



Research Article

Exploration of Factors Contributing to Adjustment Problem among Nursing Students and Coping Strategies Adopted by Them in Selected Nursing Institute of Sikkim, East Sikkim

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Abstract

Aim: Exploration of factors contributing to adjustment problem among nursing students and coping strategies adopted by them in selected nursing institute of Sikkim, east Sikkim. **Materials and Methods:** Descriptive survey study was conducted to assess factors contributing to adjustment problem among nursing students. **Results:** Findings of the factors influencing adjustment problem were revealed that 78.86% having psychological factors influencing adjustment problem, 47.72% having academic factors influencing adjustment problem, 14.77% having environmental factors influencing adjustment problem, and 18.18% having personal factors influencing adjustment problem. About 79.45% students were adopting adaptive coping strategies, whereas 21.5% students were adopting maladaptive coping strategies, it was found that the students those who were having psychological and adjustment problem are using maladaptive coping strategies. **Conclusion:** The study concluded that majority of the students are using adaptive coping strategies even though they are having adjustment problem. Hence, it is important to the academicians to look into the matter to help the 1st year nursing students should get adequate support to have less adjustment problem.

Key words: Adjustment problem, contributing factors, coping strategies

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Introduction

The nursing profession is a career in which one has the opportunity to give care to others in need, provide information to the individual, family and the society to promote health, prevent illness, and elevate suffering.

The nursing profession requires a great deal of patience as well as the ability to provide comfort and care services to the patient including clinical assessment, treatment, diagnosing medical condition, assessing emergencies, ordering diagnostic studies, documenting medical care, and administering medications.^[1]

Some instance of time nursing students may not cope with the particular stressor such as major life events, time management, and new environment. Adjusting to college life immediately after school becomes a difficult transition for many students. Apart from their curriculum, the student nurses are exposed to difficult and demanding challenges to test their grit, motivation, and determination and ensure that they can handle the stressful situation efficiently. In this period, 1st-year student is molded and prepared to face the challenging profession. (For example: Moving away from their primary support system and intellectual challenges, lack of competence in providing nursing care, adjusting in a new environment, new subjects to study, new friends, exposing to a mixture of academic knowledge and

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practical learning, working in the hospital environment, and learning to be disciplined about studying instead of taking advantage of the newfound way from home).^[2]

A study was conducted in Australia (Central Queensland University; James) to explore the experiences of 1st year nursing students. Some students report the concern about the transaction to study, embarking on nursing education induce fear and cause anxiety. The issues faced by students beginning a program of tertiary study are varied and complex possessing an understanding of the issues and need of beginning of nursing students in the first step in developing strategies to ensure a quality, effective learning experience.^[3,4]

Need of the study

Adjustment problem occurs in each transactional phase. First year nursing students always face adjustment problem which is not taken into consideration by each institution either it is solved by the students itself or if it is a major problem then it comes in the knowledge of authority. So keeping in view many students cannot share their problem with everyone. Hence, researcher felt that if we identify the various factors which contribute the adjustment problem so we can solve the problem without hampering the performance of nursing students and prevent severe complications.

The objectives of the study

The objectives of the study were to find out the factors contributing to adjustment problem among nursing students and coping strategies adopted by the nursing students.

Materials and Methods

A descriptive survey design was adapted to collecting data from 88 nursing students, using non-probability purposive. The validity of questionnaire was done by the experts.

The validated questionnaire consists of:

Section A

Demographic profile, i.e., age, religion, number of siblings, type of family, occupation of the parents, monthly income of parents, and any other family members working in hospital and residence.

Section B

Structured questionnaire to assess factors contributes to adjustment problem, i.e., academics factors, personal factors, psychological factors, and environmental factors. This tool consists of 40 questions has options of “yes” or “no” which the participants can choose according to their opinion. Then, the percentage of adjustment problem is calculated according to their opinion. If the score is >20 then, it indicated that they are having adjustment problem and if the score is <20 then, indicates that they are not having adjustment problem.

Section C

Structured rating scale to assess coping strategies adopted by the nursing students. This tool consists of adaptive and maladaptive coping strategies. Each consists of four options that are “never,” “sometimes,” “often,” and “always.”

Results

Section A: Description of sample characteristics

The study finding in Table 1 shows that 69.99% of the subjects were within the age group of 17–19 years, 60.22% belongs to Hindu religion, 57.95% of fathers were government employee, 68.18% of mothers were unemployed, and 36.36% of parents had monthly income of 16,000–26000. About 89.77% says that their family members are not working in the hospital and 43.18% are residing in semi-urban area.

