



Research article

Psychological and Social problems among first year B. Sc. Nursing students in selected institutions of Pune City

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Abstract

Campus life is not all new friends, parties and updating facebook status but many students struggle with major psychological and social problems in an unfamiliar environment. The present study was aimed to assess psychological and social problems among first year B. Sc. Nursing student in selected nursing institutes of Pune city. A total of 200 first year B. Sc. Nursing students from different nursing colleges of Pune city participated in study. The data collected through psychological and social structure questionnaires. The study reveals that students face various kinds of psychological and social problems. Thus, problems may result from being separated from home for the first time, the transition from a personal to an impersonal academic environment, overburdened by studies and assignments, having no one to share problems, difficulty in communication and difficulty in making friends significantly changes in classmates, seniors and living conditions. In some cases college students use several stress-relief measures to cope with their classes and assignments, ranging from smoking to alcohol consumption. Study reveals that students face various psychological and social problems whereas majority were able to manage this by support system, periodical guidance and counseling during first year B. Sc. Nursing course.

Keywords: Psychological problems, social problems, nursing students

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1. Introduction

Today, large group of the total population in any country is that of students and students faces various kinds of psychological, social and personal problems in beginning of college life. College students are prone to various problems. For example, many college students move away from home for the first time, which can necessitate leaving all previously learned support systems such as parents and school friends. Students may need to develop entirely new social contacts

and are expected to take responsibility for their own needs.

According to WHO (1993) approximately 20.6% of the total population of 846 millions in India consists of youth between 15-24 years of age. [1]. College students are the cream of young population, & are at high risk for having psychological problems because of the nature of their work. Many students are away from home & learn with little guidance as to how to manage their own affairs and how to become adjusted to new conditions. Some find the transition from a rural to an urban way of life upsetting and one feels anxious in their new surroundings. Stress

related to studies, financial difficulties, anxiety about examinations and dropping out of the course, unusual and unwanted behavior, aggression, alcoholism, drug abuse and suicide etc. [2] A. Okasha (1980) Studies have showed that due to academic difficulties among undergraduate students, almost 6% of the students dropped out before graduating and a further 8% required substantial extra time to complete their course of the study [3]. Observations reveal that, on account of various factors including exposure to a new environment in the college, influence of a strange atmosphere, which is partially or totally devoid of facilities for guidance or direction, creates circumstances leading to mental stress [4]. Low, Cynthia A. and Paul J. Handal. (1995) conducted a Study on the Relationship between Gender and Adjustment to College on 500 samples (aged 16-47 yrs) from 3 different universities were asked to complete these questionnaires. Results revealed that females scoring significantly higher than males on some of the subscales [5].

Student life is becoming more and more stressful largely due to an ever-increasing debt and hardships that the students face. One in four students will have some mental health problem during their time at University and it is vital that students have access to a decent level of mental health provision. It is not affordable to lose talented students because they are not able to access the help they need. [6.] L Warbana, M. Sathiyaseelana, C. Vijayakumara, B. Vasantharajb, (2006) conducted study on Psychological distress, personalities and adjustment among 145 Nursing students were assessed using the General Health Questionnaire. 30 participants (20.7%) obtained high scores on Psychological distress was significantly associated with having neurotic personality and adjustment difficulties in different area of functioning [7]. L. N. Trygstag (1986) study on Stress and coping in nursing profession. Finding of the study reported that stress is more in nursing profession than compared to other medical profession [8].

Studies conducted in India on adjustments in various area of Nursing students highlighted some of the adjustment stresses in different

areas which were getting tired easily (81.30%), having no one to share problems with (80.2%), unable to concentrate on studies (79.3%) worrying about examinations (68.9%), having too many personal problems (70%), worried about finances (19.7%), being made fun of (82.17%), difficulty in communication (67.82%), difficulty in making friends [9,10,11,12]. Nursing students are also not sure where they are heading when they enter in the profession as they are new to the surroundings, friends are new, teachers are new and they have to study new subjects. Gulbani conducted study on "An exploratory study of the nature and Intensity of the problems encountered by the B.Sc. Nursing students." This study indicated 13 areas of adjustment problems in which the top three ranking areas of intensity of stress included (1) Health and physical development, (2) Personal and psychological problems (3) finance and living conditions. [13] All these factors lead them to face a conflicting situation which can affect their personal life, academic performance and social life.

