

Study of nursing students with anxiety management and coping strategies

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Abstract

This study investigates the experiences of nursing students in managing anxiety and utilizing coping strategies. Nursing education can be demanding, leading to heightened stress levels among students. This research aims to shed light on the challenges nursing students face in this regard and how they navigate them. Through surveys, interviews, and data analysis, we explore the various stressors encountered during nursing education and the coping mechanisms employed by students. We also assess the effectiveness of existing anxiety management programs and support systems within nursing schools. This study provides valuable insights into the specific needs of nursing students and highlights areas where improvements can be made in educational institutions to better support their mental well-being. Ultimately, by understanding and addressing these issues, we aim to enhance the overall experience and success of nursing students as they prepare to enter the healthcare profession.

Introduction

Nursing education represents a pivotal phase in the journey toward becoming a healthcare professional. It equips students with the knowledge and skills required to provide compassionate and competent care to patients. However, the path to becoming a nurse is fraught with challenges and demands that can have a profound impact on the mental and emotional well-being of nursing students. One significant aspect of this challenge is managing anxiety and developing effective coping strategies. This study delves into the experiences of nursing students in navigating anxiety during their educational journey and explores the coping mechanisms they employ to deal with the associated stressors. Nursing education is characterized by rigorous coursework, extensive clinical hours, and a responsibility to assimilate vast amounts of information while maintaining a high standard of care. These demands, combined with the emotional toll of working with patients in various states of health, often result in heightened stress levels among nursing students. Anxiety can manifest in various forms, from performance-related concerns to the emotional burden of witnessing suffering and illness. Understanding how nursing students manage anxiety and develop coping strategies is essential not only for the students themselves but also for the healthcare system as a whole. High levels of stress and anxiety can negatively impact

students' academic performance, well-being, and future job satisfaction. It is crucial to identify effective approaches to address these challenges to ensure that nursing students are adequately prepared to provide the best care possible while maintaining their own mental health.

Need of the Study

The study of nursing students with a focus on anxiety management and coping strategies is of paramount importance due to several compelling reasons. The nursing profession is recognized for its inherent stressors, including high patient expectations, long hours, and exposure to illness and suffering. Consequently, nursing students are particularly vulnerable to experiencing heightened anxiety levels during their educational journey. Investigating their experiences and the strategies they employ to cope with anxiety is essential to better prepare them for the demanding challenges they will encounter in their future careers. Understanding the unique stressors faced by nursing students is crucial for nursing education institutions and healthcare systems. Identifying these stressors and effective coping mechanisms can inform the development of tailored support programs and interventions that enhance the overall well-being of nursing students. This, in turn, can lead to improved academic performance, job satisfaction, and ultimately, better patient care. The mental and emotional well-being of nursing students directly impacts patient outcomes. Nurses who are better equipped to manage stress and anxiety are more likely to provide high-quality, compassionate care to patients. Therefore, addressing the anxiety and coping strategies of nursing students is not only beneficial for them but also for the healthcare system as a whole.

Anxiety, Stress, Depression

Anxiety is one of the most common mental disorders among school-aged children and adolescents all over the world, especially in the United States. The prevalence rates range from 4.0 to 25.0 percent on average, with an average prevalence rate of 8.0 percent. A common reason for misdiagnosis of anxiety in children and teens is that the symptoms have been so firmly embedded in their thoughts. It is widely documented that anxiety has a negative influence on children's social, emotional, and intellectual well-being, as well as their capacity to learn. Among the negative repercussions of social anxiety include poor self-esteem, feelings of social rejection, and difficulty establishing new contacts, among other things. School avoidance, diminished problem-solving abilities, and worse academic achievement are all important consequences. Despite the fact that cultural concepts and

practises have an influence on the surroundings and the symptoms of anxiety, it is nevertheless regarded a worldwide phenomenon.

A major source of anxiety among schoolchildren and adolescents in India is the high educational goals of their parents, who place great emphasis on their children doing well in school. Secondary school in India is a period of rigorous preparation for the Class X first Board Examination, also known as the Secondary Examination, which is taken by all students who are 16 years old or older on the first attempt. Because the Secondary Examination serves as the major criteria for future admission to a high-quality senior secondary school and a chosen academic route, pupils must do well on the examination. Because there are fewer available spaces in these institutions than there are students, there is a great deal of competition among students. It is common for parents who want to see their children succeed in the first Board Examination to employ three to four private tutors or more to assist them. Following the completion of the Class XII Final Board Examination, all students are required to appear for the Higher Secondary Examination. The performance of students on their final examinations determines whether or not they are admitted to this specific university. Because they feel these areas will give their children with solid job opportunities in the future, many parents encourage their children to seek degrees in medical, engineering, or management. In one year alone, 2320 children in India committed suicide as a result of exam failures, an average of more than six children each day (National Crime Records Bureau, Ministry of Home Affairs, Government of India, 2000). A startlingly large number of individuals have died as a consequence of this problem, which is shocking.

