



## **A STUDY TO ASSESS THE LEVELS OF STRESS AMONG NURSING STUDENTS UNDERGOING STRESS AT SELECTED NURSING COLLEGES, KHAMMAM, TELANGANA**

**Ms. Gaddala Rajani\* | Dr. Rajrani\*\***

*\*Research Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.*

*\*\*Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India.*

**DOI: <http://doi.org/10.47211/tg.2023.v10i04.019>**

### **ABSTRACT**

*Stress is a normal part of everyday life and occurs whenever our bodies and mind are faced with demands which tax or exceed our capacity to respond. The objective of the study is to assess the levels of stress among nursing students undergoing stress at selected nursing colleges, Khammam, Telangana. The research design used in this study was pre-experimental one group pre intervention post intervention design. It was carried out with 200 samples. Purposive sampling technique was used to select the samples. Modified stress scale was used for data collection. The analysis revealed that pre intervention 64.0% nursing students perceived stress for sometimes, 20.0% nursing students perceived stress very often, 12.0% nursing students perceived stress fairly often and 4.0% of the nursing students perceived stress for almost never. In post intervention 65.0 % nursing students perceived stress for almost never, 30.5% nursing students perceived stress sometimes, 3.0% nursing students perceived stress either very often and 1.5% nursing students under the stress of fairly often. The study concluded that the pre intervention stress levels are high when compared with post intervention level of stress among nursing students. It indicates the pranayama is effective on reduction of stress.*

**Keywords:** *Pranayama, Stress, Nursing students, Telangana, Stress reduction.*

### **INTRODUCTION**

Stress is a natural physical reaction to events that cause to feel threatened or in any way upset equilibrium. Stress may cause or exacerbate heart disease, anxiety, depression, hypertension, alcohol abuse and gastrointestinal disorders. The stress has detrimental effects by reducing a person's capacity for attention, concentration and decision-making skill of a person. It is a serious hazard of the fashionable world affecting all people no matter age, gender, education, occupation, domiciliary status, finance, religion, race ethnicity and nationality. The stress and coping with stress as being interrelated processes. Relaxation techniques not only decrease stress levels. It improves the quality of life by giving a mental clarity that helps a person in taking quick decisions and improving efficiency to deal with problems and giving more energy and reducing negative emotions like anger and frustration. The relaxation exercises are known to reduce symptoms and improve outcome in stress, irritable, anxiety, sleeplessness, tension and headache in nursing students. Practicing deep breath exercises strengthens a person psychologically and enhances self-esteem by increasing efficiency.

### **STATEMENT OF THE PROBLEM**

A study to assess the levels of stress among nursing students undergoing stress at selected nursing colleges, Khammam, Telangana.

### **OBJECTIVE OF THE STUDY**

To assess the pre intervention and post intervention levels of stress among nursing students.

### **REVIEW OF LITERATURE**

The reviews were collected from various sources like books, journal, and periodicals and also electronic sources such as PubMed / Medline, CINAHL, Science direct, Research gate. Sunandha, G. Neelakshi, G. J. Sarasapharina, 2021 conducted study to assess the academic stress among nursing students in Chennai. A non-experimental descriptive research design was used. The Academic stress scale was used to collect the data from 75 students. The samples were selected through Purposive sampling technique. The data were analysed using descriptive and inferential statistics. The results show that majority 85.3% were in the age group of 18 – 20 years, female students 74.7%, in hostel 69.3%. among 75 students, majority 77.3% had severe level of academic stress, and 22.7% of them had moderate level of stress in relation to personal inadequacy; regarding fear of failure, majority 85.3% of them had moderate level of stress and 10 (13.3%) of them had severe stress and only one 1.03% person had mild level of stress. The present study concludes that majority of the students studying 3rd year had moderate level of academic stress.



Yan-xue Zheng a, Jia-Ru Jiao a, Wen-Nv Hao b, 2022 conducted a systematic review and meta-analysis on Stress levels of nursing students in China. Systemic review was conducted from PubMed, Cochrane, Web of Science, CNKI, and China Biomedical Literature Service System were searched for articles. Articles were included if they used validated psychosocial stress assessment instruments. Of the 15 articles with data on stress prevalence, 8 met all inclusion criteria. The sample size of 9202. Each article was independently reviewed by the authors and relevant data were abstracted. The results of this study shows that overall average score for stress among nursing students was 3.70 (95% confidence interval). The study concluded that this study showed that the stress level of intern nursing students was mainly moderate.

