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Investigation of nursing students' perception of stress and coping behaviours of stress during education

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Aim: The study aims to investigate nursing students' perception of stress and stress-coping behaviors during education.

Method: This descriptive study comprised 410 second-, third- and fourth-grade nursing students who were attending the Nursing Department of Manisa School of Health during the 2015-2016 academic year fall semester, and who received at least one year of nursing education, had clinical practice experience and volunteered to participate in the study. Data were collected using the Student Identification Form, Nursing Education Stress Scale Perceived Stress Scale for Nursing Students and Coping Behaviours of Stress Scales for Nursing Students. The data were analyzed using the SPSS statistical program 21.00. to analyze the data percentages, means, the t-test and ANOVA were used.

Results: Of the participating students, 70.5% were girls, 72.4% were in the 19-21 age group, 47.8% were third-grade students, and 55.1% graduated from Anatolian high school where the students receive intensive foreign language education, 68.3% chose the nursing profession by their own preference, 80.5% stated that they loved the nursing profession and 72.4% wanted to work as a nurse. The mean total score the participants obtained from the Nursing Education Stress Scale was 59.27 ± 19.81 . The mean total score was 29.59 ± 10.24 out of 48 points for the practical activities subscale, and 29.67 ± 10.09 for the academic stress subscale. The mean total score for the Perceived Stress Scale for Nursing Students was 65.39 ± 25.58 . The students faced the highest level of stress when they provided healthcare for patients and their mean score for this was 18.01 ± 7.43 . The analysis of the scores the students obtained from the Coping Behaviours of Stress Scales for Nursing Students revealed that the students obtained the highest mean total score from the Problem Solving subscale: 16.15 ± 5.05 .

Conclusion: According to the results of the study, the nursing students' stress level was above average, they faced the highest level of stress when they provided healthcare for patients and they used the problem-solving strategy to cope with stress.

Biography:

Kıvan ÇEVİK graduated from Antalya Nursing School, Akdeniz University, in 2004. She took Fundamentals of Nursing Master's degree and PhD from Health Sciences Institute of Ege University. She worked at Cardiovascular Surgical Intensive Care Unit and operating room. Currently, She is working at Celal Bayar University, Manisa Health Sciences Faculty Nursing Department as Assist Professor. Interested subjects of her are Nursing Management, Pain Management, and Complementary Therapies.

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