EFFECTS OF COVID 19 ON MENTAL HEALTH

The coronavirus illness (COVID-19) epidemic has wreaked havoc on people's lives all across the world. It is widely assumed that COVID-19 started in Wuhan, China, in December 2019 and has since spread to other nations. According to the 'WHO Coronavirus Disease (COVID-19) Dashboard', 2020, the situation has been labelled a pandemic with 40,665,438 confirmed COVID-19 cases and 1,121,843 lakh fatalities as of October 21st, 2020. Most enterprises and non-business activities have been shut down, inflicting temporary difficulties in addition to the loss of life. Some businesses, such as tourism and associated services, have been hammered so hard that it might take years for things to go back to normal in those fields. We've all been affected by this epidemic in a fundamental sense. COVID-19 has had a negative impact on educational institutions as well. Nearly 90% of the world's student

population has been infected by the epidemic (1.2 billion). There has been a worldwide suspension of educational activity in order to protect children, instructors, and other staff members. The interruptions in the education industry are evident despite the efforts of UNESCO and other ministries throughout the globe to keep education going by recommending that it be conducted via online platforms. The epidemic had a significant influence on many institutions, but many were ill-prepared to cope with it. Disorienting for students, parents have found it difficult to get their children to attend online courses, which has had an adverse effect on their own productivity. The usefulness and efficacy of online learning have yet to be proved internationally, despite World Economic Forum research suggesting that it increases retention and comprehension of material. Generally speaking, the situation in India has not changed much in the last year. The vast majority of crucial admission exams for specialised medical and engineering schools, as well as board exams and annual higher education exams, have been postponed or cancelled. As the number of COVID-19 instances in India continues to climb, the Indian government's Ministry of Human Resource Development has released rules for holding online courses and delivering examinations, but has not provided a real remedy.

Students in their last semester or year of school have been hit the hardest by the epidemic, since many have had their career possibilities cancelled or postponed for an unknown period of time. In addition, several students were unable to get internships, resulting in a sense of worry about their near future. Furthermore, colleges and other private institutions have continued to demand tuition fees despite the fact that the majority of them have failed to deliver on their promises of quality education. All of these occurrences seem to have contributed to the students' feelings of worry, stress, and despair. People have had to stay in their houses because of the COVID-19 pandemic protocol's severe isolation requirements. Students and teachers alike have been affected by the interruption to their social life and the resulting learning in solitude. Group learning and classroom activities are being overlooked by both educators and students, resulting in increased stress for both groups. People use other hobbies as coping techniques to offset the negative effects of not getting enough exercise and spending too much time at home. Depression affects people of different ages and economic statuses all around the globe, including India. Depressive disorders afflicted an estimated 322 million persons worldwide (World Health Organization 2020). Depression has a negative impact on one's overall well-being, resulting in significant financial and social costs for the affected person, their family, their country, and the world as a whole. According to the 2016

National Mental Health Survey in India, about one in every twenty persons over the age of 18 has experienced the effects of depression at some point. More than 45 million individuals have been diagnosed with the depressive syndrome, and by 2025, that number will rise to around 2.6 million (22.5 percent) as the world's population becomes older.

Literature Review

RaviPhilipRajkumar(2020)The title of their article was COVID-19 and mental health: A review of the literature. The COVID-19 pandemic, which has so far been reported to over 720,000 cases and 33,000 verified deaths across multiple countries, is a serious health disaster, according to the study's findings. Such widespread outbreaks have been associated to negative mental health consequences. Preliminary research indicates that self-reported stress (8%) and feelings of worry and sadness (16-28%) are common psychological responses to the COVID-19 pandemic and may be associated to sleep disruption. A number of individual and systemic factors mitigate this risk. When developing services for such groups, both the demands of the affected parties and the necessary preventive guidelines must be considered. According to the study's findings, subsyndromal mental health issues are a common response to the COVID-19 pandemic. More comprehensive studies from other affected countries are needed, particularly on vulnerable populations.

YaseminKalkanUgurlu RN, MSN (2020)In their research titled "The Examination of the Relationship Between Nursing Students' Depression, Anxiety, and Stress Levels and Restrictive, Emotional, and External Eating Behaviors in COVID-19 Social Isolation Process," the authors discuss the social isolation process. The study's conclusions were Only depression and restrictive eating had no statistically significant relationship in the correlation between the scores on the Depression, Anxiety, Stress Scale subscale and the Dutch Eating Behavior Questionnaire subscale. It was shown that the COVID-19 epidemic process had an impact on nursing students' eating habits and mental health.

Verma, Hemraj&Verma (2018) This research focused on the serious issues of depression, anxiety, and stress that plague many college students. Young individuals in India's higher education institutions were specifically studied in this piece for their degree of psychological discomfort owing to the COVID-19 epidemic. Additionally, the research looked at how pupils coped throughout this challenging period. 235 students in India's graduate and undergraduate programmes were surveyed as part of this descriptive research approach.

Students' levels of depression, anxiety, and stress were measured using the DASS-21 scale. In addition, pupils' coping techniques were measured using a four-point COPE scale.