The objectives of the study:

- To assess the psychological problems of the first year B.Sc. Nursing students.
- To assess the social problems of the first year B.Sc. Nursing students
- To correlate selected identified problems with selected demographic variables.

2. Research methodology

Non-Experimental exploratory research design was used for the study. 200 first year B. Sc. Nursing students were selected as per the sampling criteria from different nursing colleges of Pune city. The reliability of the tool was determined by using Rational Equivalence method. Sampling technique used was convenient sampling technique.

Sample selection: the investigator approached the concerned authority of the college and discussed the objective of study. A formal permission was taken from the authority and consent was obtained from the participants. A self structured questionnaire was prepared and used for data collection,

questionnaire is a quick and generally inexpensive means of obtaining data from a large number of respondents. The self-structured questionnaire was administered by the investigator himself. The duration of data collection was 20 to 30 minutes from each class samples.

Study instruments used by the researcher consisted of:

- Self structured questionnaire, which had two sections.

Section I: Demographic variables

Age, gender, sex, Religion, Family Structure, monthly income of the family, number of siblings in the family, State, type of family, father's occupation, mother's occupation and Residential Stay.

Section II - Self structured questionnaire related to psychological and social problems.

Inclusion criteria:-

1. Students who understand English.
2. Students who are willing to participate in the study.
3. Male and female students both are included in this study.
4. Students available during data collection period.

Exclusion criteria:

1. Students who are repeaters in the first year B. Sc. Nursing course.
2. Students who have completed one year of diploma or other qualification in Nursing.
3. Students who are graduates from other faculties admitted in first year B. Sc. Nursing.

3. Result

Section I: Description of sample characteristics

Table 1: Demographic distribution of samples characteristics by frequency (%)
N=200=100%

SN	Characteristics of sample / Variables	Frequency (f)	%
1.	Age		
	17 – 19 years	190	95.00 %
	20 – 22 years	8	04.00 %
	23 years and above	2	01.00 %
2.	Gender		
	Male	28	14.00 %
	Female	172	86.00 %
3.	Religion: -		
	Hindu	58	29.00 %
	Muslim	6	03.00 %
	Christian	134	67.00 %
	Sikh	1	00.50 %
	Any other	1	00.50 %
4.	Family Structure: -		
	Nuclear	170	85.00 %
	Joint	30	15.00 %
5.	State		
	Maharashtra	103	51.50 %
	Out of Maharashtra	97	48.50 %
6.	Father's occupation	96	48.00 %
	Services	54	27.00 %
	Business	34	17.00 %
	Agriculture	9	04.50 %
	Unemployed	7	03.50 %
	Other		

7.	Mother's occupation	65	32.50 %
	Services	10	05.00 %
	Business	15	07.50 %
	Agriculture	105	52.50 %
	Unemployed/Housewife	5	02.50 %
8.	Total monthly income of family in rupees.		
	Rs. 5,000 –10,000	84	42.00 %
	Rs.10,001– 5,000	58	29.00 %
	Rs.15,001 - 0,000	33	16.50 %
9.	Rs.20,001 and above	25	12.50 %
	Number of siblings		
	1	118	59.00 %
	2	60	30.00 %
	3	14	07.00 %
10.	4	8	04.00 %
	Residential stay		
	Hostelite	151	75.50 %
	Day scholar	49	24.50 %

religion, 130 (65%) of samples were from nuclear family, 103 (51.50%) of samples were Maharastrians, 96 (48%) of the student's fathers were servicemen, 105(52.5%) student's Mothers were Unemployment, 84 (42%) of student's family income was between Rs. 5,000 – 10,000/ month and 151 (75.5%) of students were residing as hostelites.

