Effectiveness of positive behavior therapy upon stress among nursing students

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ABSTRACT

Stress is a common phenomenon among most individuals today and can be related to education, job, relationship, financial and other pressures. Stress is experienced by every human being irrespective of age, sex or nationality. A pre-experimental study was conducted to assess the effectiveness of the Positive Behavior Therapy upon Stress among fifty Nursing students at selected Nursing College, Chennai. Fifty Nursing students were selected using purposive sampling technique. Data was collected using Demographic Variable Proforma and Stress questionnaire among selected Nursing students through self-administrative method. The rating scale was used to assess the level of satisfaction of nursing students regarding Positive Behavior Therapy. Positive Behavior Therapy was administered to reduce stress among nursing students. Results: Study findings revealed that obtained post-test mean value 35 ± 10.8 was lower than pre-test mean value 44.5± 9.5 (P<0.001). Conclusion: Positive Behavior Therapy was effective in reducing stress among nursing students.

Keywords— *Nursing students, Nursing college, Stress, Positive behavior therapy*

1. INTRODUCTION

Stress as the event that triggers the adaptive physiological and psychological responses in an individual. The event creates a change in life pattern of the individual, requires a significant adjustment in lifestyle. Stress is a common phenomenon among most individuals today and can be related to education, job, relationship, financial and other pressures. Stress is experienced by every human being irrespective of age, sex or nationality[1].

Today's life is filled with a myth of personal, professional and social changes. A stable and well-adjusted personality will not easily break down under stress. Stress is a part of life but too much stress can be fatal.

Nursing students are failing in the exams and dropping out of courses because of increased stress level and lack of support from their colleagues, seniors, and family[2]. Increased stress level may decrease morals, lower productivity and lead to emotional withdrawal, reduced concentration and memory, reduced quality of performance, absenteeism, poor delivery of familial responsibility and mental health problems.

Stress among nursing students is a paramount concern in nursing education because high-stress levels often lead to decreased learning[3]. Moderate to high level of stress has been found to have a negative effect on learning and impaired judgment [Sigma Theta Tau 2009]

In India, studies were done to identify the degree of stress and stressors among student nurses of Basic B.sc nursing programmes in various aspects like behavioral adjustments and coping strategies.

Student nurses experienced a significant increase in stress due to their academic preparation and requirements. [Young 2012] A descriptive study was conducted to access the nature of stressors perceived among the nurse students. The result revealed a significantly greater number of stressors in areas of colleges, peers academic and self-adjustments [Nandhini 2010]

A descriptive study was conducted on stressors and supports for nursing students on completing their Study programme . Nursing students were predominantly exposed to stressors associated with assignments completion, Submission and balancing work and family commitments.

They recommend student support structures within the university settings particularly with regards to writing skills and assignments construction.

Interest in the study of stress has intensified as an investigator has begun to identify its role in relation to physical and emotional health[4]. The individual who always looks at the better side of life, who is drowned in worries can never make himself happy. Happiness and achievement of goals are the two things which all of us strive for. Hence the investigator felt the need to undertake a study to find the degree of stress among B.sc nursing students. So this topic was selected with the intention of helping these students.

2. STATEMENT OF THE PROBLEM
A pre-experimental study to assess the effectiveness of Positive Behavior Therapy upon stress among B.Sc Nursing students at the selected nursing college, Chennai.

3. OBJECTIVES
- To assess the level of stress among B.sc nursing students.
- To assess the effectiveness of Positive Behavior therapy upon stress among B.sc nursing students.
- To find out the association between selected demographic variables and the level of stress among B.sc nursing students.
- To determine the level of satisfaction of B.Sc. Nursing students regarding Positive Behavior Therapy.

4. NULL HYPOTHESES
$H0_1$ There will be no significant between pre-test and posttest stress scores of B.Sc Nursing students.
$H0_2$ There will be no significant association between selected demographic variables and level of stress.

5. METHODS
A pre-experimental one group pre-test and posttest design were adapted for conducting the study. This study was conducted in selected nursing college, Chennai. The samples included 50 Nursing students, who were selected using purposive sampling technique. Data was collected using demographic variable proforma, structured questionnaire on assessing the stress level. A structured questionnaire was framed and it is a modified stress scale of Thomas Barnett. The structured questionnaire consisted of 25 closed-ended questions which comprise of assessing stress levels on academics, health, service, and social aspects. The proforma for the demographic data were used to collect the sample characteristics like Age, Accommodation, Type of family, Monthly family income, Number of children, Religion, Source of income.

