

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.

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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

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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.