

A Study to Assess the Effectiveness of Wellness Reset Package Among Nursing Students on the Level of Academic Stress At Selected College

Divya M

Assistant Professor, Ganga College of Nursing, Coimbatore, Affiliated to The Tamil Nadu Dr.MGR Medical University, Chennai, Tamil Nadu, India.

Abstract

Aim and Objective: To assess the effectiveness of wellness reset package among nursing students on the level of academic stress at selected college , Coimbatore.

Materials and Methods: A pre and post quasi experimental research study was adopted to assess the effectiveness of wellness reset package among 60 nursing students on the level of academic stress at selected college in, Coimbatore. who filled the inclusion and exclusion criteria. Random convenient sampling technique was used to select the samples. Descriptive and inferential statistics was adapted to assess the the effectiveness of wellness reset package among selected nursing students as the level of academic stress to using academic stress scale between participants and non participants of the selected nursing students

Results: The study finding revealed that among 60 samples,Control group participants (30)11 students in 20 years of age (36.6%), 9 students were 21 years of age (30%), 10 students were in 22 years of age (33.3%). **Group II** an experimental group where 8 students were 20 years of age(26.6%), 10students were 21 years of age (33.3%), 12 students were 22 years of age (40%).

Conclusion: Planed teaching wellness Wednesday exercise was found to be effective in reducing the level of academic stress among the nursing students.

Keywords: Wellness reset, academic stress.

INTRODUCTION

Academic stress, a phenomenon characterized by the overwhelming pressure and anxiety experienced due to the demands of academic life, has become a significant concern globally. Academic stress affects individuals' mental and physical well-being, academic performance, and career trajectories.

College students often face multiple demands in terms of academic load, work responsibilities, social life, and family, which can result in increased academic stress (AS). AS gradually increases due to increasing academic demands, pressure for grades, competition, and fear of not meeting expectations, affecting student performance and health.

Consequently, it has been observed that students facing high levels of AS are more likely to experience anxiety, depression, insomnia, and other mental disorders. These conditions can hurt both a student's academic performance and general well-being, underscoring the critical need to comprehensively address AS in the educational environment.

Stress experienced by college students is multi- factorial and can be attributed to a variety of contributing factors. A growing body of evidence suggests that academic - related stress a significant role in college. For instance, as many as 87 percentage of college students surveyed across United States cited education as their primary sources of stress (American psychological Association, 2020).

College students are exposed to novel academic stressors, such as an extensive academic course load, substantial studying, time management, classroom competition, financial concern, familial pressures, and adapting to a new environment. Academic stress can reduce motivation, hinder academic achievement, and lead to increased college dropout rates.

Statement of the problem

A STUDY TO ASSESS THE EFFECTIVENESS OF WELLNESS RESET PACKAGE AMONG SELECTED NURSING STUDENTS ON THE LEVEL OF ACADEMIC STRESS AT SELECTED COLLEGE IN COIMBATORE

Objectives of the study

- 1) To assess the pretest and post test level of academic stress among selected nursing students.
- 2) To evaluate the effectiveness of wellness reset an lessing the academic stress.
- 3) To find out association between post test level of academic stress with selected demographic variable among nursing students.

Hypothesis

H1. There will be significant reduction in academic stress level among nursing students.

H2. There will be significant association between posttest level of academic stress with selected demographic variable among nursing students.

II Materials and Methods

A pre and post quasi experimental research study was adopted to assess the effectiveness of wellness reset package among 60 nursing students on the level of academic stress at selected college in, Coimbatore. who filled the inclusion and exclusion criteria. Random convenient sampling technique was used to select the samples. The study conducted over a period of three week. The independent variable of this study was wellness reset package. The dependent variable of this study was academic stress . The study was conducted at Ganga College of Nursing, Coimbatore. The study sample includes Nursing students studying in Ganga College of Nursing. The sample size consisted of control group 30, experimental group 30 from selected college, in Coimbatore.

The tool consisted of two parts i.e., data collection tool and structured questionnaire tool. The data collection tool consists of two sections. Section A consists of demographic variables and Section B Academic stress scale is used to analyze the academic stress level of the students.