#### **DISTRIBUTION OF PRE AND POST INTERVENTION LEVELS OF STRESS AMONG NURSING STUDENTS**

**Table – 1: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students had undergone upset because of something that happened unexpectedly. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	8	4.0%	130	65.0%
Sometimes	128	64.0%	61	30.5%
Fairly Often	24	12.0%	03	1.5%
Very Often	40	20.0%	06	3.0%

**Table 1** shows in pre intervention 64.0% nursing students perceived stress for sometimes, 20.0% nursing students perceived stress very often, 12.0% nursing students perceived stress fairly often and 4.0% of the nursing students perceived stress for almost never. In post intervention 65.0 % nursing students perceived stress for almost never, 30.5% nursing students perceived stress sometimes, 3.0% nursing students perceived stress either very often and 1.5% nursing students under the stress of fairly often.

**Table 2: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students who were unable to control the important things in their life. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	28	14.0%	107	53.5%
Sometimes	98	49.0%	70	35.0%
Fairly Often	42	21.0%	14	7.0%
Very Often	32	16.0%	09	4.5%

**Table 2** shows in pre intervention 49.0 % nursing students perceived stress for sometimes, 21.0% nursing students perceived stress fairly often, 16.0% students perceived stress very often and 14.0% nursing students perceived stress for almost never. In post intervention 53.5 % nursing students perceived stress for almost never, 35.0% nursing students perceived stress sometimes, 7.0% nursing students perceived stress for fairly often and 4.5% nursing students perceived stress either very often.

**Table 3: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students felt nervous and stressed N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	14	7.0%	133	66.5%
Sometimes	111	55.5%	56	28.0%
Fairly Often	37	18.5%	06	3.0%
Very Often	38	19.0%	05	2.5%

**Table 3** shows nursing students felt nervous and stressed in pre intervention 55.5 % nursing students perceived stress for sometimes, 19.0% nursing students perceived stress very often, 18.5% nursing students perceived stress for fairly often and 7.0% nursing students perceived stress for almost never. In post intervention 66.5 % nursing students perceived stress for almost never, 28.0% nursing students perceived stress sometimes, 3.0% nursing students perceived stress for fairly often and 2.5% nursing students perceived very often.



**Table 4: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students felt confident about their ability to handle personal problems N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	50	25.0%	20	10.0%
Sometimes	49	24.5%	23	11.5%
Fairly Often	66	33.0%	49	24.5%
Very Often	35	17.5 %	108	54.0%

**Table 4** shows in pre intervention 33.0% nursing students perceived fairly often stress, 25.0% nursing students perceived stress almost never, 24.5% nursing students perceived stress sometimes and 17.5% nursing students perceived stress very often. In post intervention 54.0% nursing students perceived very often stress, 24.5% nursing students perceived fairly often stress, 11.5% nursing students perceived stress for sometimes and 10.0% nursing students perceived stress almost never.

**Table 5: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students felt things were going their way. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	19	9.5%	15	7.5%
Sometimes	31	15.5%	17	8.5%
Fairly Often	93	46.5%	54	27.0%
Very Often	57	28.5%	114	57.0 %

**Table 5** shows nursing students felt things were going their way in pre intervention 46.5 % nursing students perceived fairly often stress, 28.5% nursing students perceived stress very often, 15.5% nursing students perceived stress sometimes and 9.5% nursing students perceived stress almost never. In post intervention 57.0 % nursing students perceived very often stress, 27.0% nursing students perceived stress fairly often, 8.5% nursing students perceived stress sometimes and 7.5% nursing students perceived stress almost never.

**Table 6: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students who could not cope with all the things that they had to do. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	30	15.0%	123	61.5%
Sometimes	105	52.5%	48	24.0%
Fairly Often	38	19.0%	25	12.5%
Very Often	27	13.5 %	04	2.0 %

**Table 6** shows in pre intervention 52.5% nursing students perceived sometimes stress, 19.0% nursing students perceived stress fairly often, 15.0% nursing students perceived stress almost never and 13.5% nursing students perceived stress very often. . In post intervention 61.5 % nursing students perceived almost never stress, 24.0% nursing students perceived stress sometimes, 12.5% nursing students perceived stress fairly often and 2.0% nursing students perceived stress very often.

