

Descriptive Study to assess the Perceived Stress Level during COVID - 19 Pandemic Crisis among Student Nurses in Selected Nursing College, Amritsar

Vijayalakshmi

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Author's Affiliations: Principal, S.B.S Institute of Nursing, Amritsar 143601, Punjab, India.

Corresponding Author: Vijayalakshmi, Principal, S.B.S Institute of Nursing, Amritsar 143601, Punjab, India.

Email: Vijayal2006@gmail.com

Abstract

Context: The corona virus disease-19 pandemic has rapidly become the most significant public health crisis of 21st century. Covid-19 has impacted nursing students distressfully due to the drastic changes in routine life like cancelation of classroom teaching and practical training, adjustment problems with online classes and anxiety about future. **Aims:** To evaluate the perceived stress level of student nurses during Covid-19 pandemic crisis. **Methods and material:** The research approach was quantitative approach and descriptive research design. The samples of 50 student nurses were selected by using convenient sampling technique from selected nursing college, Amritsar. The tool used was standardised Perceived Stress Scale-10 (PSS-10) developed by Sheldon Cohen, Kamarck T and Mermelstein R in 1988. The tool was administered to participants by self-administered method and data was collected. **Statistical analysis used:** Collected data were coded, tabulated and analysed by descriptive and inferential statistics. **Results:** Results of the level of Perceived Stress during COVID-19 pandemic crisis among student nurses revealed that majority 43(86%) had moderate stress followed by few 4(8%) had high stress and very few 3(6%) had low stress with average mean and SD of 20.66 ± 4.079 . The findings showed that student nurses residential area under hot spot during COVID 19 pandemic crisis and nursing class pursuing was found statistically significant association with level of perceived stress among student nurses at $p < 0.05$ level of significance. **Conclusions:** Based on statistical findings the study concluded that perceived stress level during COVID-19 pandemic crisis is moderate among student nurses.

Keywords: Perceived stress; COVID-19 pandemic crisis; Student Nurses.

Introduction

The Corona virus disease (COVID-19) pandemic which began in China in December 2019 and spread around the world, had declared as public health emergency of international concern.¹ COVID-19 pandemic crisis had led to lot of pressure and stress over students due to suspension of in person teaching and adjustment

problems with online classes.² This research was carried out especially for nursing students to encounter the pandemic process for the first time and not to engage in clinical practices in which they develop practical skills. Drastic changes in routine led to markedly increased stress in student nurses.

Statement of the Problem

Descriptive study to assess the perceived stress level during COVID-19 pandemic crisis among student nurses in selected nursing college, Amritsar.

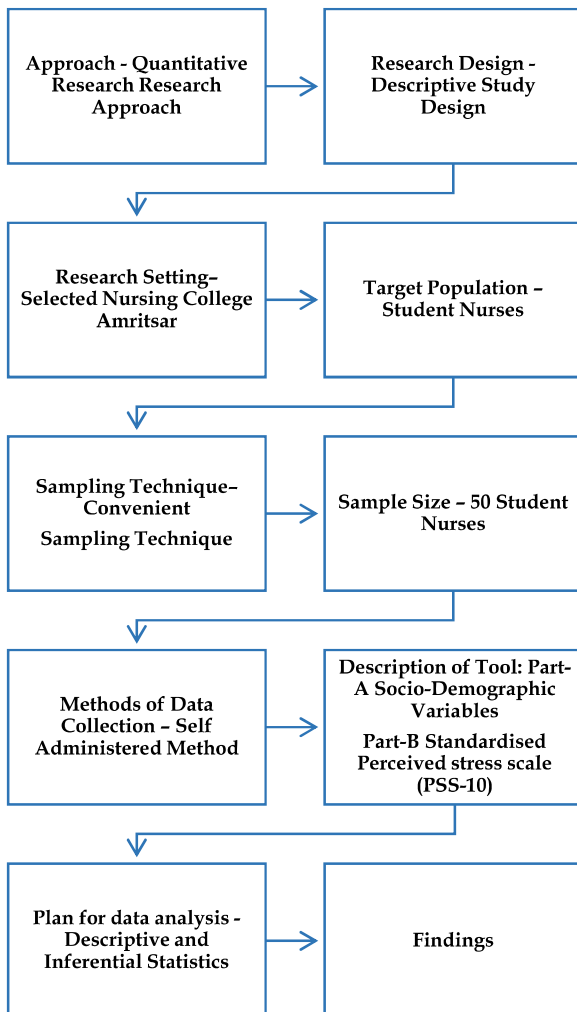
Objectives

- To find demographic variables of student nurses.
- To assess the perceived stress level of students nurses during COVID-19 pandemic crisis.
- To find the association between perceived stress level during COVID-19 pandemic crisis and selected demographic variables of student nurses.

Research Hypothesis

H1: There will be a significant association between perceived stress level during COVID-19 pandemic crisis and selected demographic variables of student nurses.

Methods and Material



Research Approach

Research approach is plans and procedures for research that span the steps from broad assumption to detailed methods of data collection analysis and interpretation. The research approach used in this study is integrated approach both qualitative and quantitative.

