

A Study To Evaluate The Effectiveness Of Bundle Of Stress Intervention Program To Improve Resilience On Stress Among Bsc Nursing 1st Year Students Studying At Selected Nursing College Kanpur, Uttar Pradesh.

Miss Jyoti Pal ¹, Mrs. Ekjot Kaur ²

M.Sc. Nursing Final Year Student ¹, Assistant Professor ², Department of Mental Health Nursing
Faculty of Nursing, Rama University, Mandhana, Kanpur, Uttar Pradesh .

ABSTRACT: Perceived stress in nursing education were considered as one of the most important issue in the modern world. During nursing education and training students are frequently exposed to various stressors which may directly or indirectly affect their resilience level. The present study was conducted to assess the effectiveness of bundle of stress intervention program to improve resilience on stress among B.Sc. nursing first year students. The objectives of the study were (i) to assess the level of resilience and stress among 1st year B.Sc. nursing students (ii) to evaluate the effectiveness of bundle of stress intervention program to improve resilience on stress among 1st year B.Sc. nursing students (iii) to associate the level of resilience and stress with selected demographic variables (iv) to correlate the level of resilience and stress among 1st year B.Sc. nursing students at selected nursing college, Kanpur, UP. A quasi experimental one group pre test post test only design was used for study. 60 nursing students were taken a sample who fulfill the inclusion criteria. Simple Random Sampling technique was used. Demographic questionnaire, Perceived stress scale and Connor Davidson Resilience Scale (CD-RISC 10) were the tools used for data collection. The findings of the study revealed that in Pre-test majority of the nursing students 41(68.3%) were having high perceived stress, 16(26.7%) were having moderate perceived stress and least of the nursing students 3(5%) were having low perceived stress and the Pre-test mean score and Standard Deviation (27.23 and 4.952). In Post- test, highest nursing students 49(81.7%) had low perceived stress, 9(15%) had moderate perceived stress and least nursing students 2(3.3%) had high perceived stress and the Post test mean score and Standard Deviation (12.50 and 3.924). In Pre-test maximum nursing students 55(91.7%) had low level of resilience and only 5(8.3%) nursing students had high level of resilience and The Pre- test score mean score and standard deviation (14.87 and 3.397). In Post- test , majority of the nursing students 58(96.7%) had high level of resilience and only 2(3.3%) nursing students had low level of resilience. and The Post-test mean score and Standard Deviation (28.88 and 3.928). The mean score of post-test perceived stress was 12.50(20.83%) which was lower than the pre-test perceived stress mean score was 27.23(45.38%), and the mean score of post-test of resilience was 28.88(48.13%) which was higher then the pre-test resilience mean score 14.87 (24.78%) suggesting that the bundle of stress intervention program was effective in decreasing the level of perceived stress and increasing the level of resilience among B.Sc. nursing first year students. . The findings revealed that correlation coefficient $r_s = -0.1026$ and there was a negative correlation between perceived stress and resilience level among nursing students. It is concluded that bundle of stress intervention program was effective in decreasing the level of perceived stress and increasing the level of resilience among B.Sc. nursing 1st year students.

KEYWORDS: Perceived Stress, Resilience, Nursing students

INTRODUCTION:-

Stress has many types of meaning for every person who were facing different conditions. In a most general way stress could be defined as "Stress would not the specific response of any person for any demand".¹

Stress was a vital event always. Every individual need stress for creativity, learning and for our better survival. Stress might harmful when it become overwhelming and interrupts the healthy state of equilibrium that our systema nervosum had to remain in balance. When stress overwhelms the systema nervosum, our body would flooded with chemically that prepare us for "flight and fight" while the stress response would be lifesaving in emergency situations where we wants to act quickly, it wear our body down when constantly activated by stressors of standard of living. The most frequent reasons for "stressing out" falls into three main categories: i)-The unsettling effects of changes, ii)-The feeling that associated with out of doors force was difficult or threatening the nursing personnels, iii)-The feeling that when individual just simply have lost personal management.²

Stress might had a positive and negative side, once it's positive it ought to act as rational motive for good growth however once it's negative, it causes malady, tutorial stress becomes important issue. Nursing students could be vital and helpful human assists. Detection of stress might very as a result of it's visiting to be the rational of low productivity, bated quality of life and self-destructive thoughts that was due to examination, assignments submission and assessment.³

Resilience was a selfhood, flexibility, faith, self worth and power, empathetic and humanistic approach, and developed insight regarding responsibilities and role, smart physical health to contribute mental eudaimonia, smart social network and hobbies.

