

To cite this article: Semahir Sabri Hameed (2024). FACTORS INDUCING STRESS AMONG STUDENTS IN NURSING, International Journal of Education and Social Science Research (IJESSR) 7 (1): 61-64 Article No. 890, Sub Id 1385

FACTORS INDUCING STRESS AMONG STUDENTS IN NURSING

Semahir Sabri Hameed

Nursing collage -University of Basrah -Republic of Iraq

DOI: <https://doi.org/10.37500/IJESSR.2024.7107>

ABSTRACT

Academic stress can be deleterious to students and lead to physical and psychological distress. The students may become irritable, show lack of concentration, poor inter-personal relations, insomnia and absenteeism. Nursing education is challenging and place heavy demands on the students. Undergraduate nursing students also have similar demands like other college students combined with a rigorous course load and clinical competency requirements. In addition to continuous examinations. It could result into emotional exhaustion, depersonalization, and decreased personal achievements. This physical and psychological distress may hamper students' academic performance and hence impede their pursuit of the nursing career temporarily and permanently and can lead to shortage of nurses entering clinical career.

KEYWORDS: factors, inducing stress, among students in nursing.

INTRODUCTION

Stress is a natural feeling, designed to help you cope in challenging situations. In small amounts it can be good, because it pushes you to work hard and do your best, such as during exams. Stressful situations give your body and brain practice in developing the best response to future stressful situations. Once the danger passes, your body systems should return to normal. Severe acute stress is a different story. This kind of stress, such as when you've faced a life-threatening situation, can lead to post-traumatic stress disorder (PTSD) or other mental health problems. ^[1].

The very mention of the word 'stress' brings thoughts such as increased rate of depression, anxiety, cardiovascular disease, and other potentially life-threatening issues to one's mind ^[2]. Stress defines as the adverse reaction people display for excessive pressures or other types of demands placed on them.

Stress is a particularly important issue in education because it has the potential to impede concentration, memory, and problem-solving ability, which in turn adversely affect academic performance and learning. in the university environment, there are high expectations, information overload, Study pressure, unrealistic ambitions, limited opportunities, and high competitiveness, which cause academic stress.^[3].

Nursing education is challenging and place heavy demands on the students. Undergraduate nursing students also have similar demands like other college students combined with a rigorous course load and clinical competency requirements. In addition to continuous examinations, research papers and other assignments and longer study hours associated with lack of free times as nursing students have a lot of prerequisites before their clinical assignment. ^[4].

Academic stress can be deleterious to students and lead to physical and psychological distress. The students may become irritable, show lack of concentration, poor inter-personal relations, insomnia and absenteeism. It could result into emotional exhaustion, depersonalization, and decreased personal achievements. This physical and psychological distress may hamper students' academic performance and hence impede their pursuit of the nursing career temporarily and permanently and can lead to shortage of nurses entering clinical career. ^[5].

The most observed sources of stress were fear of failure, uncertainty about future, lack of confidence, discomfort, nervousness sadness, depression, lethargy, lack of confidence negative attitudes, low temper, fatigue decrees sleep and poor satisfaction about performance. It is also worth noting that stress is an inevitable part of student-life; as it takes a toll on most students' physical health, emotional wellbeing, and academic performance.^[6].

Majority of students spent a lot of time at work and less time studying. Being employed and at the same time still be a college student is a constant source of stress ^[7].

Undergraduate nursing student stress is widely recognized, especially in the clinical setting. With frequent changes and challenges in health care and technology, the clinical setting has the potential to become even more stressful. field.

Globally, the traditional higher education delivery system which has a classroom setting with students and lecturer interactions has been challenged by innovations in educational delivery mechanisms ^[8]. As a result of an inability to handle or deal with a challenge or problem encountered in the performance of a specific activity or studies. Distress result in both emotional and physical pain. An example of emotional pain is sadness, resorting to drugs, violence, a low concentration at studies, low participation in social activities. Most often than not Distress is caused by external factors ^[6].