Research Design

The research design refers to the overall strategy that you choose to integrate the different components of the study in a coherent and logical way, in order to effectively address the research problem. The research design used in this study is based on descriptive design.

Research Setting

The research setting can be seen at the physical, social and cultural site in which the researcher conducts the study. The present study is conducted in the SBS institute of nursing, Sohian Kalan, Amritsar, Punjab.

Study Population

In research terminology the target population can be explained as comprehensive group of individuals, institutions, objects and so forth with have common characteristics that are the interest of a researcher for the present study, the target population of this study is BSC (N) students of S.B.S Institute of Nursing.

Sampling Technique

Sampling is a method that allows researchers to refer information about a population based on results from a subset of the population. In this study convenient sampling technique was used to select the sample.

Sample and Sample Size

Sample is a smaller version of the entire population that your dissertation research is about. Sample size is the number of subjects in your study. The sample size of this study is 50 student nurses.

Sampling criteria

Inclusion criteria

- Student who is pursuing B. Sc. Nursing.
- Students who are available during data collection.
- Students who is willing to participate for this dissertation.

Exclusion criteria

- Student nurses from other courses were not included in the study.

Description of Tool

Part A: Socio-demographic variables: It consist of 9 items for obtaining information from student nurses such as age, gender, religion, family income, area of residence, type of family, Hotspot areas, nursing class pursuing and mitigation measures.

Part B: Standardized Perceived Stress Scale (PSS-10) was used for this study. PSS-10 was developed by Sheldon Cohen, Kamarck T and Mermelstein R (1988).³ It is used to measure degree to which individual appraises situations in their lives as stressful. The perceived Stress scale is the most widely used psychological instrument for measuring perception of stress of last month. The scale also includes a number of direct queries about current level of experienced stress.

Scoring of PSS-10

Stress among student nurses were measured using a previously validated (Cronbach's and Coefficient of internal consistency) Standardized Perceived stress scale.³ The scale yielded a single score, with high score indicating higher level of stress and lower level indicating lower level of stress. First reverse your score for questions 4, 5,7 and 8. On these 4 questions change the score like 0=4, 1=3, 2=2, 3=1 and 4=0.

Scores ranging from

- 0 - 13 Low stress
- 14 - 26 Moderate stress
- 27 - 40 High stress

Standardized PSS-10 reliability score is 0.82. The scale is highly reliable for doing research.

Data Collection Procedure

The data collection was done in the month of January 2021, at selected nursing college, Amritsar, Punjab. Written permission was taken from the Principal of selected nursing college to conduct the study. Before the data collection a formal written consent was taken from the students and purpose of study was explained. Confidentiality and anonymity was maintained and used only for research purposes. As a sample for the study 50 student nurses were selected by using convenient sampling technique. Data was collected by self-administered using socio-demographic variables and standardized Perceived Stress Scale (PSS-10).

Method of Data Analysis

Collected data were coded, tabulated and analysed by using descriptive and inferential statistics. Data were put to statistical inferences by using SPSS

software package.

Results

Findings Related to Demographic Variables of Student Nurses:

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- According to their age majority 37 (74%) were in 19-21 years and 13 (26%) were in 21-23 years of age.
- Data on gender of student nurses showed that maximum 38 (76%) were male students and 12 (24%) were female students.
- With regard to religion of student nurses majority 24 (48%) belongs to Sikh religion, 14 (28%) belongs to Hindu and 12 (24%) belongs to Muslim.
- According to monthly family income of student nurses majority 15 (30%) had income of Rs. 11000-15000, 14 (28%) had income of up to Rs. 10000, 12 (24%) had income of Rs. 21000 and above and 9 (18%) had income of Rs. 16000-20000.
- Data on type of family of student nurses 37 (74%) were living in nuclear family and 13(26%) were living in joint family.
- With regard to area of residence of student nurses showed that majority 20 (40%) were residing urban area, 17 (34%) were residing in rural area and 13 (26%) were residing in hostel.
- According to students residential area majority 32 (64%) of students residential area was not under hot spot during COVID 19 pandemic period and 18 (36%) students residential area was under hot spot during COVID 19 pandemic period.
- Data on students following all utilization measures during COVID 19 pandemic period majority 18 (36%) very often follows, 13 (26%) fairly often follows, 13 (26%) sometimes follows, 3 (6%) almost never follows and 3 (6%) never follows all utilization measures during COVID 19 pandemic period.
- According to nursing class pursuing revealed that majority 28 (56%) of students were studying in B. Sc (N) 3rd year and 22 (44%) of students were studying in B.Sc (N) 2nd year.

Findings Related to Level of Perceived Stress during Covid-19 Pandemic Crisis among Student Nurses

Results of the level of Perceived Stress during COVID-19 pandemic crisis among student nurses revealed that majority 43(86%) had moderate stress followed by few 4(8%) had high stress and very few 3(6%) had low stress with average mean and SD of 20.66±4.079.

Findings related to association between levels of perceived stress during covid-19 pandemic crisis among student nurses with their selected demographic variables.

