

## A study of causes of stress among the nursing students

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### Abstract:

*Stress is a situation or disorder of mental tension for ascertain individual facing troubles and complications from ecological and social well-being which take the lead to so many ailments and disorders. Early age is the crucial period for the reason that at this time youth faces a lot of adjustments and variations in his/her life. They are estimated and anticipated to be the elites in the culture and society. Thus, they have a duty to enhance their anxiety management capabilities so as to live a healthy life after go into the society. When a child enters into the youth age, they need to not only adapt themselves to the new life and new environment but in addition be familiar with many new people, events, and things. The life stress on them is considerable. Therefore, knowledge the sources of stress among them and how they can cope with the stress is very important. The investigator or the scientist or the researcher found that the stress mainly comes from academic tests, interpersonal relations, relationship challenges and complications, life changes, and career exploration. Such stress may usually cause emotional and mental, physical, and behavioral problems. This analysis and research find the causes of stress among nursing students. So, after identifying causes the investigator suggests that more emphasis can be given to training stage of child into teens.*

**Keywords:** Stress, Symptoms, Stresser, nursing students

### 1.Introduction

Selye (1956) defines stress as "any external event or any internal drive which threaten to upset the organism equilibrium is stress". Stress is a condition or feeling experienced when a person perceives that requirement and needs exceed the personal and social assets and the resources the individual is able to mobilize. In the present competitive age, it is reported that young generation are found to be more in stress. We got the information related to depression, attempt to suicide and some psychological symptoms among the nursing students. Sometimes we got the testimony and proof related to self-destruction, struggled suicide unhappiness, despair, dropout combined with many more psychological symptoms among the nursing students. Now scenario has been changing most of us aware about the stressor which affect the college students and maintain the environment which induces the positive thinking among this students. The measures must also take care by the individuals and different organization to oversee the various programs to decrease and lesson the stress.

Teenage years is a dangerous phase or cycle of time where young people come into contact with self-organization and role confusion. For them, stress mainly comes from academic tests, interpersonal relations, association and affiliation and relational problems, financial, and profession and career exploration. Such stress may usually cause psychological, physical, and behavioral problems. Taking all these factors into account an

effort is made to understand the stress and emotional adjustments of today's nursing students. The inference of this study may lead to better adjustment and academic implementation and presentation and performance of the students.

The continuation and the presence of stress depends on the survival and actuality of the stressor. Feng and Volpe defined stressor as everything that challenges an individual's adaptableness or stimulates an individual's essence or mentality. Stress can be affected and affected by the environmental factors, psychological factors, genetic factors, and community and public factors.

Academic stress among students have long been investigated and explored on, and researchers have identified stressors as too many assignments, competition with other students, failures, lack of pocket money, poor interactions and dealings with additional students or mentors, family, or problems at the home environment. Institutional level stressors are overcrowded lecture halls, semester system, and insufficient and lagging resources to perform academic work. For instance, opines that, when these events take place, an individual becomes disorganized, disorientated, confused and therefore less able to cope up, thus resulting in stress related health problems. The pressure to perform well in the examination or test coupled with time allocated makes academic environment very much stressful.

## 2. Causes of the stress among nursing Students (Youth)

The experiences and the actions that provoke stress are called stressors, and they cover up a whole range of situations everything from openly physical danger to making a class appearance or taking a semester's worth of your harshest and toughest subject. The below are the some of the main stressor among the student nursing students are:

**Academics**-The worry about academic performance can cause stress symptoms such as anxiety, insomnia or changes in your appetite and overall mood. Agreeing to Morehouse State University, youth have poor research and study habits and cram last minute studying in the middle of the night before the examination. The fear of exams and assignment and the work burden create stress amongst the students. The primary and major cause of stress among university students is a lot of responsibilities and tasks.

**Finances** – All the young people feel stress just about regarding the cash or the wealth! Most young citizens do not have got jobs, or the jobs that they do must don't pay as very much or lot as they would like for them to. They wanted to sustain and continue the lifestyle and fulfill the demand of articles like mobile, bikes and cars etc. If they fail to fulfill the requirement then it creates a stress.

**Relationships** – Connections and the interactions are another big facet of stress. Everyone wants to have acquaintances and buddies, whether they have been close friends or only the acquaintances itself. If an individual finds that making friends is a bit harder than he/ she had anticipated and more likely, stress is present here as well.

**Career**- Job Anxiety and strain is a chronic infection caused among the existing youth that adversely and negatively affect an individual's performance and/or overall well-being of his body and mind. The high competition, an inconsiderate work colleague, a lack of job security, there are many causes of job stress. The students be afraid of not getting the job opportunity and struggle in the market.

Time Management-Anabsence of time managing supervision also triggers and affects the stress on youth, whether secondary or tertiary. Harmonizing and stabilizing the academics, peer activities, and home life can be challenging and complicated. Toss in a part-time job and the challenge increases.

### 3. Objectives of the study

- To study the signs and indications of stress among nursing students.
- To determine and quantify the level of stress among the nursing students.

### 4. Research Design

#### Tools for data collection

A questionnaire has been designed with three of the categories or sections. One section highlights the symptoms of stress, second section highlights the stressor, and third section highlights the coping approaches and the plans used by the Youth. In order to accomplish these objectives both the initial and consequent sources of information are dependent on upon. The initial data was collected through structured questionnaires apart from discussions with the nursing students.

Data Collection: Data Sources:

- (i) Consequent Data through Internet, Magazine, Journals, Books etc.
- (ii) Initial Data through Questionnaire
- (iii) Contact Method
- (iv) Personal Interaction

### 5. Data analysis and interpretation

The table shows that total numbers of respondent were 230. The maximum respondent belong from the age group 21-23 years are of 39.11%, 23-24 represents 22.67%, up to 20yrs represents and 24.89% from >23years. The male respondents are 135 and female are 90. Maximum respondent is from the income level of 10000 to 20000/.

**Distribution table:**

Age N %	N	%
Age	N	%
20	56	24.89
21-22	88	39.11
23-24	51	22.67
Above 25	25	11.11
No Response	10	4.44
TOTAL	230	100

## **6.Causes of Stress**

The initial data questionnaire indicates the factor academics which says the stress level is almost to 60% whereas highest level of stress is getting generated due to the relationship. It is observed that due to the increasing use of social media the relationship stress increasing. The other stressor psychological factors have affected more in young generation and have unto 70% of financial stress and above 60% having career stress.

## **7.Conclusion**

From the conclusions which are subjectively, the scores clearly show that youth are stressed toward high level. The symptoms identified are being eating, depression and headaches are more among students. It is identified that among all reasons and causes, the main causes of stress among youth is bond and association stress, financial and emotional stress.

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