It is well recognized that medical training can be extremely stressful and that high stress is a risk factor for a wide range of psychological and health-related consequences ^[9].

Fear “is a chain reaction in the brain the start with a stressful stimulus and ends with the release of chemicals that cause a racing heart, fast breathing and energize mussels, among other things also known as the fight of light responses ^[10] .

Ability to manage stress is really an important issue when it comes to the topic of stress. Due to this, the Clinic community health center has laid down some stress relieving techniques which help a lot especially students to enable them to manage their stress issues, Stress that can arise from various academic and environmental aspects is very common among college students. Uncontrollable stress lowers academic, social, environmental, psychological and physical adjustment ^[11]. There are some techniques and ways that can help reduce stress and stop you being stressed up.

Stress can also affect health-related behaviors. Stressed students are more likely to have problems with disrupted sleep, poor diet, and lack of exercise. This is understandable given that nearly half of APA survey respondents reported completing three hours of homework per night in addition to their full day of school work and extracurriculars. Roughly 30% of the teens reported feeling overwhelmed, depressed, or sad because of their stress ^[12].

REFERENCES

- 1-Timothy J. Legg (2020) Everything You Need to Know About Stress, Medically the Healthline Editorial Team — Updated on Feb 25, 2020, www.healthline.com.
- 2-**Tausif** islam¹, M Sabrina Moonajilin², Rajib-ul-islam(2018)A study on Stress among University Students, Bangladesh. *International Journal of Academic Health and Medical Research (IJAHMR) ISSN: Vol. 2 Issue 10, Pages: 10-17.*
- 3-**Amina** Ahmed Mohamed Ali (2018) Academic Stress and Its Contributing Factors among Faculty Nursing Students in Alexandria. *ASNJ Vol.20 No.1.*
- 4-Hanan Hosni El-Sherbini and Amina Ahmed Mohamed Ali (2018) Academic Stress and Its Contributing Factors among Faculty Nursing Students, *ASNJ Vol.20 No.*
- 5-**Mohsin** Shah¹, Shahid Hasan, Samina Malik, Chandrashekhar T Sreeramareddy (2010) Perceived stress, sources and severity of stress among medical undergraduates in a Pakistani medical school *BMC Med Educ. 15;10:2. doi: 10.1186/1472-6920-10-2.*
- 6-**George** Essel and Patrick Owusu (2017) Causes of students' stress, its effects on their academic success, and stress management by students *Thesis. Case study at Seinäjoki University of Applied Sciences, Finland*
- 7-Hammer, B., Grigsby, T, & Woods, S.(1998) The Conflicting Demands of Work, Family, and School among Students at Urban University. *The Journal of Psychology, 132 (1998):220-227.*
- 8-Soliman, M. (2014). Perception of stress and coping strategies by medical students at King Saud University, Riyadh, Saudi Arabia. *Journal of Taibah University Medical Sciences, 9(1), 30–35.* doi:10.1016/j.jtumed.2013.09.006
- 9-Margaret O'Rourke, Sean Hammond, Siun O'Flynn, Geraldine Boylan The Medical Student Stress Profile: a tool for stress audit in medical training <https://doi.org/10.1111/j.1365-2923.2010.03734.x>
- 10-Layton, J. (2016). How fear works. [Retrieved 20 March, 2016]. Available at: <http://science.howstuffworks.com>



- 11-Elizabeth Scott .Top 10 Stress Management Techniques for Students. Medically reviewed by Akeem Marsh, MD.2023.
- 12-Dawit Yikealo, Bereket Yemane, Ikali Karvinen. The Level of Academic and Environmental Stress among College Students: A Case in the College of Education Open Journal of Social Sciences, Vol.6 No.11, November 8, 2018.
13. Mahfoudh F. Hassan, Luay Abdulwahid Shihab, IAJPS 2018, NEGATIVE EFFECTS OF INTERNET ON INDEXES THE MANTEL HEALTH OF NURSING STUDENTS, <http://www.iajps.com>, 05 (04), 2360-2367.