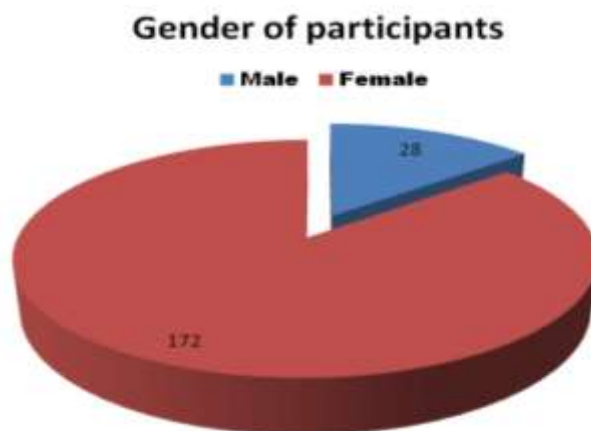
Section II: Finding related adjustment problems

(A) Findings related to psychological adjustment problems:

About enhancing self confidence, 34% of total samples said that talking to their parents enhanced their self confidence, Majority of students i.e. 48% verbalized that they shared their problems with friends, It was academics that were taken seriously by 57.50% of students. 52% of students reported that poor performance in academics made them loose their temper very easily. Majority of the sample ie 53% of students reported that they are psychologically disturbed when neglected from peer group. 49.50% felt that it was prayer and spirituality meetings that made them stable when they are psychologically disturbed.

(B) Findings related to social adjustment problems

Majority of the students i.e. 55% reported that their friends circle/ social group consisted of classmates, seniors as well as friends from other faculty. 64.50% which were a majority felt that they were well adjusted with their roommates. All the samples i.e. 100 % said that there is certain hinders in participants in social life. 41% verbalized that they were overburdened by studies and assignments while 26% reported that it was the long college hours which hindered them from participation in which social life. About social insecurity 64% of the students said that neither with friends and seniors nor with teacher and relations they insecure.



The sample distribution shows that 190(95%) samples were between the age group of 17 – 19 years, 172 (86%) samples were female, 134 (67%) were belonged to Christian

Section III: Analysis of the data to correlate selected identified adjustment problems with selected demographic variables.

- Male Nursing students utilize leisure time as outdoor activities and female students utilize leisure time in reading books.

Table 2: Description of correlation related to selected identified psychological and social problems with selected demographic variables

SN	Demographic variable	Identified Psychological and social area/problems	Chi-square score	p-value score	Level of significance	Result
1	Gender	Hinders from participating in social life	9.628	0.022	>0.05	Correlated
		Problems share with other	10.32	0.016	>0.05	Correlated
		Utilization of leisure time	8.284	0.04	>0.05	Correlated
		Recreation preferred by students	10.24	0.017	>0.05	Correlated
2	Residential stay	Problems share with other	0.94	0.82	>0.05	Not correlated
		Things students take very seriously.	0.57	0.9	>0.05	Not correlated

N=200=100%

A table 2 shows that Demographical variables and selected psychological and social problems are correlated as p- value was < 0.05 level of significance. It reveals that

- Hindrances from participating in social life in male nursing students were overburden of study & assignments and in female Nursing students were language and communication because most of the girls were south Indians.
- Whereas about sharing their problems with others, male nursing students shared their problems with friend mostly and female students shared their problems with family members.
- As recreation activities male nursing students prefer watching movies and female students prefer outdoor/ picnic and talking with friends or chat on the internet.

While other identified adjustment problems is not correlated with selected demographic variables as p- value is > than 0.05 level of significance.

4. Discussion

The study was intended to assess psychological and social problems among first year B. Sc. Nursing students in selected institutions of Pune city. The findings of the study are discussed with findings of other similar studies.

The results of the present study showed that the major areas of psychological and social problems faced by first year B.Sc. Nursing students. The results of the present study showed that 52% of students said that poor performance in academics made them loose their temper very easily and 53% of students reported that they are psychologically disturbed when neglected from peer group.