Table 1: Frequency and percentage distribution of sample characteristics $n=88$

Demographic variables	Frequency	Percentage
Age		
17–19	70	79.54
20–22	18	20.45
Religion		
Hindu	53	60.22
Buddhist	26	29.54
Christian	9	10.22
Muslim	0	0
Occupation of parents		
Occupation of father		
Government employee	51	57.95
Private employee	31	35.22
Unemployed	6	6.81
Occupation of mother		
Government employee	18	20.45
Private employee	10	11.36
Unemployed	60	68.18
Monthly income of the parents		
<6000	8	9.09
6000–16000	15	17.04
16000–26000	32	36.36
>26000	33	37.5
Any other family members working in hospital		
Yes	9	10.22
No	79	89.77
Residence		
Urban	28	31.81
Rural	22	25
Semi urban	38	43.18

Table 2: Frequency and percentage of factors contributing to adjustment problem $n=88$

Factors	Frequency of "yes"	Frequency percentage of "yes"	Frequency of "no"	Frequency percentage of "no"
Academic factors				
Do you like nursing	16	75	22	25
Did you join nursing by your own wish	59	67.04	29	32.95
Do you feel the course follows hectic schedule	34	38.63	54	61.36
Do you ever received an assignment that you found difficult or even impossible to complete	60	68.18	28	31.81
Do you bunk classes due to not completing of given assignment	10	11.36	78	88.63
Do you feel fear of making mistakes that can cause serious harm to the patient	43	48.86	45	51.13
Do you feel free to express your feelings to your respective teacher guardian	58	51.13	30	49.17
Do you feel your daily clinical and class are hectic	82	93.18	6	6.81
Do you get adequate books for reference in library	83	94.3	5	6.81
Do you act as ill while lots of work	15	17.04	73	82.95
Personal factors				
Do you feel shy to say that you are nursing students	48	54.54	40	45.45
Do you feel uncomfortable/trouble relationship with your friends	51	57.95	37	42.04
Do your friends cheer you up when you are tensed	80	90.9	8	9.09
Do you feel difficulty adjusting with your company	54	61.36	34	8.63
Do you lost your appetite recently	48	54.54	40	45.45
Do you have language/communication problem	5	5.68	83	94.31
Do you have problem managing monthly expenditure from your pocket money	63	71.59	25	28.4
Do you feel lonely staying in hostel	44	50	44	50
Do you get support from your family pursuing your studies	88	100	0	0
Have you taken education loan to pay your fees	4	3.4	84	95.4
Psychological factors				
Do you experience stress after joining nursing	80	70.45	8	9.0
Do your seniors help you in adjusting with your problem	77	91.02	10	9.09
Do you miss your home	88	100	0	0
Do you sometimes have difficulty sleeping even when there is nothing to disturb you?	83	95.45	5	5.69
Do you ever compare your course with others	82	94.31	6	6.8
Do you feel inferior while providing care to the patient	63	71.59	25	28.4%
Do you feel humiliated while performing nursing procedure	73	84.25	15	16.34
Do you feel depressed when you remember your school days	70	81.81	18	19.1
Do you often get angry in small matter after joining nursing	51	59.09	37	41.2
Have you ever felt anxious being apart from your family	78	88.63	10	11.37
Environment factors				
Do you feel secure in hostel/college	82	94.18	6	6.81
Do you feel that hostel rules are very strict	51	57.95	37	42.04

(Contd...)

Table 2: (*Continued*)

Factors	Frequency of "yes"	Frequency percentage of "yes"	Frequency of "no"	Frequency percentage of "no"
Do you feel free to talk to your seniors in hostel/ colleges	82	93.18	6	6.81
Do you feel free to communicate with hospital staffs	83	94.31	5	5.68
Do you feel comfortable working in your practical area	80	70.45	8	9.0
Are you comfortable with roommates	54	61.37	34	38.63
Do you get adequate facility in hostel	45	52.2	43	47.8
Do you have problem related for ragging	82	93.18	6	6.81

Table 3: Frequency and percentage distribution of adaptive coping strategies

Statement	Range	Frequency	Percentage
Adaptive coping			
I discuss feeling with someone	Never	9	10.22
	Sometimes	58	65.9
	Often	15	17.4
	Always	6	6.81
I always appreciate friends and family	Never	2	2.27
	Sometimes	10	11.36
	Often	23	26.1
	Always	53	60.22
I turn to work or other substitute activities to take my mind off from stressful activities	Never	5	5.68
	Sometimes	45	51.13
	Often	26	29.5
	Always	12	13.63
I write diaries of daily activities	Never	31	35.22
	Sometimes	42	47.72
	Often	10	11.36
	Always	5	5.68
I accept the reality	Never	6	6.18
	Sometimes	10	11.36
	Often	20	22.72
	Always	52	59.09
I pray to god and ask for positive energy	Never	5	5.68
	Sometimes	8	9.09
	Often	5	5.68
	Always	70	79.54
I try to encourage myself by scoring good marks in academics through hard work and dedication	Never	4	4.5
	Sometimes	18	20.45
	Often	19	21.5
	Always	47	53.4
I meditate to get relief from stressful activities	Never	38	43.18
	Sometimes	37	42.04
	Often	3	3.4
	Always	10	11.36
I always listen to music to relieve my tension	Never	3	3.4
	Sometimes	18	20.45

(Contd...)