The association between level of perceived stress during COVID-19 pandemic crisis among student nurses with selected demographic variables which was tested by using chi-square test. Results revealed that students residential area under hot spot during COVID 19 pandemic crisis and nursing class pursuing was found statistically significant association with level of perceived stress among student nurses at p<0.05 level of significance. The other demographic variables such as age, gender, religion, monthly family income, type of family, area of residence and students following all mitigation measures during COVID 19 pandemic crisis was not found statistically significant association with level of perceived stress among student nurses.

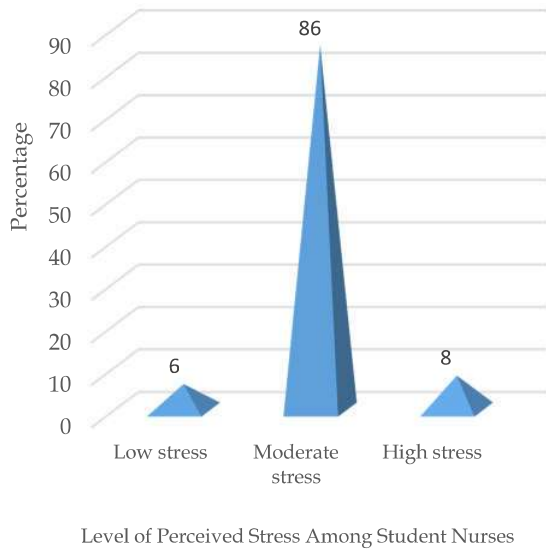


Fig. 1: Distribution of level of perceived stress during COVID 19 pandemic crisis among student nurses.

Table 1: Frequency and percentage distribution of demographic variables. N=50

Demographic variables	Frequency (f)	Percentage (%)
Age in years		
19-21 years	37	74
21-23 years	13	26
Gender		
Male	12	24
Female	38	76
Religion		
Hindu	14	28
Muslim	12	24
Sikh	24	48
Christian	0	0
Monthly family income (Rs)		
≤ 10000	14	28
11000-15000	15	30
16000-20000	9	18
≥ 21000	12	24
Type of family		
Nuclear	37	74
Joint	13	26
Area of residence		
Rural	17	34
Urban	20	40
Hostel	13	26
Residential area under hot spot during COVID 19 pandemic period		
Yes	18	36
No	32	64
Following all utilization measures during COVID 19 pandemic		
Never	3	6
Almost never	3	6
Sometimes	13	26
Fairly often	13	26
Very often	18	36
Nursing class pursuing		
B. Sc (N) 2 nd year	22	44
B. Sc (N) 3 rd year	28	56

Table 3: Association between levels of perceived stress during COVID 19 pandemic period among student nurses with selected demographic variables. N=50

Demographic variables	Level of stress			Chi value	DF	p value
	Low	Moderate	High			
Age in years						
19-21 years	1	33	1	2.749	2	0.253 ^{NS}
21-23 years	2	10	3			
Gender						
Male	0	12	0	2.570	2	0.277 ^{NS}
Female	3	31	4			
Religion						
Hindu	1	13	0	2.949	4	0.566 ^{NS}
Muslim	0	11	1			
Sikh	2	19	3			
Christian	--	--	--			

Table cont....

Monthly family income (Rs)						
≤ 10000	0	12	2			
11000-15000	1	13	1			
16000-20000	1	7	1	3.262	6	0.775 ^{NS}
≥ 22000	1	11	0			
Type of family						
Nuclear	1	32	4			
Joint	2	11	0	3.988	2	0.136 ^{NS}
Area of residence						
Rural	2	2	13			
Urban	1	1	18	2.559	4	0.634 ^{NS}
Hostel	0	1	12			
Residential area under hot spot during COVID 19 pandemic period						
Yes	3	15	0			
No	0	28	4	7.607	2	0.022*
Following all utilization measures during COVID 19 pandemic						
Never	0	0	3			
Almost never	0	0	3			
Sometimes	0	2	11	7.177	8	0.518 ^{NS}
Fairly often	0	1	12			
Very often	3	1	14			
Nursing class pursuing						
B. Sc (N) 2 nd year	3	19	0			
B. Sc (N) 3 rd year	0	24	4	6.962	2	0.031*

* Significant NS-Non significant

Discussion

The findings are supported by a cross-sectional study conducted by Imran Aslan et. al., (2020) to explore perceived stress among 358 undergraduate students in Turkey during COVID-19 pandemic. The measurements used in the study were the Generalized Anxiety Disorder 7-item scale, Patient Health Questionnaire, Satisfaction with Life Scale, Perception of COVID Impact on Student Well-Being, Perceived Stress Scale (PSS-10), Physical Activity Scale, and a socio-demographic survey. Students reported high perceived stress, mild generalized anxiety, and low satisfaction with life. Female and physically inactive students had higher PSS-10 levels.⁴

Conclusion

Based on statistical findings the study concluded that perceived stress level during COVID-19 Pandemic Crisis is moderate among student nurses.

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