

Sources of Stress for Nursing Students during Clinical Practice

(A Quantitative Analysis at A Public Hospital Of District Swat, Khyber Pakhtunkhwa)

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Abstract- This study aimed to identify stress factors for nursing students during clinical practice. Descriptive cross sectional study design is utilized for identifying sources of stress in nursing students during clinical practice. Study was completed in six weeks. Study setting was the public hospital (Saidu Teaching Hospital) of District Swat.

Both male and female students of generic and diploma nurses were selected for this study who performing their clinical practice at Saidu teaching Hospital Swat, Khyber Pakhtunkhwa. The tool used for data collection was self administered questionnaire, whereas selection of participants was conducted through probability sampling technique (Simple Random Sampling). A total number of selected participants were 90 nursing students. All these students were mostly belong to 2nd year, 3rd year and 4th year. Among these 90 nursing students 61% were female and 39% male. Regarding the basic sources of stress it is concluded that criticism of doctors, fear of making mistakes in the treatment of patients, criticism from the nursing supervisors and lack of opportunity to students to perform nursing skills etc all are the major sources due to which students frequently feel stress.

Index Terms- Clinical practice, nursing Students, sources of stress, stress

I. INTRODUCTION

Stress can be defined as the adverse reaction people have to excessive pressure or other types of demand placed on them [1]. Stress is a normal phenomenon and it can be defined as, it is the insight of incongruity between atmospheric strains and person's abilities to meet these strains [2]. Stress occurs when a person feel that he cannot effectively manage the demands or threats of their life [3].

Nursing profession is full of stressors. Nursing profession can be defined as a health care profession that requires expenditure of energy on many levels. They focus on individuals care, families care and community care so that they can attain, maintain and recover optimum health [4]. In nursing program the curriculum is divided into theory and clinical practice. The clinical practice is very important for both diploma and bachelor nursing students. Mostly, the students spend half of their time in

clinical practice. The purpose of the clinical practice is to gain experiences and incorporate the theory with practice. There are different sources that produce stress for the nursing students during clinical practice. According to various researchers the most common stressors are time pressures, workload, making decisions, continuous changes and economic mistakes at work [5]. Similarly this study is conducted to analyze factors behind stress among nurses at clinical site in Saidu Teaching Hospital Swat.

Saidu Teaching Hospital is the only government hospital in district Swat where both generic and diploma nursing students are performing their clinical practice. As a government hospital there is lack of facilities for the nursing students. According to our personal observations the environment of Saidu Teaching Hospital seems to be very stressful for the nursing students. Students are facing various challenges and stressors. Based on the above rational we set our objective as, to identify the factors leading to stress in nursing students during clinical practice.

II. MATERIAL AND METHOD

Descriptive cross sectional study design were used to identifying sources of stress for the nursing students during clinical practice. This study is quantitative in nature. Study setting was the public hospital (Saidu Teaching Hospital) of District Swat where both bachelor and diploma nursing students are performing clinical practice. The selected focused group for this study was both male and female nursing students of generic and diploma nurses, who performing clinical practice at Saidu teaching Hospital Swat, Khyber Pakhtunkhwa. The sample size of this study consists of 90 nursing students including both diploma and generic nurses. The information was provided to the students about the study. The purpose of the study was explained. Confidentiality of all the obtained information was guaranteed. A written informed consent was obtained from the participants who were volunteers for participation. An approval letter was obtained from the college and hospital ethical committee. The instrument tool used for data collection was self-administered structured questionnaire. Data were analyzed using SPSS (Statistical Package for Social Science) 16 version. For the description of the study variables descriptive statistics were

utilized. This research study was completed in six weeks as per requirement of the curriculum.

III. RESULTS

In this study the data were collected from 90 students. Among the students 61% were female and 39% male of which 23.3%, 43.3% and 33.3% were in 2nd year, 3rd year and 4th year respectively.