Similar study conducted by Jyotsana Sengupta on "A study of the perception of adjustment difficulties as reported by student nurses in two schools of nursing" R.A.K. College, New Delhi, 1961. Study highlight some of the adjustment stresses in different areas as unable to concentrate on studies (79.3%), worrying about examinations (68.9%), getting tired easily (81.30%), having no one to share problems with (80.2%), having too personal problems (70%) and worried about finances (19.7%) [9].

Justification for the study was based on the fact that a psychological and social problem among the student nurses affects their academic performance, Physical health, mental health and also quality of life. This was also revealed from the literature review and various research studies.

Conclusion

For young adults, the college years are a very critical period in which they feel the pressure to achieve in a competitive world and to fulfill their responsibilities. Nursing in today's world is a fast growing profession needs to be explored in these matters. Nursing students have to devote long hours to study, were given multiple assignments, and lacked free time, timely feedback and faculty response to student needs. Therefore it is important to identify various problems faced by Nursing students and solve as early as possible and also periodic guidance and counseling session for nursing students.

Implications

Now a day's students' lives are becoming more and more stressful and for healthy growth and development coping and adjustments is essential. problems is part of their college life involving greater academic demands, new financial responsibilities, change in social life, exposure to new people and adjusting to rigorous program of theory and clinical practice. All these factors make them more prone to physical as well as mental illness.

The findings of the study have implication for mental health nursing practice, nursing education, nursing administration and nursing research.

Mental health nursing practice

Health is a state of complete physical, mental, social and spiritual well being and not merely an absence of disease or infirmity. (WHO).

It has been emphasized in the definition of health by the WHO that, health is treated as a whole and not as a fragmented element. Hence nurses have to learn in adjust on all situations and setting. Thus, nurses need to educate themselves with the holistic approach of health care and guide patients and their families to adopt alternative therapies to support their psycho-spiritual health and to change their perception for healthy coping. This will enable better communication and good inter-personal relations between a nurse and the patient.

Nurses working in Psychiatric settings come across various patients with psychosomatic disorders and adjustment problems which arise due to stress and tensions. Nurses need to educate themselves with the Holistic approach in dealing with clients and cope with situation.

Nursing education:

We are training nurses to achieve an international standard. To achieve high level of educational standards nursing education needs to be raised to a greater height. This will be achieved if all the aspects of health needs are considered as a whole. The education curriculum must include alternative treatments and methods in the syllabus, which will expose students to the various alternatives to help the patients in curing his disease or disorder. Similarly, guidance and counseling centre and alternative therapies can be included in the nursing education curriculum.

Nursing administration:

As a part of administration, the nurse administrator plays a vital role in the education of staff nurses.

- A nurse administrator should formulate and develop institutional policies on assessment of problems faced by nursing students and implementation of such

policies

- There should be formulation of guidelines and policies for the identification, support and the referral of students experiencing psychological difficulties.
- There should be provision for an estimate of the number of students on campus who may be suffering from a moderate or severe degree of mental illness.
- In-Service education or continuing nursing education should be emphasized more. As an administrator, the nurse should motivate her staff to participate in learning new methods of relieving stress. Learning to communicate, develop good Intra-personal relationships and to practice new trends in the nursing field.
- A Nursing administrator should motivate her staff to pay attention to the Psycho-Spiritual and social aspect of health care.

Nursing research:

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of nursing knowledge. It is also important to see the effect of counseling sessions in reducing stress/stressors and adaptation of coping strategies. Extensive research is needed in this area so that nurse researchers can understand the psychological needs of the students.

Recommendations

Keeping in view the findings of the study, the following recommendations are made.

- It is suggested that the study may be replicated using a larger population of student nurses, for a longer duration to generalize the findings.
- Encourage increased awareness amongst academicians and support staff regarding the broad issues in dealing with students (and colleagues) with mental health problems.
- A study can be carried out to see the effect of guidance and counseling sessions for psychological and social problems of the students.

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