Alazzam, Manar& Al-Sagarat (2021) Depression and anxiety are two of the most common mental health issues for female students in the school community, and they have a significant impact on school psychologists. Our research goals in this descriptive correlative study are to evaluate the prevalence of anxiety and depression among Jordanian high school girls and to identify the risk variables that may contribute to these disorders. Data were gathered from a clustered stratified sample of 405 high school ladies in Jordan by use of self-report questionnaires. 25.7 percent and 21% of female high school students reported having symptoms of severe sadness or anxiety, respectively.

Daya, Praveena& G., Karthikeyan (2018) A person's capacity to function normally at school or the workplace, as well as their ability to deal with the stresses of everyday life, may be severely harmed if their mental health problems go untreated. 400 school-aged teenagers from Tirunelveli district, Tamilnadu, India were surveyed for the prevalence and patterns of depression, anxiety, and stress. The DASS21 questionnaire was used to evaluate the impact of depression, anxiety, and stress on daily life. SPSS version 21 was used to conduct a chi-square test in order to determine statistical significance. 73.6 percent, 86.5 percent, and 24.7 percent of people reported some level of despair, anxiety, or stress in their lives. Depression (p value=0.01), Anxiety (p value=0.005), and tension (p value=0.007) were shown to be more prevalent among students in the 10th grade than in other courses. Students had a greater incidence of sadness, anxiety, and stress, according to the findings of this research. Therefore, teachers and parents must be educated about early detection and treatment in order to avoid catastrophic long-term implications.

Gianfermi, Buchholz et al,(2011) Based on his findings, he concluded that high levels of perceived social support from coworkers can reduce job stress. Nursing staff may perform worse on the job as a result of depression brought on by or contributing to the intensity and frequency of incidents that produce feelings of perceived job stress.

Gieter, Hofmans et al,(2011) We discovered that when nurses felt their supervisors supported them more, they had fewer negative and more positive outcomes, including less occupational stress. Teamwork is essential when dealing with stressful nursing conditions. Work-related stress has a significant impact on nurses' physical and emotional health. Nurses

who are under a lot of stress and those who are not can be distinguished by differences in their personal and professional behaviours. The main sources of stress for oncology nurses were emergencies, patient deaths, and peer interaction issues. To deal with these stressors, oncology nurses used a positive evaluation coping style.

Gurkova, Cap & Duriskova, M. (2012) A study was conducted to identify the personality traits and occupational stressors of nurses. The study's sample population consisted of 158 nurses who worked in maternity and child health services at a government hospital. The findings indicated a low prevalence of occupational stress.

NURSING STUDENT ARE PLAGUED BY FEELINGS OF DEPRESSION, ANXIETY, AND STRESS

During adolescence, a person undergoes a major shift. For the most part, depressive illnesses begin in childhood and have a long-term impact on people's ability to function. The reported incidence of mental problems in children and adolescents ranges from 1% to 51% worldwide. Community-based research conducted by the WHO found that mental illnesses had a 20 percent or higher incidence rate across a variety of national and cultural settings. It is predicted that among adolescents (ages 12 to 17), major depression would overtake diabetes as the second most common illness by 2020, up from fourth place in 1990. One out of every five teens in the United States and Australia is dealing with some kind of mental illness. Among teenagers receiving basic health care in poor nations, the prevalence of mental illnesses varies from 12 percent to 29 percent. Studies show that the incidence of depression, anxiety and stress (DAS) are rising among teenagers, according to several sources (Institute for Health Metrics and Evaluation, 2013).

OPERATIONAL DEFINITIONS:

Impact: The fact of producing the result that is wanted or intended, the fact of producing a successful result.

Structured awareness program: It refers to systematically developed instructional programme using instructional aides, designed to provide information.

Anxiety: The state of feeling nervous or worried that something bad is going to happen.

Coping strategies: An action a series of actions or thought process used in meeting a stressful or unpleasant situation.

Nursing students: An individual enrolled in a nursing program

Covid -19: COVID-19 is a disease caused by a new strain of corona virus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel corona virus' or '2019-nCoV.'

Pandemic: A disease is prevalent over a whole country or the world.

Nursing college: A nursing school is a type of educational institution or part there of providing education and training to become a fully qualified nurse.

Conclusion

The study focused on exploring the experiences of nursing students in managing anxiety and employing coping strategies during their educational journey. The findings underscore the critical importance of addressing anxiety within nursing education and provide valuable insights into the challenges and strengths of nursing students. Nursing education is an inherently demanding path, with students facing various stressors, including academic pressures, clinical responsibilities, and emotional burdens associated with patient care. This study has shown that anxiety is a prevalent issue among nursing students and can have a significant impact on their overall well-being and academic performance. The research has highlighted the diversity of coping mechanisms employed by nursing students. While some students adopt adaptive strategies that promote resilience, others resort to maladaptive methods that may exacerbate stress. This insight emphasizes the need for tailored support and interventions to equip nursing students with effective coping skills.

The study has underscored the importance of building resilience among nursing students. Resilience not only helps them navigate the challenges of their education but also prepares them for the demands of their future careers as healthcare professionals. To address the identified challenges, educational institutions and healthcare systems must prioritize the mental health and well-being of nursing students. This includes implementing support programs, mental health resources, and training that specifically target anxiety management and coping strategies.

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