

25th World Congress on

NURSING CARE

July 24-26, 2017 Melbourne, Australia

Stress, resilience and psychological well-being in Chinese undergraduate nursing students**Fang Yang**Zhejiang University, China
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Globally, stress is a well-recognized feature of the life of undergraduate nursing students. However, there is little evidence to suggest how best to deal with this issue. It has been suggested that students who have greater resilience may be better prepared to deal with potentially stressful events and prevent psychological morbidity. A cross-sectional study was then conducted using multivariate logistic regression and descriptive statistical analysis. To collect the data, resilience scale, stress in nursing students scale and general health questionnaire-12 were used. 1538 Chinese nursing students were investigated for making assessment for multiple dimensions of resilience, stress and psychological health. Descriptive statistical analysis, correlation analysis as well as stepwise multiple regression analysis was examined on matching pairs of data. Convenient sampling method was used for this study. The result was then compared with the UK study for the state level of the same undergraduate nursing students measured by the same stress in nursing students scale and general health questionnaire-12. Data were analyzed by SPSS 18.0. Nursing students in their final year reported the highest mean GHQ 12 scores (Mean 4.50 and SD 2.89) and stressor scores (Mean 105.11 and SD 25.37), moderate levels of resilience were noted across all four years of nursing training programs (Mean 121.59 and SD 21.49). Resilience scores were negatively correlated with mean total score for stress ($r=-0.236$, $p<0.01$) and negatively correlated with psychological well-being ($r=-0.411$, $p<0.01$). This study illustrated that resilience was a stronger predictor of stress and psychological health in nursing students including in China and UK. Further research will be carried out to implement the strategies or interventions including nursing education programs and competencies in enhancing resilience in global nursing research.

Biography

Fang Yang has completed her PhD from the Second Military Medical University and Postdoctoral studies from the University of Edinburgh, School of Nursing. She is currently working as a Professor of Nursing as well as Associate Dean of School of Nursing of Zhejiang University City College, China. Also she is employed as a Visiting Professor of School of Nursing, Midwifery & Social Care of Edinburgh Napier University, UK from 2014 to till date. She has published more than 50 papers in reputed journals and has been serving as Editorial Board Member of repute including 2 international journals.

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