India. A sample of 60 was selected by using simple random sampling technique. Modified student stress scale was used to assess the level of stress. The data was analysed by using the descriptive and inferential statistics. The results shows that Major findings of the study is 25% students had mild stress, 36.7% students had moderate stress, 38.3% students had severe stress. In post-test 25% students had very mild stress, 48.3% students had mild stress and 26.7% had moderate stress. The study results also indicate there is a statistically significant association with socio demographic variables such as mother's education, father's education, family income per month, type of family and awareness about nursing profession with level of stress.

Bushra Mushtaq, Javaid Ahmad Mir, Onaisa Aalia Mushtaq, 2021 conducted study on the stress level among nursing students, Srinagar, Kashmir. The Quasi Experimental, Non-randomized control group design (Pre-test – Post-test) was used for the study. Total enumerate sampling technique was used to collect data from the 40 subjects who fulfilled the inclusion criteria and were assigned to control group (n =20) and experimental group (n =20). The mean± SD pre-interventional stress level score for control group was 23.35±4.870 and pre-interventional stress level score for experimental group was 24.35±4.184 with the p-value 0.0000, whereas the post- interventional stress score for control group was 5.45±34.536 and post- interventional stress score for experimental group was 13.35±3.528 with the p-value of 0.000. The results also revealed that there was significant association between the age, total monthly income of family and residence of study subjects with pre-interventional level of stress scores of control and experimental group. The findings of the study concluded that progressive muscle relaxation is effective in reducing the level of stress among the nursing students.

RESULTS OF THE STUDY:

Demographic variables: Frequency and percentage distribution of demographic variables of nursing students undergone stress in related to the age the majority 98.0% were in the age group of 18-28 years, 1.5% were in the age group of 28-38 years, 38-48 years were 0.5% and none of them were in the age group of 48- 58 years. With respect to sex the majority 95.0% were females and 5.0% were males. Regard to education of nursing students 52.05% were b.sc nursing 3rd year, 26.05% nursing students were b.sc nursing 2nd year and 16.05% were b.sc nursing I year and 4.05% were b.sc nursing IV year.

In regard to occupation of the father the majority 61.00% was employed, 35.05% were business and 03.05%

were retired. Related to family income the majority 62.00%were getting Rs.5000 and above, 19.05% were getting Rs.1501 – 3000, 14.05% were getting Rs.3001 – Rs.5000 and 04.00% were not getting income. Regarding type of family in nursing students undergone stress, the majority 90.00% were living in nuclear family and 10.00% were living in joint family. Related to personal habits the majority of the nursing students 72.00% were listening music, 20.05% were reading books and none of them 07.05% were having no bad habits. Regarding exercises majority of them 68.00% were doing exercises and 32.00% were not doing exercises.

TO FIND OUT THE ASSOCIATION BETWEEN PRE TEST LEVEL OF STRESS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES AMONG NURSING STUDENTS

Table – 1: Association of the pre intervention levels of stress with their selected demographic variables among nursing students undergone stress   N = 200

S. No	Demographic variables	Pre intervention level of stress						chi square test
		Low		Moderate		High		
		F	%	F	%	F	%	
1.	**Age**							χ^2 = 6.49 df=4 NS
	18-28 years	13	6.5%	154	77%	29	14.5%	
	28-38 years	0	0%	03	1.5%	0	0%	
	38-48 years	0	0%	0	0%	1	0.5%	
2	**Gender**							χ^2 = 2.236 df=2 NS
	Male	01	0.5%	06	03%	03	1.5%	
	Female	12	6%	151	75.5%	27	13.5%	
3.	**Education**							χ^2 =17.496 df=6 **Significant at 0.05 level**
	B.sc nursing I year	03	1.5%	28	14%	02	01%	
	B.sc nursing II year	01	0.5%	42	21%	10	05%	
	B.sc nursing III year	09	4.5%	83	41.5%	13	6.5%	
	B.sc nursing IV year	00	0%	04	02%	05	2.5%	
4	**Occupation of the father**							
	Business	02	0.1%	58	29%	11	5.5%	χ^2 = 3.363 df=4 NS
	Employee	11	5.5%	93	46.5%	18	09%	
	Retired person	0	0%	06	03%	01	0.5%	
5	**Family Income**							χ^2= 24.402 df=6 **Significant at 0.05 level**
	None	00	00%	07	3.5%	01	0.5%	
	1501-3000	03	1.5%	21	10.5%	15	7.5%	
	3001-5000	01	0.5%	23	11.5%	05	2.5%	
	Above Rs.5000	09	4.5%	106	53%	09	4.5%	
6.	**Type of family**							2.961 df=2 NS
	Nuclear family	13	6.5%	142	71%	25	12.5%	
	Joint family	01	0.5%	15	7.5%	05	2.5%	
7.	**Personal habits**							χ^2 = 0.757 df=4 NS
	Reading books	02	01%	32	16%	07	3.5%	
	Listening music	10	5%	114	57%	20	105	
	None	01	0.5%	11	5.5%	03	1.5%	
8	**Do you do any exercises**							χ^2 = 8.144 df=2 **Significant at 0.05 level**
	Yes	12	06%	109	54.5%	15	7.5%	
	No	01	0.5%	48	24%	15	7.5%	

The above Table – 1 indicate that, there is a significant association of pre intervention levels of stress with selected demographic variables such as education, family income and exercises. There was a no significant association of pre intervention levels of stress with other selected demographic variables such as age, gender, occupation of father, type of family and personal habits.

CONCLUSION

The study found a significant association between pre-intervention levels of stress and selected demographic variables such as education, family income, and exercise among nursing students in Khammam, Telangana. However, no association was found with other demographic variables like age, gender, father's occupation, family type, and personal habits.

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