LEVEL OF STRESS AND ANXIETY REGARDING THE CLINICAL TRAINING AMONG FIRST YEAR NURSING STUDENTS OF SELECTED COLLEGES OF PUNJAB

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Abstract

Introduction: Clinical training is a vital aspect of nursing education, providing students with hands-on experience in real healthcare settings. However, it often induces significant stress and anxiety due to the high expectations, pressure to perform, and responsibility for patient care. **Aim:** The aim of this study was to assess the level of stress and anxiety regarding clinical training among first year nursing students in selected colleges of Punjab. **Methodology**: Quantitative approach and descriptive research design was adopted to conduct the study. Data was collected after ethical clearance from concerned authorities and informed consent from the students.100 students were selected by probability sampling technique and data was collected by using Perceived Stress Scale and The Hospital Anxiety and Depression Scale (HADS). **Results:** The data was analyzed by descriptive and inferential statistics which revealed that out of 100 nursing students 39% had severe stress, 31% had moderate stress and 15% had Profound and mild stress, on the other hand 63% students had moderate anxiety, 27% students had mild anxiety and 10% had severe anxiety regarding clinical training. There was a positive relationship between stress and anxiety(r=0.6) and was statistically significant at $p<0.05$ level of significance. The study variables are associated with some selected socio demographic variables. **Conclusion:** It was concluded that majority of the students had severe stress and moderate anxiety. There was positive relationship between stress and anxiety score among nursing students.
Keywords: STRESS, ANXIETY, CLINICAL TRAINING

Introduction

Clinical training is an essential component of nursing education, offering students the opportunity to translate theoretical knowledge into practical skills in real-world healthcare settings. While it is a crucial step in developing competent and confident nurses, it is also a period of heightened stress and anxiety for many students. The demanding nature of clinical training, coupled with the pressure to perform under scrutiny, can lead to significant emotional disturbances. Stress and anxiety during clinical training not only affect students' mental health and well-being but can also negatively influence their academic performance, clinical competence, and overall educational experience. These psychological challenges, if left unaddressed, can lead to burnout, decreased motivation, and a lack of self-confidence, ultimately affecting their future careers as healthcare professionals and psychological strain.

Stress and anxiety during clinical training not only affect students' mental health and well-being but can also negatively influence their academic performance, clinical competence, and overall educational experience. These psychological challenges, if left unaddressed, can lead to burnout, decreased motivation, and a lack of self-confidence, ultimately affecting their future careers as healthcare professionals.

Statement Of The Problem

A descriptive study to assess the level of stress and anxiety regarding the clinical training among first year nursing students of selected colleges of Punjab.

Aims Of The Study

The aim of the study was to assess the level of stress and anxiety regarding the clinical training among first year nursing students of selected colleges of Punjab.

Objectives Of The Study

1. To assess the level of stress regarding the clinical training among nursing students.

2. To assess the level of anxiety regarding the clinical training among nursing students.

3. To find out the relationship between level of stress and anxiety regarding the clinical training among nursing students.

4. To find out the association between the level of stress and anxiety regarding the clinical training among nursing students and selected socio- demographic variables.

ASSUMPTIONS

First year nursing students have stress and anxiety regarding clinical training

MATERIAL AND METHODS

Research Approach and Research Design

Quantitative research approach and Non Experimental descriptive research design was used to conduct the study.
Research setting
The present study was conducted in selected Nursing colleges, Punjab.
Study Population
First year students of nursing colleges, Punjab
Sample, Sampling technique and size
A sample of 100 nursing students was taken from selected colleges, Punjab. A probability sampling technique was used.
Inclusion criteria
The study includes the students:
- who were willing to participate in the study
- both male and female
Exclusion criteria
The study exclude teaching faculty who were:
- Not available at the time of data collection

