

# The Effectiveness of Structured Teaching Program on Stress Management among Student Nurse in Rohilkhand College of Nursing Bareilly, Uttar Pradesh

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## ABSTRACT

Stress is a natural phenomenon that everyone experiences in his or her life time and is caused by stress causing factors or stressor constant stress brings about change in the balance hormones in the body which may leads to the situation or thought that makes us feel frustrate, angry, nervous, or anxious. A study was conducted to assess the effectiveness of structural teaching program on stress among student nurse in the selective institution in Bareilly, U.P with the objectives to assess the level of knowledge, to assess the effectiveness of Structured Teaching Programme regarding stress management among student nurses and to find out the association between the level of knowledge with the selected demographic variables. A pre-experimental study with one group pre-test post-test design was used. This was conducted in selected institute Rohilkhand College of nursing Bareilly. The data was collected to assess the pre-test and post-test knowledge about stress management among the student nurse. The data was collected were analysed and interpreted by using descriptive and inferential statistics. Major finding of the study reveals that the pre-test knowledge scores of the study; Level of Knowledge regarding Stress management, the pre-test knowledge score was Inadequate 7 (14%), Moderate 43 (86%) and Adequate 0 (0%) and in the post-test, knowledge scores of samples said to be Inadequate 0 (0%), Moderate 10 (20%) and Adequate 40 (80%). the mean and standard deviation of knowledge level regarding stress management was in pre-test 22.7 and 2.45 and in post-test 24.8 and 3.82 respectively. The effectiveness of STP on knowledge regarding Stress Management the calculated t value was 12.5 which is more than the table value. it confirms that the teaching programme is effective. H<sub>1</sub> is accepted. The association between the levels of knowledge regarding stress management with the selected demographic variables shows non-significant. The study concludes that the planned teaching programme was effective.

**Key words:** Effectiveness, Structured Teaching Programme, Stress Management, Student Nurses

## Introduction

Stress is a natural phenomenon that everyone experience in his or her life time and is caused by stress causing factors or stressor constant stress brings about change in the balance hormones in the body which may leads to the situation or thought that makes us feel frustrate ,angry ,nervous , or anxious [1] .

Stress is a part of everyone life. Stress for short periods may not affect you but stress over time may cause or make some illness worse, such as heart disease, stroke, high blood pressure, diabetic, irritable bowel syndrome, asthma, arthritis, other common disorder linked to psychological state are eating disorder, tension, headache, migraine, chest pain these all disease

Suffer from by the stress. Mental health problem – depression and anxiety may be the result of chronic illness [2].

In psychology stress is a feeling of emotion strain and pressure. Stress is a type of psychological pain. Small amount of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It is also playing a factor in motivation, adaptation and reaction to the environment [3]. Excessive amount of stress, however may lead to bodily harm. Stress can increase the risk of stroke, heart attack such as depression and also aggravation of pre-existing condition. Stress can be external and related to the environment, but may also be caused by internal perception that cause an individual to experience anxiety or other negative emotion surrounding a situation, such as pressure discomfort etc [4].

The term “Eustress” comes from the Greek root eu- which means “good (as in

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euphoria). Eustress result when a person perceived a stressor as positive. Stress may cause headache Stress is a non –specific response. It is neutral, and what varies is the degree of response [5].

This includes the medical definition of stress as a physical demand and the colloquial definition of stress as a psychological demand. A stressor is inherently neutral meaning that the same stressor can cause either distress ad Eustress .it is individual difference or response that induce either distress or Eustress [6].

Studies conduct in military and combat fields show that some of the most potent stressor can be due to personal organizational problem in the unit or on the home front. Stress due to bad organizational practice is often connected to toxic leadership, both in companies and government al organizational [7].

**Objectives**

1. To assess the level of knowledge regarding stress management among student nurses.
2. To assess the effectiveness of Structured Teaching Programme on Stress management among the student nurses
3. To find out the association between the level of knowledge with the selected demographic variables.

**Research Hypothesis**

**H<sub>1</sub>:** There is a significant difference between pre-test and Post test level of Knowledge on Stress management among the student nurses.

**H<sub>2</sub>:** There is a significant association between the levels of knowledge with the selected demographic variables.

**Research Approach:** A quantitative research approach was used for the study

**Research Design:** A pre-experimental design with one group pre test post test design was used

**Research Variables:-**

**Dependent variables:-**In this study, the dependent variable is a level of knowledge regarding stress management.

**Independent variables:-** In this study Structured teaching program is the independent variable.

**Sample and Sample Size**

In the present study the sample comprised of 50 Nursing Student of age group 18 - 22 years in a selected college (Rohilkhand College of Nursing) of Bareilly (U.P).

