Academic stress and anxiety among faculty of nursing students

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Abstract:

Academic stress and anxiety among nursing students have been researched on, and researchers have identified stressors as too many assignments, competition with other students, failures and lack of pocket money. Nursing students suffer from a great deal of anxiety, which sometimes interferes with both classroom and clinical performance. Aim: To explore academic stress and anxiety among the faculty of nursing students at Assiut University and to evaluate correlation between academic stress and anxiety. Sample: A systematic random sample (one by one) was selected from the first and fourth grade students. The number of them was 249 students. Design: A descriptive correlation design was employed. Setting: Faculty of Nursing at Assiut University. Tools: A self report questionnaire included three parts: Socio demographic data, academic stress scale and Hamilton anxiety scale. Results: The mean age of students was 19.34 ± 1.54 years. 96.4% of them were single, 66.7% of them were residing in rural areas and from the first grade respectively. It was found that, 53.4%, 45.8%, 43.4%, and 43.0% experienced extreme academic stress related to waiting for results/grades, continuous poor performance, academic workload and feeling of not having enough knowledge for the practical test. Also, 53.6% of students had severe academic stress and 27.7% had moderate academic stress. While, 24.1% had mild to moderate level of anxiety and 24.9% of them had severe to extreme anxiety level. Academic stress was positively and significantly correlated with anxiety (r = 0.415) and (p value = 0.000). Conclusion: More than half of students have severe academic stress, and more than one quarter have moderate academic stress. Also, a great number of them experienced various anxiety levels which ranged from mild to moderate and severe to extreme levels. Academic stress was positively and significantly correlated with anxiety Recommendations: Stress management program is essential to diminish academic stress and anxiety levels among nursing students.

Keywords:

Academic stress, anxiety and nursing students

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