

Original Research Article

A Study to assess the Coping Strategies used by the Nursing Students in a Selected College of Nursing, Chennai.

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Abstract

Coping strategies can offer an immense repertoire of defenses to maintain control and balance in the face of stress. A person can cope at different levels, including physical, social, cognitive and emotional levels. The objectives of the study were to assess the coping strategies used by the nursing students and to associate the coping strategies with selected demographic variables of nursing students. Assumption of the study was Positive way of coping promotes mental health of an individual. A Descriptive Survey Design was used and the samples were the students who fulfilled the inclusion criteria with the period of study, sample size comprised of 50 students of B.Sc Nursing degree course were selected by convenient sampling technique. Results show that percentage distribution of level of coping out of 50 students 6 members having highly positive coping, 36 members having Positive coping and 8 members having negative coping. Conclusion of the study was most of the students are having positive coping strategies.

Keywords: Assess, Coping strategies, Nursing Students

Introduction

Stress is necessary for life and it can cause either beneficial or detrimental effects on a person. These effects can be physical, emotional, intellectual, spiritual and social. Stress is the wear and tear our body experiences as a person adjust to continually changing environment; the stress can create positive or negative feelings [1].

Coping strategies can offer an immense repertoire of defences to maintain control and balance in the face of stress. A person can cope at different levels, including physical, social, cognitive and emotional levels. However the devices people choose to cope with stress depend on many factors. The common coping methods followed by people are turning to comforting person, Relying on self discipline, intense expression of feeling avoidance and withdrawal, taking it out privality, thinking it through, working it off, using it off, using symbolic substitutes, somatising [2].

The B.Sc programme in nursing is four years duration with many academic requirements. Being the adult learners the students encounter many problems in the academic stream as well as in the family. The students who were in first year have more level of stress because of newer environment in college and new subjects. Maladjustment to stress will further deteriorate their learning and performance. The present study is an attempt to identify the ways of coping among students [3].

Objectives

To assess the coping strategies used by the nursing students. To associate the coping strategies with selected demographic variables of nursing students.

Assumption

The Positive way of coping with stress promotes mental health of an individual.

Methodology

Research Design: Descriptive Survey Design.

Population: The population of this study include the students of B.Sc. Nursing degree course.

Sample and Sample Size: Samples were the students who fulfilled the inclusion criteria with the period of study, sample size comprised of 50 students of B.Sc. Nursing degree course.

Sampling Technique: A convenient sampling technique was used.

Description of Tools

Section A: contains demographic variables such as age, gender, locality, religion, family income, and place of stay, history of any health problems and previous medium of instruction.

Section B: Includes Brief Scope Scale which is a 4 point likert scale with 28 items related to various coping strategies.

Results

Section A

Table 1: Percentage distribution of selected Demographic variable.

N=60

Sl. No	Demographic variable	Frequency	Percentage
1.	Age (in Years)		
	17 – 18	13	26
	18 – 19	28	56
	Above 19	09	18
2.	Gender		
	Male	10	20
	Female	40	80
3.	Locality		
	Rural	19	38
	Urban	31	62
4.	Religion		
	Christian	13	26
	Hindu	27	54
	Muslim	10	20
5.	Family Income		
	Less than 5000	12	24
	5000 – 10000	19	38
	Above 10000	19	38
6.	Place of Stay		
	Hostel	35	70
	Home	15	30
7.	History of any health problem		
	Acute	50	100
	Chronic	00	00
8.	Previous medium of Instruction of Study		
	English	18	36
	Tamil	32	64
	Others	00	00

The above table shows that out off 50 students, 28 (56%) of students were with the age group of 18 – 19 yrs, 40 (80%) were females, 31 (62%) were belongs to rural areas and 27 (54%) were Hindu. With family income 19(38%) were having Rs. 5000 - 10000 and above 10000, out of 50 students 35(70%) were staying in hostel, with history of any health problem none of them have chronic diseases and merely 32 (64%) were having Tamil as a previous medium of study.

Table 2: Percentage Distribution of Level of Coping.

N=60

Sl. No.	Level of Coping	Fre- quency	Percent -age
1.	Highly Positive coping	6	12
2.	Positive coping	36	72
3.	Negative coping	8	16

The above table shows the percentage distribution of level of coping out off 50 students 6 members having

highly positive coping, 36 members having Positive coping and 8members having negative coping.

Section B

The frequency distribution of various coping strategies used by nursing students, the coping strategies like self distraction was used oftenly by 20 students, 26 students oftenly using active coping, 22 students using denial oftenly. Only 5 students were using substance as coping method, 34 students occasionally using emotional support, 18 students oftenly using instrumental support, venting was used by 22 students occasionally, 20 students always using positive reframing as coping strategy. 20 students were using planning always; humour was used occasionally as coping strategy by 18 students. Acceptance coping strategy used always by 20 students. Out off 50 student's religion was used by 32 students always and self blame was never used by 30 students as coping strategy.

Table 3: The frequency distribution of various coping strategies used by nursing students
N=60

S.no	Strategies	Never		Occasional		Often		Always	
		No	%	No	%	No	%	No	%
01	Self Distraction	04	08	14	28	20	40	12	24
02	Active Coping	06	12	06	12	26	52	12	24
03	Denial	12	24	06	12	22	44	10	20
04	Substance Abuse	45	90	05	10	00	00	00	00
05	Use of Emotional Support	08	16	34	68	08	16	00	00
06	Use of Instrumental Support	06	12	12	24	18	36	14	28
07	Behavioural disengagement	04	08	16	32	24	48	06	12
08	Venting	04	08	22	44	18	36	06	12
09	Positive Reframing	02	04	12	24	16	32	20	40
10	Planning	04	08	10	20	16	32	20	40
11	Humour	16	32	18	36	12	24	04	08
12	Acceptance	06	12	06	12	18	36	20	40
13	Religion	06	12	02	04	10	20	32	64
14	Self blame	30	60	06	12	10	20	04	08

Table 4: Association between Level of Coping and Demographic variables.
N=60

Sl. No	Demographic variable	Fre-quency	Per-centage	Value X ²
01	Age (in Years)			
	22- 24	06	24	3.46
	25 – 27	14	56	NS
	Above 27	05	20	
02	Gender			
	Male	04	16	1.54
	Female	21	84	NS
03	Locality			
	Rural	12	48	3.16
	Urban	13	52	NS
04	Religion			
	Christian	11	44	18.23
	Hindu	14	56	NS
	Muslim	00	00	
05	Family Income			
	Less than 5000	06	24	2.89
	5000 – 10000	17	68	NS
	Above 10000	02	08	
06	Place of Stay			
	Hostel	14	56	0.853
	Home	11	44	NS
07	History of any health problem			
	Acute	25	100	1.16
	Chronic	00	00	NS

08	Previous medium of Instruction of Study			
	English	16	64	1.308
	Tamil	09	36	NS
	Others	00	00	

From the above table it can be seen that none of demographic variable shows significant with level of coping.

Nursing Implications

The study provides base line information on the level of coping and coping strategies used by the nursing students.

Nursing Practice

The finding of the study shows that there is a need to conduct stress management programme for the nursing students to cope up with their stress.

Nursing Education

The students studying in the college should be educated regarding stress management and coping strategies.

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