Each had Never, Often , Always options and the subjects were free to choose any option for each question. Every' Never' answer was assigned a score of 1,'Often' a score of 2 and 'Always' a score of 3. The total score of the structured questionnaire was 75.

The study was conducted after obtaining a formal permission from the concerned authority of Nursing College, Chennai. After the initial introduction, the researcher obtained written informed consent from the nursing students to participate in the study. An assurance was given regarding confidentiality before the data collection procedure. The data were collected through self-administration method in their multipurpose hall by using the predetermined, structured and pre-tested tools such as demographic variable proforma, modified stress scale. Pre-test level of stress of nursing students was conducted. Positive Behavior Therapy was administered and post-test was conducted after two weeks of intervention. The collected data was entered and analyzed in SPSS-16 using appropriate descriptive and inferential statistics based on the objectives of the study.

6. RESULTS AND DISCUSSION

Table 1: Demographic variables of nursing students (N=50)

Baseline Characteristics	f	%
Accommodation		
Hostel	43	86
Day Scholar	07	14
Type of Family		
Nuclear	29	58
Joint Family	21	42
Monthly Family Income		
5,000-10,000	16	32
10,001- 20,000	18	36
More than 20,000	16	32
Source of Income		
Government	14	28
Private	20	40
Others	16	32
Religion		
Hindu	21	42
Christian	26	52
Muslim	03	06

Number of Siblings		
No Sibling	16	32
1	18	36
More than 1	16	32

Table 1 indicates that majority of the students belong to the age group of 18 - 19 yrs (100%) were from the hostel (86%), belong to the nuclear family (58%), 36% of them had their monthly family income of 10,001- 20,000. Forty percent of them had a source of income from private concerns, 36% of the students had one sibling in their family.

Table 2: Association between Demographic variables, Stress Scores among B.Sc (N) students. N=50

Variables	Up to mean	Above mean	x^2
Type of family			
Nuclear	18	11	1.028
Joint	10	11	
Monthly family income			
5,000-10,000	8	8	0.8
10,001- 20,000	10	8	
More than 20,000	7	9	
Source of income			
Government	7	7	0.117
Private	11	9	
Others	8	8	
Number of siblings			
No Sibling	8	8	0.15
One	8	10	
More than one	7	9	

Table 2 indicates that there is no significant association between selected baseline characteristics such as the type of family (x^2=1.028), monthly family income (x^2=0.8) and source of income (x^2= 0.117) and stress. Hence the Null Hypothesis $H0_1$ there will be no association between selected baseline characteristics and stress was accepted.

Table 3: Comparison of mean and standard deviation of pre-test and post-test stress scores of nursing students (N=50)

Variables	Pre Test		Post Test		"t" Value
	Mean	SD	Mean	SD	
Stress	44.5	9.5	35.0	10.8	11.127

The Mean stress scores in pre-test were 44.5±9.5 and post-test was 35.0±10.8. The difference was significant (P< 0.001)

Table 4: Level of satisfaction of nursing students regarding positive behavior therapy

Level of Satisfaction	Score	f	%
Highly Satisfied	31- 40	32	64
Satisfied	21- 30	18	36

Majority of the nursing students (64%) of the students were highly satisfied and 36% of the students were satisfied.

6.1 Discussion
Majority of the students belong to nuclear family (58%), monthly family income between 10,001 to 20,000 (36%), private source of income of income (40%) and many had only one sibling (36%)

There is a significant association between type of family and stress scores (x^2= 1.028), monthly family income and stress scores (x^2= 0.8), the source of income and stress scores (x^2=0.117), number of siblings and stress scores (x^2= 0.15). (P<0.05)

Kim [2010] conducted a study to assess the stressful life experiences among Nepalese nursing students in the clinical setting. Four stressful events were identified; they were an interpersonal relationship, initial experiences, feeling helpless and demeaning experiences.

Cahon. et.al [2011] conducted a study to assess the stressors and supports for nursing students on completing their study Programme. The study identified that students had increased level of stress on theory examinations than clinical experiences5-7. Positive Behavior Therapy was given of twenty five subjects in each group for six sessions on alternate days, the duration of each session was sixty minutes. Results revealed that Positive Behavior therapy had helped in bringing down the mean stress significantly.

7. CONCLUSION
Nursing students experience the feeling of stress; although the research was conducted in only one educational institution, the size of the sample can reflect on the reality of other institutions. In Positive Behavior Therapy the individual is made to understand that worrying about the past or the future is unnecessary and unwanted. Thus Positive Behavior Therapy facilitates sound mental health leading to better adjustments.

8. REFERENCES

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