

**“A STUDY TO ASSESS ACADEMIC STRESS DURING ONLINE CLASSES IN
SECOND AND THIRD YEAR B.SC NURSING STUDENTS IN
SMT.NAGARATHNAMMA COLLEGE OF NURSING AT BENGALURU”**

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RESEARCH PROJECT WORK SUBMITTED TO

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CERTIFICATE

THIS IS TO CERTIFY THAT THE PROJECT WORK
ENTITLED “A STUDY TO ASSESS ACADEMIC STRESS DURING ONLINE CLASSES
IN SECOND- AND THIRD-YEAR B.SC NURSING STUDENTS IN
SMT.NAGARATHNAMMA COLLEGE OF NURSING AT BENGALURU”

HAS BEEN SUCCESSFULLY CARRIED OUT

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ABSTRACT

“If you can imagine it, you can achieve it. If you can dream it, you can become it.”

~William Arthur Ward

Background

Stress can have an impact on a student’s academic performance. Studies showed that college students have many obstacles to overcome in order to achieve their optimal academic performance. It takes a lot more than just studying to achieve a successful college career. Different stressors such as time management, financial problems, sleep deprivation, social activities, medium of learning, other barriers of communication, can all pose their own threat to a student’s academic performance and leads to academic stress.

Objective

A study was conducted to assess academic stress during online classes in 2nd and 3rd year BSc nursing students in selected private college in Bengaluru.

Methods

Descriptive exploratory survey design was used for the study. The study was conducted at Smt. Nagarathamma College of Nursing, Bengaluru. A social demographic checklist containing demographics and clinical variables were given to 50 students studying in the above-mentioned college in Bengaluru. Subjective and objective data was collected with the help of the checklist and data was analysed and results were interpreted by using descriptive and inferential statistics.

Results

Distribution of samples reveal that the students are in the age group of 18 to 23 yrs. considering both 2nd and 3rd year students. The stress is divided into three categories: low, moderate and high. In stress, respectively 8% in 2ndyr and 58% in 3rdyr are having low stress, 66% in 2ndyr and 42% in 3rdyr have moderate stress, and lastly 25% in 2ndyr and no respondents from 3rdyr having high levels of stress.

Interpretation

The result shows that majority of samples are having moderate stress.

Conclusion

The following conclusions were drawn from the study:

- Almost all the respondents had moderate levels of stress.
- The levels of stress varied based on many variables and were aggravated during online classes.

Key words

Assessment, Academic stress, social demographic checklist, coping.

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