Ethical consideration

Ethical approval was obtained from the Institutional Ethics Review Board and formal approval was obtained from the from the management of Ganga College of Nursing Coimbatore to conduct the study in the nursing college. The researcher has followed fundamental ethical principles like the right to freedom from harm and discomfort, respect for human dignity. The researcher gave full freedom to the

participant to decide voluntarily whether to participate in the study or to withdraw from the study and the right to ask questions at any time during the course of the study. Class hours were not disturbed for the students as the study conducted after the chief hours. The investigator has maintained the study participants privacy throughout study.

Statistical Analysis

The Data from the proforma were entered in Microsoft excel 2016 and analyzed using Statistical Package for Social Sciences (SPSS) version 17.0. Descriptive statistical was used to describe the demographic variables. Mean \pm SD were used to summarize the total modified AHPS score. Multiple linear regression model was used to assess the association between post test levels of stress with selected demographic variables among nursing students.

Table 1: Frequency and percentage distribution of demographic variables of institution.

N = 30

Demographic Variables	Frequency	Percentage (%)
Age in years		
20	11	36.7
21	9	30.0
22	10	33.3
Education		
B.Sc. Nursing 4 th year	22	73.33
GNM	8	26.67

Table 2: Frequency and percentage distribution of pretest and post test level of knowledge regarding academic stress among nursing students.

N = 30

Level of Knowledge	Pretest		Post Test	
	F	%	F	%
Inadequate ($\leq 50\%$)	27	90.0	3	10.0
Moderately Adequate (51 – 75%)	3	10.0	26	86.67
Adequate ($> 75\%$)	0	0	1	3.33

Table 3: Comparison of pretest and post test knowledge scores regarding academic stress among nursing students.

N = 30

Knowledge	Mean	S.D	Mean Difference	Paired “t” test & p-value
Pretest	22.00	9.29	25.30	t=11.151 p=0.0001, S***
Post Test	47.30	6.18		

***p<0.001, S – Significant

IV Discussion

The researcher has made an attempt to assess the level of academic stress among the nursing students who receive exercise and who don't receive exercise. This comparative study to assess the level of academic stress among the nursing students was evaluated by using self-structured grading scores. 60 nursing students were taken from B.Sc nursing and GNM nursing.

Analysis of data revealed that 30 students in **control group** were 11 students in 20 years of age (**36.6%**), 9 students were 21 years of age (**30%**), 10 students were in 22 years of age (**33.3%**).

Analysis of data revealed that 30 students in **experimental group** where 8 students were 20 years of age (**26.6%**), 10 students were 21 years of age (**33.3%**), 12 students were 22 years of age (**40%**).

Regarding to education, **22(73.33%)** were studying B.Sc. Nursing 4th year and 8 (**26.67%**) were studying GNM.

1. The first objective of the study was to assess the pretest and post test level of academic stress in the experimental and control group. It was found that 73.33% of students had incredible, 28% had good memory, and 8% of the subjects had average memory level. The research findings of the present study substantiate that the effect of self-structured questionnaires scale is effective for assessing the level of academic stress for both the students who receive exercise and who don't receive exercise.
2. The second objectives of the study were to assess the effectiveness of the wellness Wednesday exercise in reducing the level of academic stress among nursing students who received wellness Wednesday exercises and who don't receive wellness Wednesday exercises. It found that pretest mean score of knowledge was 22.0 ± 9.29 and the post test mean score was 47.30 ± 6.18 . The mean difference score was 25.30. The paired "t" test value of $t = 11.151$ was statistically significant at $p < 0.001$ level which indicates that Wellness Wednesday on stress administered among the nursing students was found to be effective in improving their level of knowledge in the post test.
3. The third objective of the study is to find out association between post test levels of stress with selected demographic variables among nursing students.

Limitations

- The study sample only belongs to the students studying in Ganga institute of health sciences.
- The samples were selected as per the convenience of the researcher.
- The study was limited for 7 days
- The study was conducted for BSC nursing and GNM students only.

V Conclusion

Planned teaching wellness Wednesday exercise was found to be effective in reducing the level of academic stress among the nurse students. The study proved that there is a significant difference between the students who receive wellness Wednesday exercise and who don't receive wellness Wednesday exercise. The data was collected from 30 students who receive exercise and 30 who don't receive exercise.

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