**Description of Tool**

The tool used for the study is a questionnaire method.

- The tools consist of two sections:

- Part :- A Demographic Variables
- Part :- B Questionnaire

**Section A:** This section consists of items pertaining of demographic variables of nursing student with assess the knowledge on stress management include age, sex, father education, mother education, religion, occupation of father, occupation of mother and place of residence.

**Section B:** This section consists of a structured questionnaire to assess the knowledge of stress among student nurse in the selected institution in Bareilly. The total numbers of questions were 30 and were related to knowledge of stress among the student nurse.

**Results**

The result of the study was discussed under the following sections like

**Section 1:** Assess the level of knowledge on Stress Management among the students

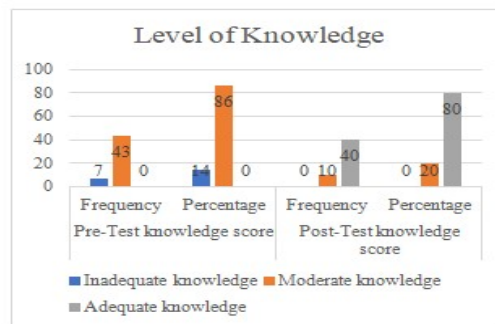
**Section 2:** Assess the Effectiveness of planned teaching program regarding Stress Management among the nursing students .

**Section 3:** Association between the level of knowledge with the selected demographic variables.

**Section 1**

**Table 1: Level of Knowledge regarding Stress Management among nursing Students (n=50)**

Level of knowledge	Pre-Test		Post-Test	
	Freq	Per	Freq	Per
Inadequate knowledge	7	14	0	0
Moderate knowledge	43	86	10	20
Adequate knowledge	0	0	40	80



**Figure 1: Multiple Bar Diagram Shows the level of knowledge regarding Stress Management**

(Table 1: Fig 1) shows percentage wise distribution on Level of Knowledge regarding Stress management, the pre-test knowledge score was Inadequate 7 (14%), Moderate 43 (86%) and Adequate 0 (0%) and in the post-test, knowledge scores of samples said to be Inadequate 0 (0%), Moderate 10 (20%) and Adequate 40 (80%).

**Table 2: Mean and Standard Deviation of knowledge level.**

	Mean	Standard Deviation
Pre-test	22.7	2.45
Post-Test	24.8	3.82

Table 2 explains the mean and standard deviation of knowledge level regarding stress management was in pre test 22.7 and 2.45 and in post-test 24.8 and 3.82 respectively.

### Section 2

**Table 3: Effectiveness of STP on knowledge regarding Stress Management**

S. No	Test	Mean	Standard Deviation	t' Value	Inference
1.	Pre-test	22.7	2.45	12.5	Significance
2.	Post-test	24.8	3.82		

Table 3 shows the effectiveness of STP on knowledge regarding Stress Management among students. With calculated t value was 12.5 which is more than the table value. it confirms that the teaching programme is effective. H<sub>1</sub> is accepted.

### Section 3

The association between the level of knowledge regarding stress management with the selected demographic variables like age, sex, father education, mother education, religion, and occupation of father, occupation of mother and place of residence shows no significant.

### Nursing Implication

**Nursing Service:** Nursing is a service oriented profession and it must enhance to the extent that it keeps with the advancing technology, and with changing trends and issues. Hence it is imperative for the nurse to keep themselves abreast with changes. Educational program conducted for the nursing personnel help in imparting knowledge related to various health and safety issues.

The finding of the study could be utilized as a basis for in-service education of the nurse so that constant awareness and clear understanding may be created regarding stress management. It also serves as a Guideline for the nurse administrator to plan continuing education

program, additional instructions or training to the student nurse.

**Nursing Education:** “Quality care through excellence in advance nursing education” is just apart to meet the increasing demand of good quality of nursing. According to the finding , planning and adoption measure to nursing student training for active coping strategies, improving positive method for reducing stress symptom and helping to eliminate maladaptive coping strategies as drug consumption and avoidance by instructor and authorized is probably effective in nursing student.

It should provide to the student on stress management techniques like Daily exercise, meditation, prayer, deep breathing, and progressive muscular relaxation.

Conclusion:

The study concludes that the student nurses have moderate level of knowledge regarding Stress Management. Structured Teaching Programme may help the nursing students to enhance their knowledge level.

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