

PP 69

Perceived stress among nursing undergraduates of University of Sri Jayewardenepura

Nashath SF*, Ilankoon IMPS

Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka.

Background: Stress has become an unavoidable part of life and among different professions, nursing is identified as a highly stressful profession. Throughout the training period, nursing undergraduates are exposed to various stressful situations which can affect their academic and clinical performance, and well-being.

Objective: This study aimed to assess the level of perceived stress and factors associated among nursing undergraduates.

Method: A descriptive cross-sectional study was conducted among all second, third, and fourth year nursing undergraduates of University of Sri Jayewardenepura during March to December 2020. A self-administered questionnaire including validated Perceived Stress Scale (PSS) was used to collect data. PSS scores were categorized as low level of stress (<20) and high level of stress (>21). SPSS version 26.0 was used to analyze data using descriptive statistics and Chi-square test.

Results: Among 73 undergraduates, 60 (82%) were females and 13 (17.8%) males. The mean age was 25.3±3.4 years. Mean perceived stress score was 19.2±4.2. Nearly 62% of undergraduates had low level of stress and 38.4% had high level of stress. The identified common perceived stressors were tired feeling after clinical/academic schedule (91.8%), increased workload towards exams (87.7%), lack of free time (80.8%), and fear of failure in exams. The common stress related symptoms were easily feeling tired (68.5%), and getting restless (57.5%). Tired feeling after academic and clinical schedule ($p=0.01$), inadequate support in clinical area ($p=0.02$), and not getting expected marks ($p=0.00$) were significantly associated with perceived stress levels.

Conclusion: There is a great need of planning stress management programs to overcome stress related to the academic and clinical factors which were identified during this study. These beginners in nursing profession should be better equipped and trained to face various challenges of the profession in the future.