

Nursing Problems

A Study

SIPRA DAS

(This article is aimed at self-criticism and professional upliftment. This is based on self-experience, observation as well as others' relating of information.)

The present day Nurses are the important members of health care teams as well as with their professional teams of Nurses. Hospitals are the ideal set-up to give Nursing care as well as to learn the way of imparting Nursing care. Whether GNM students/B.Sc. Nursing students, whatever they learn from School or College of Nursing, but to practise their Nursing skills, they are to work in the hospital set-up. Though the students are having their Clinical Instructor/Sister Tutor/Demonstrator to supervise and to teach student Nurses, still the Ward Sister and Ward Nursing staff have a great role to supervise and to offer them adequate opportunities to practise Nursing skills.

Nursing is undoubtedly a holy profession which is lauded by all. Still it is not free from complexities. During by-gone days only widows, divorced women, women with weaker socio-economic standards came forward for Nursing the sick people as well as to earn their livelihood. But that time was gone a few decades back.

Changed Situation

Now it is seen that students of B.A., B.Sc. (Pure/Bio), H.S. (+2) Science or even after the completion of graduation from high family strata are also devoting themselves to the Nursing services.

Mainly, there are two streams in the Nursing profession: one is GNM and the other is B.Sc. Nursing. In comparison with GNM, there are only few numbers, who could complete B.Sc. Nsg. Course and ultimately get absorbed in Nursing services. It is probably noticed by every conscious person that there is a clear

distinction between GNM Trained and B.Sc. Nsg. Trained personnel. But the groups are always ready to find out each other's faults.

Whenever B.Sc. Nursing students are sent to the hospital for clinical duties, it is a common refrain from the side of the staff that they are coming and loitering hither and thither. Moreover, they (B.Sc. Nsg. students) are not supposed to do any Nursing care to the patients. Even the behaviour of the staff is a bit changed during that period of their clinical duties.

Actually, this sort of attitude may sometimes be exhibited due to the fact that during their time the GNM students were also utilised as staff to mitigate hospital crisis. When they become a member of the staff, they are remembering the duty overload which they had experienced during their student lives.

The Curriculum

For B.Sc. Nursing course, curriculum is fashioned in such a way that there are clinical classes, bedside demonstration, bedside case presentation for which they cannot stay in the ward duties for a longer period at a stretch. But the ideas of the staff are such that these are not so important with a view to avoiding ward duties.

Again in every course there are diploma and degree facilities. Similar to that the Nursing profession also carries both the scopes. But there are Nursing personnel who used to question as to what the B.Sc. Nurses knew better than themselves. They have their studies for only six months more than the GNM

students. Moreover, this problem has arisen on a severe scale now-a-days as minimum qualification for admission to each of the courses is to pass the Higher Secondary (Science) examination.

One more thing that can be noticed is that there are Medical personnel who like to call, B.Sc. Nursing passed Nursing staff as 'Sister Tutor', whether they are engaged in teaching or not.

Moreover, it is seen that B.Sc. Nurses are not included within the purview of Nursing Service. Staff Nurses are used to believe that they are not Nurses but they are teachers. It is very painful to consider the matter in that light. Basically, we are all Nurses what to speak about the differences between the B.Sc. Nsg. Degree holders and GNM Diploma holders. Everyone's main motto is to take care of the sick and the disabled persons.

Of course, it is not only from the side of the staff. Even when we do self-criticism, it may be remarked that once students are getting the chance for admission to B.Sc. Nsg. Course, they tend to consider that they are great and their attitude towards the staff having GNM trained ones is also changed. Not only students, even those who completed B.Sc. Nsg. Course more or less, look down upon those who are GNM staff engaged in Nursing services. Above all, it can be commented that Nurses engaged in the hospital service are practically well-equipped in comparison with those that are engaged in the teaching profession. The members of the Nursing teaching staff also very often look down

(continued on p. 8)

ABSTRACT

Psychosocial Stress and Coping Patterns among Nursing Students

A Comparative and Correlational Study to Assess the Psychosocial Stress and Coping Patterns with Certain Demographic Variables among Nursing Students in Christian Medical College, Ludhiana, Punjab.

NIRMAL SAMSON SINGHA

A comparative correlational study to assess the psychosocial stress and coping pattern with certain demographic variables among Nursing students in Christian Medical College Ludhiana, Punjab, was undertaken by Mrs. Nirmal Samson Singha in partial fulfilment of the requirements for the Degree of Master of Science in Nursing (Psychiatric Nursing), at the College in May 1993.

The objectives of the study were the following:

1. To assess the psychosocial stress among B.Sc. and Diploma Nursing students.
2. To comprise the psychosocial stress among B.Sc. and Diploma Nursing students.
3. To assess the coping patterns among B.Sc. and Diploma Nursing students.
4. To assess the relationship of psychosocial stress with various demographic variables like age, religion, type of family and socio-economic status among B.Sc. and Diploma Nursing students.

The following Hypotheses were formulated:

H1: B.Sc. students will have a higher psychosocial stress score than Diploma Nursing students.

H2: There will be a significantly higher coping pattern score among B.Sc. than Diploma Nursing students.

H3: There will be a significant relationship between psychosocial stress score with various demographic variables such as age, religion, residence, birth order, state of origin, type of family and socio-economic status among B.Sc. and

Diploma Nursing students.

A descriptive survey approach was adopted. The sample size was 120 Nursing students, 20 from each year, both Diploma and B.Sc. who were selected by disproportionate stratified random sampling method. The data was collected by the questionnaire method with the help of self-structured and standardised tools.

The data was analysed in terms of 't' test, Mean S.D. and Chi Square. From the major findings of the study the following conclusions were drawn.

Findings

From the findings of the study the following conclusions were drawn.

1. Diploma students are having a higher stress score than B.Sc. Nursing students.
2. Diploma students are having more stress in areas like health, study, clinical area and hostel situation.
3. B.Sc. students are having more stress regarding library facilities than the Diploma students.
4. Diploma students are having a better coping pattern than the B.Sc. Nursing students.
5. Diploma students are having more stress regarding variables like birth order, type of family, residence and state of origin.
6. Middle and youngest birth order at Diploma students are having more psychosocial stress.
7. Diploma students from a nuclear family are having more stress than B.Sc. students.
8. Both B.Sc. and Diploma students of the younger age group (18-20) are having more psychosocial stress.
9. Diploma students from Kerala and Punjab have more psychosocial stress.

B.Sc. students from the low income group are having more psychosocial stress than the Diploma Nursing students.

Recommendations

1. The study can be replicated on another sample of academic college students.

2. The study can be replicated on a larger sample to validate the findings.

3. A comparative study can be done to detect the psychosocial stress among Nursing students between Government, and private School and College of Nursing.

Nursing Problems

(continued from p. 7)

upon even the B.Sc. Nurses working in the hospitals having higher qualities.

Some Suggestions

It is better to look to the present situation than what had happened in the past. There is no need to demarcate categories; let ourselves think that we are Nurses in a single unit. Sometimes, it is needed to organise workshops or seminars to minimise the gap as well as to ventilate some ideas about the different curricula. The eligibility of admission to the B.Sc. Nsg. Course is H.S. (+2) Science having its duration of studies for four years which is equal to the eligibility of admission to GNM course except the fact that its duration of study is less by six months. Anyway, it may be suggested that this GNM course should be eliminated to upgrade the Nursing profession aiming at the minimisation of the gap.