



ASSOCIATION BETWEEN POST INTERVENTION LEVEL OF STRESS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES AMONG STUDENTS UNDERGONE STRESS IN SELECTED NURSING COLLEGES, KHAMMAM, TELANGANA

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ABSTRACT

Stress is a common feature in all our lives. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. The aim of the study is to assess the association between post intervention levels of stress with their selected demographic variables among students undergone stress in selected nursing colleges, Khammam, Telangana. The pre-experimental one group pre intervention post intervention design was used for the study. It was carried out with 200 samples. Purposive sampling technique was used to select the samples. Modified stress scale was used for the data collection. The analysis revealed that there is a significant association of post- test levels of stress with selected demographic variables such as family income and exercises. There was a no significant association of post intervention levels of stress with other selected demographic variables such as age, gender, occupation of father, education, type of family and personal habits.

Keywords: Stress, Nursing students, Demographic variables. Depression, anxiety, social pressure.

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INTRODUCTION

Common psychosocial health problems have increased in prevalence among teenagers worldwide. The two most prevalent mental health issues in childhood and adolescence are depression and anxiety. The stressors were academic setbacks, future uncertainties, financial worries, and concerns about contracting an infection. Depression, anxiety, conduct, eating, psychotic, and substance use disorders are among the most often reported mental health issues during this transitional stage of adolescence. Stress can provide the stimulus for the change and growth. Stress is positive and even necessary. However, an excessive amount of stress may end in poor judgment, physical illness and inability to cope. Stress can be managed by the support from family members, developing a positive optimism attitude, time management, counseling, vacation when needed, playing games, yoga and meditation. Researchers at the All-India Institute of Medical Sciences in New Delhi have discovered a clear link between rhythmic breathing process and a state of relaxed alertness and recommended the practice of Pranayama for beating stress.

International Journal of Recent Scientific Research, 2015 report nursing studies rank highest among stressors, with 80.1% followed by financial difficulties 60%, lack of time for friends and family 48.51%, and health concerns 36.63%. The majority of students stated that problem-focused coping, which includes social support, problem-solving, and recreation/sports, was how they relieved stress. Of the pupils, 72.27% had help from friends and family.

STATEMENT OF THE PROBLEM

Association between post intervention levels of stress with their selected demographic variables among students undergone stress in selected nursing colleges, Khammam, Telangana

OBJECTIVE OF THE STUDY: To find out the association between post intervention level of stress with their selected demographic variables among students undergone stress

REVIEW OF LITERATURE

Vikas Sharma, 2020 conducted a pre-experimental Study on to evaluate the effectiveness of Pranayama on Stress Management among Staff Nurses in Jaipur. One group pre-test post-test, pre-experimental design was selected for the study. The 60 staff nurses were selected by the Purposive sampling technique. The data was collected by stress rating scale. The obtained data was analysed by using descriptive and inferential statistics. The results show that within the pre intervention stage, the subject had mild stress with a mean of 50.6 ± 7.9 , whereas in post intervention, there was an enormous mean stress reduction/management of 31.0 ± 9.1 . An enormous association was found between age, gender, status, transportation facilities, awareness of pranayama and source of knowledge and mean pre intervention stress score. The study was concluded that in pre intervention, 46.7% of the themes had moderate stress whereas in post intervention all the them had only mild stress. The study findings indicate that the pranayama program was effective for stress reduction among staff nurses.

Soniya, Anjana, 2023 conducted an experimental study On the effect of online Bhramari Pranayama on depression anxiety and stress In nursing students. The study sample consist of 60 young females of age group 17-23. The subjects were randomly and equally grouped into experimental and control. The experimental group received the Bhramari pranayama for a period of 21 days whereas the control group received no intervention. Results shows that in experimental group pre-test mean 28.5, SD 5.42 and in post -test mean 22.53, SD 5.42. The calculated 't' test 4.15 which is statistically significant at 0.05 level. In control group pre-test mean 30.26, SD 7.53 and post-test mean 29.68, SD 7.51 and calculated 't' test 2.77 which is significant at 0.05 level. It has been observed that practicing Bhramari pranayama has an affirmative effect in reducing depression anxiety, and stress, and increasing the breath-holding capacity and attention in young adults.



TO FIND OUT THE ASSOCIATION BETWEEN POST-INTERVENTION LEVEL OF STRESS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES AMONG NURSING STUDENTS

Table – 1: Association of the post intervention levels of stress with their selected demographic variables among nursing students undergone stress. N = 200

Table with 8 main categories (Age, Gender, Education, Occupation of the father, Family Income, Type of family, Personal habits, Do you do any exercises) and sub-categories, showing Pre intervention level of stress (Low, Moderate, High) with F and % values, and chi square test results.

The above Table – 1 indicate that, there is a significant association of post- test levels of stress with selected demographic variables such as family income and exercises. There was a no significant association of post- test levels of stress with other selected demographic variables such as age, gender, occupation of father, education, type of family and personal habits.

CONCLUSION

The study found a significant association between post-intervention levels of stress and selected demographic variables such as family income and exercise among nursing students in Khammam, Telangana. However, no significant association was found with other demographic variables like age, gender, father's occupation, education, family type, and personal habits.



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