Resilience were associate in nursing inner energy of life power to help a private to persists.⁴

Resilience was to boot a phenomena or method reflective comparatively positive adaption despite expertise of nice adversity or trauma. as a result of resilience was to boot a superb ordinate construct subsuming into two distinct dimensions- vital adversity and positive adaptation.⁵ Resilience was that the strategy of adapting well among the face of adversity, trauma, tragedy, threats or may be vital sources of stress- like family and relationship downside, or geographical point and monetary stressors. It meaning that “bouncing back” from a totally different experiences.

NEED FOR THE STUDY-

Past researches had indicated all school students were vulnerable and skill stress. Additionally to ancient tutorial stressors, nursing students expertise clinical stress. Extremes of an excessive amount of stress or insufficient stress could also be negative impact on a student’s healthy. Ideally, students develops positive cope ways to keep up best balance in their calling.⁶

Stress had currently become a section of scholars tutorial life because of the assorted internal and external expectations placed on them. Nursing students were significantly liable to the issues related to tutorial stress as transition occur at a personal and social level. So, it’s becomes important to spot the explanation of stress associate degreed its impact on the educational performances so as to eliminate or overcome the strain and additionally to driven an adequate and economical interventional ways. by distinguishing the sources ,would facilitate the event of effective interventions to boost the resilience on stress.⁷

The purpose of conducting this research was to identify and determine the events of academic stress in nursing students and how it affects the academic performance in nursing students. Early detection of academic stress in nursing students is a priority endeavor, given the possibility to successfully confront it by using strategies that eradicate the stress factor by improving their resilience.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of bundle of stress intervention program to improve resilience on stress among B.Sc Nursing 1st year students studying at selected nursing college, Kanpur, Uttar Pradesh .

OBJECTIVES OF THE STUDY

1. To assess the level of resilience and stress among 1st year B.Sc. nursing students.
2. To evaluate the effectiveness of bundle of stress intervention program to improve resilience on stress among 1st year BSc nursing students.
3. To associate the level of resilience and stress with selected demographic variables.
4. To correlate the level of resilience and stress among 1st year B.Sc. nursing students.

RESEARCH HYPOTHESIS-

H1: There was a significant difference between pre and post level of resilience and stress among 1st year B.Sc. nursing students.

H2: There was a significant association between level of resilience and stress and selected demographic variables of 1st year B.Sc. nursing students

H3: There was a significant correlation in resilience and stress among 1st year B.Sc. nursing students.

RESEARCH METHODOLOGY

Research approaches: Quantitative evaluative research approach were used in the study.

Research Design: Quasi- Experimental one group pre-test post-test only design were used in the study.

Sample and Sample size: 60 First year B.Sc. Nursing Student at Rama College of Nursing, Mandhana, Kanpur, U.P.

Sampling Technique: The Simple Random Sampling Technique had been adopted for the study.

DEVELOPMENT OF THE TOOL

Section A:- Socio-demographic variables

Section B:- i) Perceived stress scale (PSS)

ii) Connor Davidson Resilience Scale (CD-RISC 10).

Section A:- It deals with the demographic data which was used to collect the characteristics of the samples. It contains 8 items such as Age, Gender, Religion, Previous educational qualification, Family income per month, Marital status, Exercise pattern and Meditation.

Section B:- Perceived Stress Scale with 10 items to assess the level of Perceived Stress and Connor Davidson Resilience Scale (CD-RISC 10 item) to assess the level of Resilience among 1st years B.Sc. Nursing Students.

SCORING OF THE KEY

TABLE NO. 1: Table of range of perceived stress scale

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

TABLE NO. 2: Table of range of resilience scale

RANGE	SCORE
Low level Resilience	0-20
High level Resilience	21-40

RESULT

The data finding have been organized under following sections:

SECTION A: Assessment of level of perceived stress among B.Sc. nursing students.