Table 3: (*Continued*)

Statement	Range	Frequency	Percentage
I always seek for family suggestion	Often	29	32.95
	Always	38	43.18
	Never	6	6.81
	Sometimes	18	20.45
I prefer to talk to the people who had a similar problem	Often	16	18.18
	Always	48	54.54
	Never	24	27.27
	Sometimes	23	35.22
I do not get involved in bad company	Often	18	20.45
	Always	23	26.13
	Never	35	39.77
	Sometimes	25	28.4
I make a friendly joke	Often	7	7.9
	Always	21	23.86
	Never	8	9.09
	Sometimes	40	45.45
I always seek help from teacher guardian	Often	16	18.18
	Always	24	27.27
	Never	23	26.13
	Sometimes	47	53.4
I share feelings with my best friends	Often	9	10.22
	Always	9	10.22
	Never	7	7.9
	Sometimes	39	44.31
Maladaptive coping	Often	12	13.63
	Always	30	34.09
	Never	36	40.9
	Sometimes	41	46.59
I blame others and get angry	Often	4	4.5
	Always	7	7.9
	Never	11	12.5
	Sometimes	33	37.5
I spent most of the time in phone and chat	Often	22	25
	Always	22	25
	Never	23	26.13
	Sometimes	52	59.09
I often lie parents, teacher and other	Often	11	12.5
	Always	2	2.27
	Never	28	31.8
	Sometimes	39	44.31
I watch television more than usual, go for movies and friends house.	Often	17	19.31
	Always	4	4.54
	Never	16	18.18
	Sometimes	38	43.18
I admit to myself that i cannot deal with it and quit trying	Never	16	18.18
	Sometimes	38	43.18

(Contd...)

Table 3: (*Continued*)

Statement	Range	Frequency	Percentage
I restrain to myself to work on it	Often	12	13.63
	Always	22	25
	Never	9	10.22
	Sometimes	24	27.27
I sleep/eat more than usual	Often	33	37.5
	Always	22	25
	Never	18	20.45
	Sometimes	40	45.45
I prefer to stay alone	Often	10	11.36
	Always	20	22.72
	Never	12	13.63
	Sometimes	40	45.45
I make fun of everything	Often	20	22.72
	Always	16	18.18
	Never	23	26.13
	Sometimes	38	43.18
I often go for dating bunking my classes	Often	14	15.9
	Always	13	14.77
	Never	40	45.45
	Sometimes	32	36.36
I always think of going back home	Often	12	13.63
	Always	4	4.5
	Never	7	7.9
	Sometimes	38	43.18
I hide problem from my family	Often	15	17.04
	Always	28	31.8
	Never	21	23.86
	Sometimes	34	38.63
I surf internet almost every time	Often	9	10.22
	Always	24	27.27
	Never	6	6.8
	Sometimes	51	57.95
I use alcohol, tobacco, smoking, drugs to feel better	Often	19	21.6
	Always	12	13.6
	Never	6.5	73.86
	Sometimes	9	10.22
	Often	4	4.5
	Always	10	11.36

Section B: Description of factors contributing to adjustment problem

The study findings in Table 2 show that 75% says they like nursing, 67.04% joined nursing by their own, 61.36% says they do not follow the hectic scheduled, 68.18% find their assignments are not so difficult, 88.8% do not bunk the classes if the given assignments are not completed, 51.13% feel free to express their feeling to their teacher guardian, 93.18% feel clinical and classes are hectic, 94.3% feel books and study materials are adequate for study, 54.54%

feel shy to say they are nursing students, 90.9% feel their friends cheer them when they are tensed, 71.59% have problem managing monthly expenditure, and 100% get support from the family members to pursue the course. About 100% missed their home and feel homesick, 70.45% experience stress after joining nursing, 95.45% sometimes have difficulty sleeping eve there is nothing to disturb. About 71.59% feel inferior while providing care of the patient. About 94.18% feel secure in hostel, 57.95% feel hostel rules are very strict, 88.63% feel the hospital's staffs

are cooperative, and 70.45% feel comfortable working in practical area. About 52.2% get adequate facility in hostel, 93.18% says they do not have problem-related ragging.

