

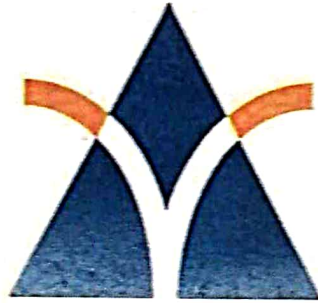
**“A STUDY TO ASSESS THE LEVEL OF STRESS AMONG FIRST YEAR
UNDERGRADUATE NURSING STUDENTS IN SELECTED INSTITUTE,
BANGALURU”**

BY

AVIYANA PRADHAN

Research project work submitted to

Smt Nagarathamma College of Nursing, Bangaluru



**ACHARYA
INSTITUTES**

Under the guidance of

Mrs Devi Nanjappan

Principal

Department of Medical Surgical Nursing

Smt Nagarathamma College of Nursing

Acharya Institutes

Dr. Sarvepalli Radhakrishnan Road,

Soladevanahalli, Bangaluru-560107

2019



ABSTRACT

“A STUDY TO ASSESS THE LEVEL OF STRESS AMONG FIRST YEAR UNDER-GRADUATE NURSING STUDENTS IN A SELECTED INSTITUTE, BANGALURU.”

Background:

Stress is the body's reaction to any change that requires an adjustment or responses. The body react to these changes with physical, mental and emotional responses.

Clinical practice in nursing is essential to train students to be professional nurses through applying academic skills in practice, helping bridge the theory-practice gap that commonly faces newly qualified nurses.

As nursing is a demanding profession, student nurses faces a lot of stressors due to role transition, role demand and role ambiguity in clinical practice and academic environment which exposes students to various stressors which may impede their performance directly or indirectly.

Objectives:

- To assess the level of stress among first year undergraduate nursing students.
- To find out the association between stress level with selected demographic variables.

Method:

Descriptive approach was used to collect data from 30 samples selected by using purposive sampling technique through non probability sampling approach consisting 2 sections

Section A: Demographic variables consisting of 7 items.

Section B: Student Stress Rating Scale (SSRS) for assessing the level of stress consisting of 35

items

Result:

It was found out that **23.3%** of students had **mild stress**, **73.3%** of students had **moderate stress** and **3.3%** had **severe stress**.

Overall mean percentage score of level of stress is 46.2%

TABLE OF CONTENT

SL.NO	CHAPTER	PAGE NO
1	INTRODUCTION	1-2
2	OBJECTIVES	5-6
3	REVIEW OF LITERATURE	7-13
4	METHODOLOGY	14-18
5	RESULTS	19-28
6	DISCUSSION	29
7	CONCLUSION	30
8	SUMMARY	31-32
9	BIBLIOGRAPHY	33-35
10	ANNEXURES	36-37

LIST OF TABLE

TABLE NO	TITLE	PAGE NO
1	Frequency and percentage distribution of respondents according to their age group.	19
2	Frequency and percentage distribution of respondents according to gender.	20
3	Frequency and percentage distribution of respondents according to type of family.	21
4	Frequency and percentage distribution of respondents according to their family income.	22
5	Frequency and percentage .distribution of respondents according to type of residents	23
6	Frequency and percentage distribution of respondents according to physical illness.	24
7	Frequency and percentage distribution of respondents according to family history of mental illness.	25
8	Association between the level of stress of respondents and demographic data	27