

# 33<sup>rd</sup> Nursing and Healthcare Congress

October 23-25, 2017 | Toronto, Canada

## Effect on resilience for psychological health for nursing students: A cross-cultural study

Fang Yang

Zhejiang University City College, China  
Edinburgh Napier University, UK

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. Then the result has been 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 was analyzed by SPSS 18.0. Nursing students in their final year reported the highest mean GHQ 12 scores (Mean 4.50, SD 2.89) and stressor scores (Mean 105.11, SD 25.37). Moderate levels of resilience were noted across all four years of nursing training programs (Mean 121.59, 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.

yangf@zucc.edu.cn  
yangfanglwy98@163.com