Research variable: Level of Stress and anxiety

Selection and development of tool (s)
Tools were prepared after extensive review of literature, consultation and discussion with the experts from different fields. It was consist of three sections:
Section A: Demographic Variables :This section consist of 6 items for obtaining personal information about students i.e. Age of students, Gender, Area of Residence, Marital status, Type of course, Year in Nursing.
Section B: Standardized Perceived Stress scale for assessing stress regarding clinical training. This tool consists of 14 Items and responses are scored on a 5-point Likert scale (0 = never and 4 = very often) with seven items for reverse scoring. The total score is a sum of 14 items (ranging from 0 to 56), with higher scores meaning more perceived stress. Maximum score was 56 and minimum score was zero (0)

Section C: Standardized tool The Hospital Anxiety and Depression Scale (HADS) for assessing anxiety regarding clinical training. The HADS- contains 7 items with each item scoring on a 4-point Likert scale from 0 to 3. The total score of HAS ranges between 0 and 21 points, with higher scores indicating more severe anxiety.

Ethical consideration:
- Permission was taken from the concerned authority of colleges.
- Informed written consent was taken from each selected sample and assured that the information given by them will be kept confidential.

Pilot study and Reliability of the tool

It was conducted to check the feasibility and reliability of the study on 1/10th part of the total sample of students. The reliability index Cronbach's alpha co-efficient for the scale as a whole were found to be .91 and .90 respectively.

Procedure for Data Collection

Data was collected from the selected sample by using standardized likert rating scalePerceived Stress Scale and The Hospital Anxiety and Depression Scale (HADS). .Ethical procedure was followed before the data collection.

Data Analysis

The analysis and interpretation of the data was done according to the objectives by using descriptive and inferential statistics such as frequency and percentage distribution. Mean, SD , Karl Pearson coefficient of correlation and Chi square using SPSS 26

RESULTS

ANALYSIS AND INTERPRETATION

Analysis and interpretation of the data was done in accordance with the objectives laid down for the study.

SECTION I
DEMOGRAPHIC VARIABLES
Table 1
Frequency and Percentage distribution of demographic variables of Nursing Students

N=100

Sr.No.	Demographic Variable	n	%

1.	**Age in years**
	   a. 17-20
	   b. 21-24
	   c. >24
		
		44
		36
		20
			
			44
			36
			20

2.	**Gender**
	   a. Male
	   b. Female
		
		10
		90
			
			10
			90

3.	**Type of College**
	   a. Private
	   b. Government
		
		34
		66
			
			34
			66

4.	**Area Of Residence**
	   a. Rural
	   b. Urban
		
		57
		43
			
			57
			43

5.	**Type of course**
	   a. ANM
	   b. GNM
	   c. B.Sc.(N)
	   d. Post Basic B.Sc. Nursing
		
		17
		33
		40
		10
			
			17
			33
			40
			10

6.	Do you have attended any conference/ workshop regarding Clinical training stress and anxiety?		
	a. Yes	45	45
	b. No	55	55
7.	If yes, source of information regarding Clinical training stress and anxiety?		
	a. Family/ Friends	28	28
	b. Mass media	47	47
	c. Health Workers	13	13
	d. Colleagues	12	12

Table 1, revealed that the majority of the Nursing students 44(44%) were in the age group of 21-25 years and 90(90%) were Female. The result showed that 66(66%) students were from government and belonged to rural area i.e., 57(57%). The 40(40%) Nursing students were from BSC. (N), and only 10(10%) students from ANM course. More than half (55%) of the students did not attended any workshop/conference regarding clinical training Anxiety and stress and nearly half of the students (45%) got information from mass media and only 12% from colleagues.

SECTION 2

Objective 1: To assess the level of stress regarding the clinical training among nursing students of selected colleges of Punjab.

Table 2

Frequency and percentage distribution of level of stress regarding the clinical training among nursing students

N=100

Level of Stress	Score	N	%	Mean	S.D
Mild	0-14	15	15		
Moderate	15-28	31	31	21.00	±2.11
Severe	29-42	39	39		
Profound	43-56	15	15		

Maximum score=56   **Minimum score=0**

Table 2 depicted that out of 100 Nursing students, 39(39%) had Severe stress, 31(31%) had Moderate stress and 15(15%) had Profound and same no. of students had mild stress. Hence, it was concluded that majority of the students had severe stress.

