

20TH WORLD NURSING EDUCATION CONFERENCE

May 22- 24, 2017 Osaka, Japan

Correlation between perceived stressors and physical and mental health among nursing students in the clinical practice

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The purpose of this study was to explore the relationship between practicum-related stress and health status in nursing students. A cross-sectional research design was used in this study. Data were collected using two questionnaires, namely the perceived stress scale for nursing students in clinical practice and general health scale. The subjects of this study were fourth and fifth grade nursing students at the junior college in Tainan. The data were analyzed by t-test, one-way ANOVA, Pearson's Correlation, Scheffe's method. The result showed that the average score of perceived stress scale was 37.62(SD=16.03). The findings indicate that practicum-related stress was on medium-low level. The most common stressor was "Inexperience of lack of judgment on patient's condition and management." During clinical placement, students' average score of general health scale was 68.98(SD=25.60). That indicated that students' physical and mental health status during practicum was on medium level. Comparing to different level hospitals, students practiced in medical centers had highest stress level. There were significant differences among hospital level and practicum-related stress ($F=39.808$, $p<0.05$), health status ($F=21.545$, $p<0.05$). Practicum-related stress of nursing student had a significant positive correlation ($r=0.673$, $p<0.01$). In other words, a higher practicum-related stress level was correlated with higher score of general health scale. That means poor health status. The findings in this study could help clinical nursing teachers understand nursing students' stressor and mental health during clinical practice. It could also provide practicum units and the clinical nursing teachers with more information about correcting practicum program and teaching strategies.

Biography

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