Table I: Source of stress for the nursing students during clinical practice

Sources of stress	Never Frequency (%)	Occasionally Frequency (%)	Frequently Frequency (%)	very frequently Frequency (%)
Stress due to giving care to the patient	69(76.7)	6(6.7)	12(13.3)	3(3.3)
Stress due to clinical assignment	42(46.7)	33(36.7)	15(16.7)	0(0.0)
Stress due to extra work other than nursing tasks	9(10.0)	51(56.7)	18(20.0)	12(13.3)
Stress due to new procedure	12(13.3)	45(50.0)	18(20.0)	15(16.7)
Stress due to nursing skills	69(76.7)	18(20.0)	3(3.3)	0(0.0)
Stress due to a procedure that is painful for the patient	12(13.3)	36(40.0)	27(30.0)	15(16.7)
Stress during managing a dying patient	18(20.0)	33(36.7)	24(26.7)	15(16.7)
Stress due to complex medical terminology	9(10.0)	48(53.3)	21(23.3)	12(13.3)
Stress due to criticism of doctors	18(20.0)	9(10.0)	21(23.3)	42(46.7)
Stress about fear of making mistakes in the treatment of patient	3(3.3)	27(30.0)	24(26.7)	36(40.0)
Stress due to conflict with nursing supervisor	18(20.0)	33(36.7)	39(43.3)	0(0.0)
Stress due to working with other staff	66(73.3)	15(16.7)	3(3.3)	6(6.7)
Stress due to lack of opportunity for performing nursing skills	6(6.7)	27(30.0)	33(36.7)	24(26.7)

The responses of the participants are presented in the table I. Regarding sources of stress during clinical practice the responses of the students in the table 1 reveal that criticism of doctors 46.7% and fear of making mistakes in the treatment of patients 40.0% were the main sources perceived by the students very frequently. Regarding sources which were perceived frequently by the students include conflict with nursing supervisor 43.3% and lack of opportunity for performing nursing skills 36.7%. Concerning some other sources including extra work other than nursing tasks 56.7%, new procedure 50.0%, procedure that is painful for the patient 40.0%, managing a dying patient 36.7% and complex medical terminology 53.3% were perceived occasionally sources of stress. Some responses in the table demonstrated that 76.7% students giving care to the patients, 46.7% clinical assignments, 76.7% nursing skills and 73.3% working with other staff never feel stress.

IV. DISCUSSION

Studies on sources of stress during clinical practice demonstrated that in the clinical environment students are facing various challenging issues that become as a source of stress for them [6]. Therefore the purposes of the current study were to identify the factors leading to stress in nursing students during clinical practice at Saidu teaching hospital swat, Khyber Pakhtunkhwa.

Previous literature showed that prominent source of stress for the nursing students are mostly associated with high work burden [2]. In current study 56.7% students responded that they feel

stress other than nursing tasks occasionally. The finding of the current study is consistent with previous study results.

Most of students (36.7%) reported that they feel stress occasionally during the management of a dying patient. The findings of the previous study reflecting that management of a dying patient is mostly experienced source of stress in the clinical practice [7].

Findings of the current study also revealed that most of students feel stress frequently when they are in conflict with nursing supervisors (43.3%) and also due to lack of opportunity for performing nursing skills (36.7%). Comparing these findings with the previous research study the important sources of stress are conflict with health care professionals, inability to perform nursing skills, increase work demand other sources include clinical assignment work load and increase work for the home etc [8].

Criticism of doctors and fear of making mistakes in the treatment of patient are the commonly reported sources due to which students feel stress very frequently, the response rate for both were 46.7% and 40% respectively. The previous research study reflecting that activities which have the probability of making mistakes such as venous puncture, dressing and hygienic practices are the important sources of stress for students during clinical practice [9].

V. CONCLUSION

Regarding the basic sources of stress it is concluded from the study that criticism of doctors, fear of making mistakes in the treatment of patients, criticism from the nursing supervisors and lack of opportunity to students to perform nursing skills etc. are

the major sources due to which students feel stress very frequently. From the above findings it can be suggested that nursing staff need to give support and encourage their students. All other staff of the hospital is also needed to be cooperative with the students. Nursing staff and physician should not criticize the students negatively. Clinical education is necessary for the new trainee nursing students before performing any nursing procedure. Improved behavior of all staff member including auxiliary staff has a great role in relieving stress of the students. Hospital need to make a policy for the students through which they can work easily.

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