



Original Research Article

A study to assess the level of stress among nursing students of IUST during COVID-19 pandemic

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ABSTRACT

Introduction: Stress is a universal phenomenon to which every individual is exposed WHO declared Covid-19 a pandemic on March 11, 2020 which leads to stress anxiety burnout and need for sick leave which would harm the capacity of health care systems to provide services during crisis.**Materials and Methods:** Research approach in this study, quantitative research approach was found to be appropriate to assess 60 students from nursing college of IUST random sampling technique was used for selecting the sample pandemic related perceived stress scale was used for data collection.**Research Design:** The research design selected for this study was Descriptive Survey Design the current study was about to assess the level of stress among nursing students during Covid -19 pandemic. Hence, as per the nature of the research problem descriptive design was selected.**Results:** The responses of the subjects to the standard tool revealed that most of the nursing students had moderate stress 75% (45) followed by high stress with 16.7% (10) and mild stress with 8.3% (5). The mean low stress was 1.40 (SD = .548, percentage = 8.3%), mean moderate stress 1.57 (SD = .503, percentage = 75%) and mean high stress was 1.57 (SD = .500, percentage = 16.7%).This is an Open Access (OA) journal, and articles are distributed under the terms of the [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/), which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.For reprints contact: reprint@ipinnovative.com

1. Introduction

Covid-19 is defined as a mild to severe respiratory illness that is caused by corona virus (severe respiratory syndrome coronavirus-2 of genus beta corona virus) is transmitted chiefly by contact with infectious droplets or surfaces contaminated by the causative virus and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure.^{1,2}

Corona virus disease 2019 (COVID-19) is defined as illness caused by a novel corona virus now called as severe acute respiratory syndrome corona virus 2 (SARS-COV-

2 formerly called as n-COV) was first identified amid an outbreak of respiratory illness cases in Wuhan city Hubei province, China. It was initially reported to WHO on December 31, 2019. On March 11, 2020, WHO declared COVID 19 a global pandemic.^{3,4} Presentation of COVID-19 range from asymptomatic/mild symptom to severe illness and mortality, after exposure to the virus symptoms may begin from 2 days to 2 weeks. The mean incubation period has been found to be 5.1 days and 97.5% of individual who developed symptoms did so within 11.5 days of infection, after collective analysis of 181 confirmed cases of COVID-19 outside Wuhan.³

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1.1. Stress

It is defined as any type of change that causes physical, emotional or psychological strain. It is body's response to anything that requires attention or action. Every one experiences stress to some degree. Stress triggers the body's response to a perceived threat or danger known as the fight or flight response. During this reaction certain hormones like adrenaline and cortisol are released.^{5,6}

1.2. Covid 19 and stress

Stress can be explained as a feeling of emotional and

2.1. Section A: Review literature related to stress

Bushra M, Javid Ah., Onaisa Aalia (2021)¹³ conducted the study on stress level among nursing students. The findings of the study revealed that out of total of 40 students, 15 (37.5%) were having high perceived stress, 25 (62.5%) were having moderate stress and none of them had low stress.

MamtaNebhinani, Ashok kumar (2020)¹⁴ conducted a descriptive study to assess the stress and coping strategies among under graduate nursing students of western Rajasthan. A total of 222 under graduate students were selected by purposive sampling technique. To assess the level of stress standardized student Nurse stress index was