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## Impact of academic climate on academic stress, personality and coping styles in nursing students

**Rajesh Kumar**

All India Institute of Medical Sciences, Rishikesh, India

**Introduction:** Stress is imbalance between interactions of an individual to his environment. Stress is consequence of long time expected and unfulfilled demand of body. Long standing unresolved stress had negative impacts on academic performance and use of coping styles in nursing students. Therefore, the present study was planned and executed to assess impact of academic climate on stress and use of coping styles among nursing students at a tertiary care autonomous public institute, India.

**Materials & Methodology:** Study was conducted on 114 randomly selected nursing students. They were administered a socio-demographic data sheet, The Short Form revised Eysenck Personality Questionnaire-A Hindi edition (EPQRS-H), Academic Stress & Climate Scale and the Brief COPE. The data was analyzed by using descriptive statistics, one-way ANOVA and Pearson's correlation.

**Results:** Findings revealed that there are many stressors causing stress in nursing students and environmental & personal stressors are quite common in beginner as compared to senior students. The 69%, 73% and 65% students were agreed and strongly agreed with academic, clinical and environmental stressors, respectively, which causes stress to nursing students. Academic stress shows negative correlation to extroversion ( $p < 0.05$ ), neuroticism ( $p < 0.05$ ), lie ( $p < 0.05$ ) and psychoticism ( $p < 0.05$ ) personality domains of nursing students. Extroversion shows significant positive impact on more use of support seeking style ( $p = 0.05$ ), avoiding ( $p = 0.05$ ), venting negative feelings ( $p = 0.05$ ) and less use of substance abuse ( $p = 0.05$ ) styles.

**Conclusion & Significance:** The outcomes of the present study shall help to design a beneficial intervention programme for nursing students to deal environmental and personal stress to avoid marked deviation in personality and more use of healthy coping styles.

### Recent Publications

1. Kumar R and Maheswari S K (2016) Relapse precipitants, life events and coping behaviors among substance abusers. Indian Journal of Psychiatric Nursing. 12 (1):14-18.
2. Kumar R, Kaur S and Reddemma K (2016) Burden its predictors and quality of life among caregivers of stroke survivors. Journal of Neurology and Neuro-Rehabilitation. 1(1):1-7.
3. Kumar R, Kaur S and Reddemma K (2016) Family needs of the caregivers of stroke survivors. Advanced practices in Nursing. 2(3):1-5. Doi:10.4172/2573-0347.1000120.

### Biography

Rajesh Kumar is presently working as Assistant Professor at All India Institute of Medical Sciences, Rishikesh, India. He has authored over 40 papers at national & international journals and two books for the nursing and research professionals. He is nominated for faculty position for examiners at different renowned universities.

rajesh.nur@aiimsrishikesh.edu.in

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