"To Identify the Stressors Experienced by Novice Nursing Students

during their Clinical Training"

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Project submitted to

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Under the guidance of

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DECLARATION BY THE CANDIDATE

I here declare that this dissertation titled **"To Identify the Stressors Experienced by Novice Nursing Students during their Clinical Training"** is a bonafide and good research work carried out by me under the guidance of Mr. Vasantha Malagi, Associate Professor Head, Department of Mental Health Nursing, Smt. Nagarathnamma School & College of Nursing, Bangalore.

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ABSTRACT

Background

During nursing education and training, novice nursing students are frequently exposed to various stressors which may directly or indirectly impede their learning and performance. Students face many challenges in the complex and dynamic clinical environment and these have been identified as stressors. Stressors can be broadly defined as situations or events that have potential to affect health. These stressors are the stimuli which cause stress among nursing students during their academics as well as clinical training.

Objective

To identify the stressors experienced by novice nursing students during their clinical training.

Methodology

Descriptive survey research design was used for the present study, 100 first year General Nursing and Midwifery and 100 first year Basic B.Sc. Nursing Students studying in selected nursing institutes at SNCN, Bangalore were selected by using non- probability convenientsampling technique. The Kezkak bilingual questionnaire is used to identify the stressors affecting novice nursing students during their clinical training.

Result

The result showed that the most common stressors experienced by subjects during their clinical training were assignments and workload (mean= 1.07, SD= 0.87, mean percentage= 11.88), emotional environment (mean= 1.1, SD= 0.90, mean percentage= 9.16) and interpersonal relationship with patient (mean=1.09, SD=0.96, mean percentage=9.08).

The lowest stressors experienced by subjects during their clinical training were lack of professional knowledge and skills (mean= 1.11, SD= 0.87, mean percentage= 4.62) and patient pain and suffering (mean= 1.04, SD= 0.90, mean percentage= 4.95).

Conclusion

Based on the study result, the appropriate and effective actions need to be taken to educate the novice nursing students to overcome stressful situation.

Keywords: stressors, novice nursing students, clinical training.

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LIST OF ABBREVIATIONS

WHO	World Health Organization
BSc	Bachelor of Science
GNM	General Nursing and Midwifery
SGT	Shree Guru Gobind Singh Tricentenary
PCSQ	Pagana Clinical Stress Questionnaire
PSS	Perceived Stress Scale
CBI	Coping Behaviour Inventory Scale
PPSRS	Physio-Psycho-Social Response Scale
STAI	State Trait Anxiety Inventory
SINE	Stress In Nurse Education
KSA	King Saud Bin AbdulAziz
PUC	Pre-University Course
IBM	International Business Machines
SPSS	Statistical Package for the Social Sciences