SECTION B: Assessment of level of resilience among B.Sc. nursing students.

SECTION C: Effectiveness of Bundle of stress intervention program to improve resilience on stress among nursing students.

SECTION D: Association of Pre-test perceived stress and resilience score with selected demographic variables.

SECTION E: Correlation between the level of perceived stress and resilience among nursing students.

SECTION A: Assessment of level of perceived stress among B.Sc. nursing students.

TABLE 3:- Frequency and Percentage Wise distribution according to Pre and Post Perceived Stress level of B.Sc. Nursing Students.

n=60

Level of Perceived Stress	PRE-TEST		POST-TEST	
	Frequency	Percentage	Frequency	Percentage
Low perceived stress	3	5.0	49	81.7
Moderate perceived stress	16	26.7	9	15.0
High perceived stress	41	68.3	2	3.3
Total	60	100.0	60	100.0

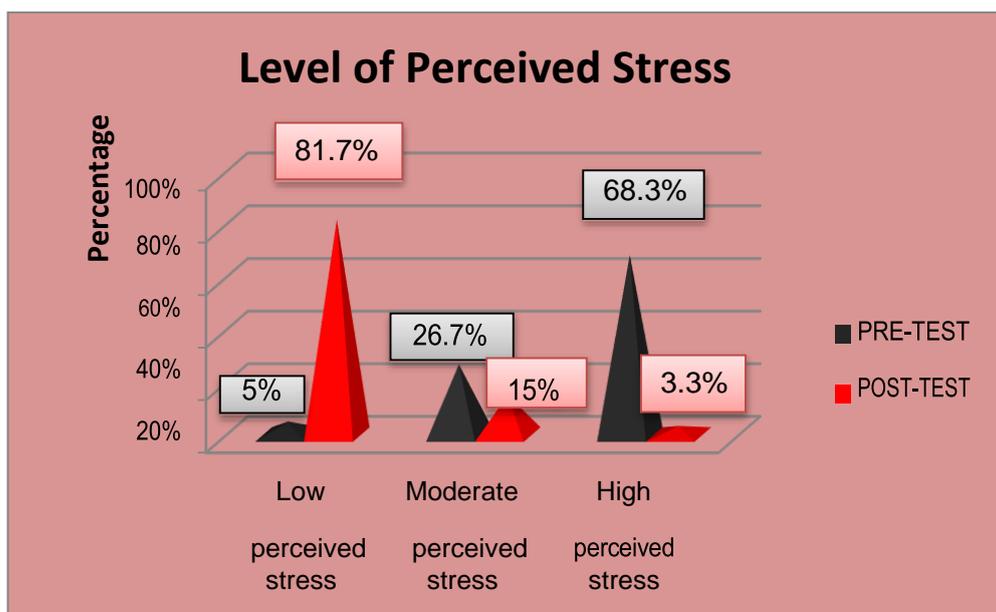


Diagram no. 1:- Cone diagram showing percentage wise distribution of nursing students according to their Pre and Post Perceived Stress.

(Table no.3 diagram no.1) Cone diagram reveals that in Pre-test majority of the nursing students 41(68.3%) were having high perceived stress, 16(26.7%) were having moderate perceived stress and least of the nursing students 3(5%) were having low perceived stress.

In Post- test, highest nursing students 49(81.7%) had low perceived stress, 9(15%) had moderate perceived stress and least nursing

students 2(3.3%) had high perceived stress.

SECTION B: Assessment of level of resilience among B.Sc. nursing students.

TABLE 4:- Frequency and Percentage Distribution According to Pre and Post level of Resilience among B.Sc. Nursing Students.

