

A STUDY TO ASSESS THE ANXIETY LEVEL AMONG 1ST YEAR B.SC. NURSING STUDENTS IN SELECTED NURSING COLLEGES

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Abstract:

Anxiety and tension appear to begin owing to a change in the environmental conditions obtaining in various situations. Anxiety is likely to cause major adjustment problems in area of academic achievements and peer social relations. B.Sc. nursing students are prone to anxiety having to be away from home and to get adjusted to new conditions. The aim of the study was to “assess the anxiety level among first year B.Sc. nursing students in selected colleges at Tumkur with a view to develop an information booklet”.

The anxiety level has been categorised i to mild, moderate and severe anxiety.

The Investigator has observed that students are mentally healthy and academically sound when they join the course. However, as they advance in their education and training they suffer from various mental health issues i.e. anxiety, stress, maladjustment, drug abuse or even are driven to commit suicide. Thus the investigator got curious to know about the mental health problems faced by B.Sc. nursing students.

Keywords:

About the Author:



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INTRODUCTION

There are as many potential causes of anxiety disorders as there are people who suffer from them. Family history and genetics play a part in the greater likelihood of someone getting an anxiety disorder in their lifetime. Increased stress and inadequate coping mechanism to deal with that stress may also contribute to anxiety. Anxiety symptoms can result from such a variety of factors including having had traumatic experiences, having to face major decisions in a one's life, or having developed a more fearful perspective on life. Anxiety caused by medication substances or alcohol abuse is not typically recognised as an anxiety disorder.

Everybody knows what it's like to feel 'butterflies in stomach' with anxiety before a first date, the tension you feel when your boss is angry, and the way your heart pounds when confronted with danger. Anxiety stirs you into action. It gears you up to face a threatening situations. It makes you study harder for that exam, and keeps you on your toes when you are making a speech. In general, it helps you cope with situations.

Anxiety is one of the most common psychiatric disorders, whether it is the fear of an upcoming public speaking situation, or experiencing discomfort before going into a doctor's office, most people have felt anxiety at some point in their lives. The symptoms of anxiety are well-known and include increased heart rate and shallow breathing, sweating, cold hand, trembling, nausea and/or "butterflies" in the stomach, and a host of other symptoms.

STATEMENT OF THE PROBLEM

"A study to assess the anxiety level among first year B.Sc. nursing students in selected colleges at Tumkur with a view to develop an information booklet".

OBJECTIVE OF THE STUDY:

1. To assess the level of anxiety among First year B.Sc. nursing students.
2. To find the association of anxiety with demographic variables.
3. To develop an information booklet on incidence of anxiety among 1st year B.Sc. nursing students.

HYPOTHESIS

H1 :- There will be significant association between the level of anxiety and Selected socio-demographic variables.

MATERIAL AND METHODS

A non-experimental design and descriptive survey approach was followed. The setting of the study was B.Sc. nursing colleges in Tumkur. The sampling technique was using simple random samples, probability sampling, sampling size of 100 nursing students were selected for the study. Duration of the study was January 2011 to February 2011. A self administered questionnaire was developed

after intensive review of literature and experts' opinions and suggestions to assess the anxiety level and reliability was estimated through Spearman-Brown prophecy formula is 0.88.

Formal permission was taken from the Principal of nursing college before the data collection. Data obtained had been analysed in terms of descriptive statistics i.e. calculating the percentage, mean, standard deviation and inferential statistics i.e. correlation co-efficient.

RESULT

Fig 1: Frequency & percentage distribution of sample characteristics.

Sl. No.	Variables	n	Percentage (%)
1.	Age (in year)		
	19 years	60	60.0
	20 years	31	31.0
	21 years	9	9.0
2.	Gender		
	Male	41	41.0
	Female	59	59.0
3.	Religion		
	Hindu	48	48.0
	Muslim	9	9.0
	Christian	43	43.0
4.	Family Type		
	Nuclear family	65	65.0
	Joint family	35	35.0
5.	Place of residence		
	Rural	37	37.0
	Urban	63	63.0
6.	Occupation of father		
	Govt employee	16	16.0
	Business	43	43.0
	Private employee	37	37.0
	Coolie	4	4.0

ARTICLES

Sl. No.	Variables	n	Percentage (%)
7.	Occupation of mother		
	Govt employee	3	3.0
	Business	12	12.0
	Private employee	12	12.0
	Coolie	4	4.0
	House wife	69	69.0
8.	Education of father		
	Primary education	16	16.0
	Secondary education	44	44.0
	PUC and above	40	40.0
9.	Education of mother		
	Illiterate	2	2.0
	Primary education	41	41.0
	Secondary education	47	47.0
	PUC and above	10	10.0
10.	Economic status		
	1001-3000	7	7.0
	3001-5000	21	21.0
	5001-7000	23	23.0
	7001-9000	21	21.0
	9001 and above	28	28.0

Fig 2: Overall and area-wise analysis of anxiety levels.

Anxiety level	Frequency	Percentages
Mild anxiety	61	61.0
Moderate anxiety	38	38.0
Severe anxiety	1	1.0
Total	100	100.0

The majority 61% of the samples depicted mild anxiety, 38% of the samples depicted moderate anxiety and only 1% showed severe anxiety.

Fig 3: Area-wise mean, mean percentage and standard deviation of anxiety scores.

Aspects	Number of Items	Maximum Scores	Mean	Median	SD
Psychological aspect	10	20	11.27	11	2.260
Physical aspect	08	16	7.61	8	1.385
Social relationship	07	14	7.18	7	1.038
Curriculum aspect	05	10	4.77	5	1.246
Finance	02	04	1.68	2	0.566
Overall	32	64	32.51	32	4.308

The data reveals that the maximum mean percentage of the anxiety score obtained was in the psychological aspect (56.35%), followed by social relationship (55.71%), curriculum aspect (47.56%) and finance (42%). Therefore overall mean, mean percentage of anxiety scores was 50.07 with the standard deviation of 4.308.

Discussions

The result of the descriptive study suggested that there was no significant association between anxiety and socio-demographic variables such as Age ($x^2=2.222$), Types of family ($x^2=2.692$), Place of residence ($x^2=0.180$), Occupation status of mother ($x^2=5.074$), Education status of mother ($x^2=0.394$), and there was significant association between anxiety and socio-demographic variables such as Age, Gender ($x^2=13.903$), Religion ($x^2=13.572$), Occupation status of Father ($x^2=9.548$), Education status of Father ($x^2=11.557$) and Economic status ($x^2=31.7.45$) at 0.05 level.

Conclusion

The study was undertaken to assess anxiety level among 1st year B.Sc. nursing students in the selected nursing colleges. The anxiety data was categorised in to mild anxiety, moderate anxiety and severe anxiety.

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