

## A comparative study to assess the level stress & coping strategies among professional students from selected college of Bharati Vidhyapeeth, campus, Dhankawadi, Pune

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### Abstract

**Introduction:** In today's ultra-competitive environment, students face more stress than ever be it related to studies, examination, new subjects, peer, teachers or parent's pressure. Stress is the "WEAR & TEAR" our bodies' experiences as we adjust to our continually changing environment. On one hand, stress compels us to action. However, it can result in feelings of rejection, anger & depression, leading to health problems such as headaches, insomnia, ulcer, high blood pressure, heart diseases. They may have used healthy or unhealthy methods cope up with stress. This study aimed at exploring the perceived stress level, and the coping strategies among professional students.

**Objectives:** 1) to assess the level of stress and coping strategies among the professional students. 2) To compare the stress level and coping strategies between the professional students.

**Method:** The research method adopted for the study non experimental descriptive approach was used. 50 samples are collected from nursing & 50 samples are collected from engineering of Bharati Vidyapeeth, Campus. A non-probability purposive sampling technique was used.

**Result:** In demographic data maximum students are between 18 -20 years and 21 – 23 years with 68% and 100% in nursing and engineering respectively. In stress due to academic factor the maximum subject are having moderate amount of stress in both nursing and engineering with 80% and 92%. In personal factor the maximum subject are having moderate amount of stress in both nursing and engineering with 60% and 100% respectively. The stress due to environmental and relating to other people the maximum subject are having mild stress in both nursing and engineering with 52% and 94% respectively. In coping strategies 40% of nursing students and 45% of engineering students are using positive coping strategies. In comparison there will be no changes in stress level and coping strategies between the professional students.

**Conclusion:** Researcher found that in engineering students there are 100% of coping strategies rather than nursing students.

**Keywords:** stress, copying strategies, professional students

### Introduction

In today's ultra-competitive environment, students face more stress than ever be it related to studies, examination, new subjects, peer, teachers or parent's pressure. Stress is the "WEAR & TEAR" our bodies' experiences as we adjust to our continually changing environment. On one hand, stress compels us to action. However, it can result in feelings of rejection, anger & depression, leading to health problems such as headaches, insomnia, ulcer, high blood pressure, heart diseases. They may have used healthy or unhealthy methods cope up with stress. This study aimed at exploring the perceived stress level, and the coping strategies among professional students.

### Objectives

- To access the level of stress and coping strategies among professional students.
- To compare the student and coping strategies among professional students.

### Materials and Method

In order to achieve the desired objective of the study non experimental design approach with descriptive method design was adopted. The validity was done by experts from nursing field reliability was done by Kal Pearson coefficient correlation formula ( $r=0.98$ ) in stress and (1) in coping strategies which suggest tool was reliable. Pilot stay was done by 10 samples. The study was conducted in 5 in nursing and 5 in engineering students of Bharati Vidyapeeth campus Dhankawadi, Pune. The study consists of 100 samples which were selected by non-probability purposive sampling method. Data collection was accomplished by using semi structured questionnaire the data was analyzed by using descriptive and inferential statistics.

### Data analysis –Section 1, 2, 3

Section 1-Demographic data

Section 2- Questionnaire related to stress

Section 3 - Questionnaire related to coping strategies.

**Table 1:** Percentage wise distribution of demographic data N=100

Demographic data		Nursing students		Engineering students	
		Frequency	Percentage	Frequency	Percentage
Age in year	18-20	34	68%	0	0%
	21-23	16	32%	50	100%
	24-26	0	0%	0	0%
Gender	Male	14	28%	0	0%
	Female	36	72%	50	100%
Residence	Home	12	24%	5	10%
	Hostel	11	22%	20	40%
	Flat on rent	26	52%	25	50%
	Others	1	2%	0	0%
With whom you are living	Classmates	19	38%	45	90%
	Relatives	3	6%	0	0%
	Parents	11	22%	5	10%
	Alone	2	4%	0	0%
	Juniors	10	20%	0	0%
Status of parents	Others	5	10%	0	0%
	Live together	47	94%	37	74%
	Divorced	0	0%	0	0%
Number of meals per day	Single Parent	3	6%	13	26%
	2 meals	13	26%	13	26%
	3 meals	31	62%	26	52%
	4 meals	4	8%	11	22%
Practicing any spiritual activities	Others	2	4%	0	0%
	Daily	29	58%	20	40%
	Sometimes	11	22%	30	60%
	Two times in a day	8	16%	0	0%
	None of the above	2	4%	0	0%

From the above table researcher found that the maximum students are between 18 -20 years and 21 – 23 years with 68% and 100% in nursing and engineering respectively. None of this from engineering professional lies in age group of 18-20 years and 24-26 age of year.

The maximum numbers of students are female in both nursing and engineering with 72% and 100% respectively.

The maximum number of student from both nursing and engineering are living in flat on rent with 52% and 50% respectively. None of them from engineering students are living in any other sources.

The maximum number of students are living with classmates

in both nursing and engineering with 38% and 90% respectively. None of them from engineering staying with relatives, juniors and along with parents.

The maximum students are living together in both nursing and engineering with 74% and 94% respectively. Now of the parents of nursing and engineering students are divorced.

The students are having 3 meals in a day in both nursing and engineering with 62% and 52% respectively.

The students from nursing daily practice spiritual activity while 60% of engineering students sometime practice spiritual activities. None of the engineering students practice spiritual activities in twice in a day.

**Table 2:** Analysis Of Academic Stress Personal Stress, Environmental Stress And Relating To Other People. N=100

S. No.	Grading of Strees	Nursing Students				Engineering Students			
		Fre	Per	Mean	SD	Fre	Per	Mean	SD
1	Normal (1-10)	0	0%	24.9	4.17	0	0%	28.44	1.85
	Mild (11-20)	10	20%			1	2%		
	Moderate (21-30)	40	78%			46	98%		
	Severe(31-40)	1	2%			0	0%		
2	Normal (1-4)	0	0%	12.5	3.05	0	0%	12.16	0.611
	Mild (5-10)	17	34%			0	0%		
	Moderate (11-17)	30	60%			50	100%		
	Severe (18-24)	3	6%			0	0%		
3	Normal (1-4)	0	0%	11.02	3.03	0	0%	9.64	0.95
	Mild (5-10)	26	52%			47	94%		
	Moderate (11-17)	19	38%			3	6%		
	Severe (18-24)	5	10%			0	0%		
4	Normal (1-2)	0	0	7.08	0.435	0	0%	6.04	0.39
	Mild (3-6)	26	52%			47	94%		
	Moderate(7-11)	19	38%			3	6%		
	Severe(12-16)	5	10%			0	0%		

The following above analysis show the stress among academic factor is maximum in engineering is 92% nursing 80% which is moderate in personal stress the maximum in engineering is 100% and nursing having 60% which is moderate in

environmental factor severe I engineering is 78% and mild in nursing 50% and in the relating to other people mild in nursing 52% and 94% in engineering.

**Table 3:** Analysis of Coping Strategies. N=100

Grading	Nursing Students			Engineering Students				
	Frequency	Percentage	Mean	SD	Frequency	Percentage	Mean	SD
Poor (1-17)	00	0%	39.08	2.9966	00	0%	43.7	1.9925
Normal (18-35)	05	10%			00	0%		
Good (36-52)	45	90%			50%	100%		

Table No 3 depicts - The analysis show that copying strategies in nursing as well as engineering students are same. There is not much difference.

### Conclusion

Engineering students do have stress related to academic, personal, environmental and related to other people. As compared to nursing students, 90% of students have coping strategies while engineering students have 100% good coping strategies.

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