Resilience level	PRE-TEST		POST-TEST		n = 60
	Frequency	Percentage	Frequency	Percentage	
Low resilience	55	91.7	2	3.3	
High resilience	5	8.3	58	96.7	
Total	60	100.0	60	100.0	

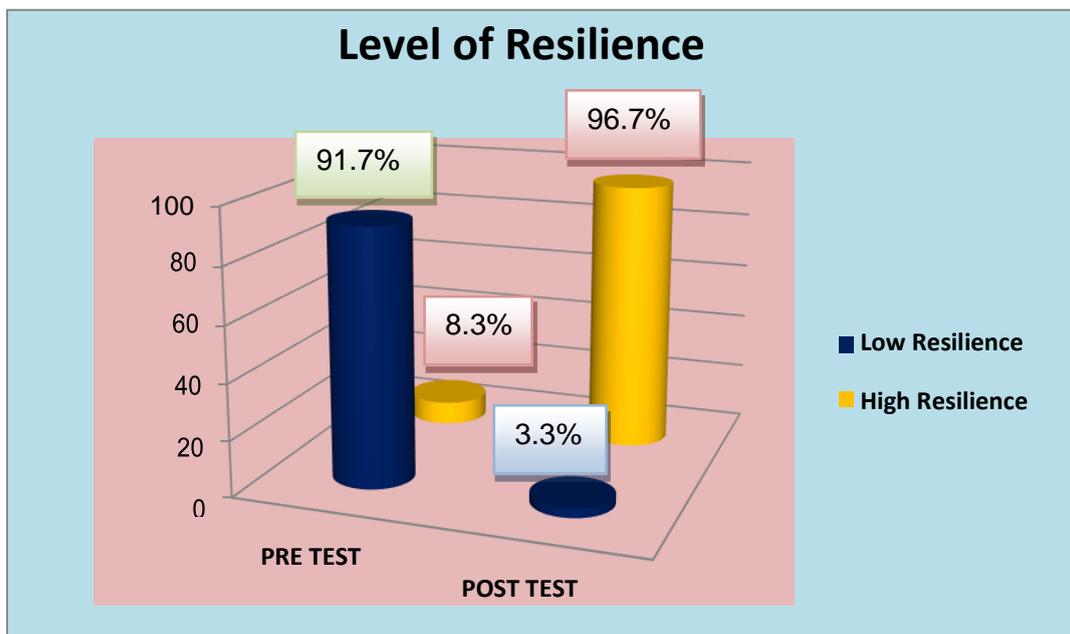


Diagram no. 2. Cylindrical diagram showing percentage wise distribution of nursing students according to their Pre and Post level of Resilience.

(Table no.4 diagram no.2) Cylindrical diagram reveals percentage wise distribution of nursing students according to their pre and post level of resilience. It reveals that in pre-test maximum nursing students 55(91.7%) had low level of resilience and only 5(8.3%) nursing students had high level of resilience. In post- test , majority of the nursing students 58(96.7%) had high level of resilience and only 2(3.3%) nursing students had low level of resilience.

SECTION C: Effectiveness of Bundle of stress intervention program to improve resilience on stress among nursing students.

Table no. 5: Effectiveness of perceived stress level and resilience levelamong B.Sc. Nursing students.

n=60

Area	PRE-TEST		POST-TEST		“z” value Inference
	Mean	Mean %	Mean	Mean %	
Perceived Stress	27.23	45.38	12.50	20.83	-6.691 significant

3. Mandeep Kaur, Kanika Guleria, Medico legal update, Volume-21, January-March 2021, A study to assess the level of stress among nursing students. <https://ijop.net/index.php/mlu/article/download>
4. Emel Bahadir Yilmaz, Chinese Nursing Research, Volume-4, issues 1, March 2017 page (9-13) , Resilience as a strategy for struggling against challenges related to the nursing profession. <https://www.sciencedirect.com/science/article/pii>
5. Suniya S Luthar, Resilience and positive psychology , handbook of development psychopathology ,page no.125-140 <https://www.researchgate.net/publication/resilienceandpositivepsychology>
6. Nursing student stress: A thesis <https://library.ndsu.edu/ir/bitstream/handle/nursing%20student%20sress.pdf>
7. K. Jayasankara Reably, Karishma Rajan Menon, Biomedical and pharmacology journal, volume 11, issue 1 <https://biomedpharmajournal.org/volume11/no-1/academicstressanditsourcesamonguniversitystudents>