Objective 2: To assess the level of anxiety regarding the clinical training among nursing students of selected colleges of Punjab.

Table 3

Frequency and percentage distribution of level of anxiety regarding the clinical training among nursing students

N=100

Level of Anxiety	Score	N	%	Mean	S.D
Mild anxiety	0-7	27	27%		
Moderate anxiety	8-14	63	63%	38.07	±6.3
Severe anxiety	15-21	10	10%		

Maximum score= 21   **Minimum score= 0**

Table 3 depicted that out of 100 Nursing students, 63(63%) had moderate anxiety, 27(27%) students had mild anxiety and 10(10%) had severe anxiety regarding clinical training. Hence, it was concluded that majority of the students had moderate anxiety.

Objective 3: To find out the relationship between stress and anxiety regarding clinical training among nursing students.

Table 4 Relationship between stress and anxiety regarding clinical training among nursing students.

N=100

Relationship	Mean	SD	r
Stress	21.00	±2.11	0.6
Anxiety	38.07	±6.3	

Table 4, revealed that the mean and standard deviation for stress and anxiety were 21.00, ±2.11
and 38.07, ±6.3 respectively. The relationship between stress and anxiety was found out to be 0.6. Hence, it was concluded that there was moderate relationship between stress and anxiety score among nursing students.
Objective 4: To find out the association of stress and anxiety regarding clinical training with selected socio demographic variables.

Table 5:**To find out the association between stress regarding clinical training with their selected demographic variables among nursing students**

N=100

S.NO.	Variables	Level of Stress				Chi square	Df	P value
1.	Age in years	Mild	Moderate	Severe	Profound			
	17-20	09	23	8	04			
	21-24	03	06	24	03	0.79	6	0.44[N.S]
	>24	03	02	07	08			
2.	Gender							
	Male	03	02	03	02	0.026	3	0.94[N.S]
	Female	12	29	36	13			
3.	Type of college							
	Private	04	17	08	05	0.034	3	0.80[N.S]
	Government	11	14	31	10			
4.	Area of residence							
	Rural	12	19	13	13			
	Urban	03	12	26	2	1.18	3	0.65[N.S]
5.	Type of Course							
	ANM	02	06	07	02			
	GNM	04	16	**10**	**03**			
	B.Sc. (N)	06	07	19	08	3.87	9	0.44[N.S]
	Post Basic(N)	03	02	03	02			
6.	Attended any workshop/ Conference							
	Yes	06	15	19	05	1.22	3	1.27[NS]
	No	09	16	20	10			
7.	If Yes, Source of information							
	Family/Friends	02	**14**	**08**	**04**			

	Mass media	09	13	18	07			
	Health workers	02	02	06	03	5.988	9	**0.30NS**
	Colleagues	02	02	07	01			

S = Significant at p<0.05   **NS = Non Significant**

Table 5, showed that the association of stress with socio demographic variable was found non significant at p< 0.05 level of significance.

Similarly, the association of anxiety with socio demographic variable was found non significant at p< 0.05 level of significance.

DISCUSSION

The findings of the study revealed that out of 100 Nursing students, 63(63%) had moderate anxiety, 27(27%) students had mild anxiety and 10(10%) had severe anxiety regarding clinical training. The similar study was conducted by **Bhattarai L, Sharma M (2019) ,** the study showed that among 124 Nursing students, 94 (75.8%) had mild anxiety while 30 (24.2%) had moderate anxiety on clinical training. The similar study was conducted by **Sackitey G L (2017)** showed that 41% of students had acute anxiety and 59% had severe anxiety regarding hospital training among the students.

The finding of the study revealed that the mean and standard deviation for stress were 21.00 ± 2.11 respectively and for anxiety were 38.07 ± 6.3 respectively. Hence, it was concluded that there was moderate relationship between stress and anxiety score among nursing students. The similar study was conducted by **Arifa S & Selvin E. (2019)** ,the study results revealed that significant correlation coefficient between stress of students and anxiety was found to be +0.60 (P<0.001) regarding Stress and anxiety.

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