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The efficacy of time-pressured games on the anxiety of nursing students

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Aims: Research shows that anxiety happens to be common among nursing students due to being in a high-pressured environment, games have been known to decrease anxiety, and time-pressure appears to increase it. Studies show, however, that introducing a negative stimulus repeatedly is capable of desensitizing an individual to that specific stimulus. The study aimed to determine the efficacy of a time-pressured game among students experiencing anxiety.

Methods: The study is a quasi-experimental design and 30 respondents were obtained using convenience sampling technique. Dr. Oz Show: The Anxiety Scale Test was adapted and utilized as a pre and post-test tool in measuring the subjects' levels of anxiety, and Amateur Surgeon 4 was the game utilized. The intervention was applied for 10 minutes, for 8 days non-consecutively in a span of four weeks. The statistical design used to measure the efficacy of the intervention was One-Way ANOVA.

Results: Findings revealed a significant difference between the levels of anxiety of the subjects before and after the time-pressure game was provided for 8 days (Sig=0.007, $p \leq 0.05$).

Conclusion: The findings of the study suggest the utilization of time-pressured games to decrease the levels of anxiety being experienced by not only nursing students, but also with educators and practitioners. The study also suggests the use of alternative interventions to decrease the anxiety of those in the nursing practice. Further research is needed to explore the efficacy of the study to other year levels, institutions, or other health-allied programs.