Section C: Findings related to coping strategies adopted by nursing students

The data in Table 3 shows: 65.9% students sometimes discuss feeling with someone, 60.22% students always apperiate friends and family, 47.22% students sometimes write diaries, 51.13% students sometimes turn to work or other substitute activities to take their mind off from stressful activities, 59.09% students always accept the reality, 79.54% students always pray to god and ask for positive energy. 53.4% students always try to encourage themselves by scoring good marks in academics through hard work and dedication, 42.04% students sometime meditate to get relieve, 42.18% students always listen to music, 54.54% students always seek for family suggestions, 35.22% students ask people who have had similar experiences, 39.77% students never got involved in bad companies, 45.45% students sometimes make friendly joke, 53.4% students sometime seek help from teacher guardian, 44.31% students share feelings with best friends. 46.59% students sometime blame others and get angry, 37.5% students sometimes spends time in phone and chat, 59.09% students sometime lie parents teacher and others, 44.31% students sometimes watch television more than usual, go for movies and friends house, 43.18% students sometimes admit to self that i cannot deal with it and quit trying, 37.5% students often restrains to themselves to work upon it, 45.45% students sometime sleep/eat more than usual, 45.45% students prefer to stay alone, 52.27% students never get angry when their friends are very sincere, 43.18% students sometimes make fun of everything, 45.45% students never go for dating bunking the classes, 43.18% students always think of going back home. 38.63% students sometime hide problems from family, 57.95% students sometime surf internet, 73.86% students never use alcohol, tobacco, smoking, drugs to feel better.

Discussion

The study was intended to assess factors influencing adjustment problem and coping strategies adopted by 88 nursing students of selected nursing college of Sikkim. The findings of the study were discussed with the findings of other studies.

The findings of the present study was supported by the study conducted by Rajesh, a descriptive study to assess stress level and coping strategies among 180 nursing students in private nursing institute of Punjab. ACOPE was used to identify the coping strategies, result revealed that 34% students were having moderate stress and 33% each were having mild and severe stress. In the present study, 75.86% of student are having problem in psychological factors influence adjustment problem in which 78% feel anxious being apart from family and 84% they said that they have difficulty sleeping even when there is nothing to disturb.

Mendoza conducted a study to assess the adjustment problems in clinical areas encountered by the nursing sophomore students of Columba doctors colleges at the University of Santo Tomas. The findings were problems meet by the student nurses in the clinical area and were big contrast between the theories learned and the work required in the clinical area, fear of trying out different techniques in nursing procedures, fear of being reprimanded by superior infant of the patients, and feelings of the insecurity regarding heavy work assignments.^[5] In the present study, 52.27% received assignment that they found difficult or even impossible to complete, 11.36% bunk classes due to not completing of given assignment.

The stressors experienced by Iranian nursing students and coping strategies adopted by students which consisted 440 undergraduate nursing students. The most commonly wide coping strategies are going along with parents, playing making one's own decision, apologizing, helping other people to solve problem, keeping friendships, and daydreaming.^[6-9]

In the present study, mostly adopting coping strategies were appreciating friends and family, i.e., 60.2%, accepting reality, i.e., 59.09%, making themselves spiritual, i.e., 79.54%, and listening to music, i.e., 54.54%.

Conclusion

The study concluded that the majority of students are adaptive coping strategy even though they are having adjustment problem (psychological and academic factor). Investigator found that 61.36% of student feel that course follow a hectic schedule, 54.4% of student feel shy to say that they are nursing student. Similarly, 94.31% of students compare their course with others and 59.09% of student complaint that they often get angry in small matter after joining.

Investigator found that 79.55% of student use adaptive coping strategies among which mostly adopted strategies were ventilating, i.e., 32%, self-reliance, i.e., 59% and making themselves spiritual, i.e., 79.54%, 20.5% of student were engaging themselves in demanding activities and admitting themselves they cannot deal with it.

Implications

Nursing education

Nursing education should be student center, inclusive of their family as well. Parents and significant others should be oriented about the course curriculum and expected problems during the teaching and learning process. Beginner students should give prior orientation about the course; nursing education should design to assess the student's quality of life, including daily stressors. Nursing should be aimed at producing efficient nurse educators with ability to understand student adjustment problems and provide appropriate guidance. Proper counseling regarding the course should be given during admission.

Nursing practice

Nurse educator should be adequately equipped with knowledge on student problems, should be an efficient counselor. To do so, she should be conversant with the various coping strategies that can positively mold the students. The nurse teachers who are educated and trained to deal with complex issues of the student nurses will succeed in providing appropriate guidance and direction. Hospital staff should help student to get oriented toward setting and procedures.

Nursing research

Studies have shown an increasing level of adjustment problems among nursing students with increased use of negative coping strategies. Exploring the factors leading to the same and relevant intervention is thus mandatory to help this population. This calls for extensive research in these areas.

Nursing administration

Nurse administrator may implement strategies to screen students with adjustment problems and also devise and implement corrective action for the same. Records pertaining to the proportion of students with these problems may maintain for future references.

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