

# A Study On Factors Inducing Stress Among Students In Nursing College

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## **Abstract**

*Seventy students in nursing collage from Basrah in Iraq during their first year study year used questionnaires of 22 items that include social, educational and health factors that could induce stress in the students. Statistial mean score method is used for analysis. The study showed most significant factors that induce student stress are educational and health factors and the mean score values are found to be 1.5 and 1.63 respectively. Financial and work load were the more effective factors that induced stress in nursing students due to low financial support and hard learning subjects.*

**Keywords:** *Stress, Nursing Students*



## **A. INTRODUCTION**

Stress defines as the adverse reaction people display for excessive pressures or other types of demands placed on them. Though stress is often perceived as bad, it can actually be good in some respects. Stress and anxiety exist for an extended period of time. Feelings of stress and anxiety are a part of life. Dyrbye et al., 2017 stated that psychological distress is common among medical students. Gallego et al. mentioned that a large proportion of university students are having high levels of anxiety and stress experienced in different situations, which are particularly high during the first years of their degree and during exam periods. Life style Maryam et al. (2015) and sleeping habits Mickey et al.2011 are effective factors which induce stress. The present study intended to investigate the effects of some factors induce stress to students in Basrah Nursing college.

## **B. LITERATUR REVIEW**

This descriptive cross-sectional study recruited 70 university students in nursing college of Basrah University in Iraq during their first and second study year. Data were collected using questionnaires of 22 items. Ten items include death of a close family member, Serious judicial issues, Major personal injury or Marriage issues, Failing an important course, Change in health of a family member, Change in financial status, Trouble with parents, New romantic relationship. Eight items include Increased workload at school, Outstanding personal achievement, First semester in college, Change in living conditions, Serious disagreement with professor, Poorer grades than expected, Multiple class absences, Change of college, Dropping more than one class and four items include Change in sleeping habits, Change in social activities, Change in eating habits and Chronic transportation issues.

Data were analyzed using descriptive statistics; data were analyzed using the mean score and standard deviation by SPSS tool.

## **C. METHOD**

Feeling stress and anxiety is part of our life and some stress levels may had positive reflex and stimulated life progress and development. Stress has become an important subject in academics as well as in culture. The recent study showed in table that most of the studied items regarding stress for student which they related to social conditions, had no significant effects on students study life except being shame from their future job as nurses and is may be due to social outlook. Change in financial status showed a significant effect as stress factor and the reason is lack of financial support for the student. Most items (Increased workload at college) showed a highly significant effect while first semester in college, Change in living conditions, Poorer grades than expected showed significant effect as student stress factors. In case of increased work load, stress refers to a dynamic interaction between the individual and the environment. Nursing students who engage in a wide range of clinical duties during their learning in

clinical settings share similar stressors as professional nurses experience. In addition to this, nursing students also have stress related to their educational studies and personal/social experience.

Stated that there are several explanations for increased stress levels in college students. First, students have to make significant adjustments to college life. Second, because of the pressure of studies, there is strain placed on interpersonal relationships. Third, housing arrangements and changes in lifestyle contribute to stress experienced by college students.

#### **D. CONCLUSION**

The recent study concluded that student in nursing college showed significant values of items concerning education that might be due to their early experience as college students and insufficient financial support. In case of increased work load, stress refers to a dynamic interaction between the individual and the environment. Nursing students who engage in a wide range of clinical duties during their learning in clinical settings share similar stressors as professional nurses experience. In addition to this, nursing students also have stress related to their educational studies and personal/social experience. It is found that there is a good relationship between resident student life and healthy eating habits.

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