**Table 7: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students who often able to control irritations in their life. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	32	16.0%	18	9.0%
Sometimes	38	19.0%	36	18.0%
Fairly Often	88	44.0%	63	31.5%
Very Often	42	21.0%	83	41.5 %

**Table 7** shows in pre intervention 44.0% nursing students perceived fairly often stress, 21.0% nursing students perceived stress very often, 19.0% nursing students perceived stress sometimes and 16.0% nursing students perceived stress almost never. In post intervention 41.5 % nursing students perceived very



often stress, 31.5% nursing students perceived stress fairly often, 18.0% nursing students perceived stress sometimes and 9.0% nursing students perceived stress almost never.

**Table 8: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students felt that they were on top of findings. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	20	10.0%	16	8.0%
Sometimes	38	19.0%	38	19.0%
Fairly Often	73	36.5%	52	26.0%
Very Often	69	34.5%	94	47.0%

**Table 8** shows nursing students felt that they were on top of findings in pre intervention 36.5% nursing students perceived fairly often stress, 34.5% nursing students perceived stress very often, 19.0% nursing students perceived stress for sometimes and 10.0% nursing students perceived stress almost never. In post intervention 47.0% nursing students perceived very often stress, 26.0% nursing students perceived stress fairly often, and 19.0% nursing students perceived stress sometimes and 8.0% nursing students perceived stress almost never.

**Table 9: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students felt angered because of things that were outside of their control. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	12	6.0%	91	45.5%
Sometimes	95	47.5%	79	39.5%
Fairly Often	38	19.0%	26	13.0%
Very Often	55	27.5%	04	2.0%

**Table 9** shows in pre intervention 47.5 % nursing students perceived stress for sometimes, 27.5% perceived stress very often, 19.0% nursing students perceived stress fairly often and 6.0% nursing students perceived stress almost never. In post intervention 45.5 % nursing students perceived stress for almost never, 39.5% nursing students perceived stress sometimes, 13.0% nursing students perceived stress fairly often and 2.0% nursing students perceived stress very often.

**Table 10: Frequency and percentage distribution of pre and post intervention levels of stress among nursing students felt difficulties were piling up so high that they could not overcome them. N=200**

Levels of Stress	Pre-intervention		Post-intervention	
	Frequency	Percentage	Frequency	Percentage
Almost Never	42	21.0%	115	57.5%
Sometimes	101	50.5%	48	24.0%
Fairly Often	29	14.5%	23	11.5%
Very Often	28	14.0%	14	7.0%

**Table 10** shows in pre intervention 50.5 % nursing students perceived stress for sometimes, 21.0% nursing students perceived stress almost never, 14.5% nursing students perceived stress fairly often and 14.0% nursing students perceived stress very often. In post intervention 57.5 % nursing students perceived stress almost never, 24.0% nursing students perceived stress sometimes, 11.5% nursing students perceived stress fairly often and 7.0% nursing students perceived stress very often.

## CONCLUSIONS

The study effectively demonstrates the positive impact of pranayama on stress reduction among nursing students. The pre-intervention data revealed high levels of stress, with a significant portion of students experiencing stress frequently. However, the post-intervention data showcased a notable decrease in stress levels, indicating that pranayama intervention was successful in mitigating stress. The findings underscore the potential of pranayama as a valuable tool for managing stress, particularly in demanding professions like nursing.



#### REFERENCES

1. Rao B. Methods of bio statistics. 2nd ed. Hyderabad: Paras Publishing, 2004; 80.
2. Goel BS. Psycho-Analysis and Meditation. 1st ed. New Delhi: Paragon Enterprises. 1986; 304-309.
3. Janaki SS. Sanskrit and science. 1st ed. Chennai: Vignesh printers. 1997; 133-136.
4. Sunandha, G. Neelakshi, G. J. Sarasapharina. The academic stress among nursing students Annals of the Romanian Society for Cell Biology. 2021. 25(6), 497.
5. Yan-xue Zheng a, Jia-Ru Jiao a, Wen-Nv Hao b. Stress levels of nursing students: A systematic review and meta-analysis. National Library of Medicine. Medicine (Baltimore). 2022 Sep 9;101(36):e30547.

#### ABOUT AUTHORS:



Author Ms. Gaddala Rajani is Research Scholar in Himalayan University, Itanagar, Arunachal Pradesh, India.



Author, Dr. Rajrani is Ph.D. Guide at Himalayan University, Itanagar, Arunachal Pradesh, India. She is active researcher with many publications in her name. She has attended and organised various National and International conferences.