



A study to assess the level of anxiety among I year GNM Students at Narayana School of nursing, Nellore

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Abstract

Back ground of the study: Anxiety occurs naturally in most people lives at one point or another often experienced by individual prior to a significant experience in their live brought on by a specific situation. Anxiety as an episodic experience of the motion an enduring temperament or predisposition to experience for state of anxiety frequently. Every person experience anxiety and how they react to the occurrence is unique to them.

Objectives: To assess the level of anxiety among I year GNM students. To find out the association between the level of anxiety among I year GNM students with their selected socio demographic variables.

Material and method: The present study was conducted by using quantitative approach and descriptive design. The samples were selected by using non probability convenience sampling technique.

Results and Discussions: level of anxiety among I year GNM students, 1(3.4%) had low anxiety and 29 (96.6%) had moderate anxiety levels.

Conclusion: The study concluded that the I year GNM students had low anxiety, since students play and important and education and stress management is appropriate for them.

Keywords: anxiety and GNM students

Introduction

Anxiety as an episodic experience of the motion an enduring temperament or predisposition to experience for state of anxiety frequently. Every person experience anxiety and how they react to the occurrence is unique to them.

Behavioral characteristics of anxiety can include expressions of helplessness feeling of inadequacy, crying, difficulty in concentrating, rumination, enabling to solve the problem and pre occupation (NANDA 2011).

Anxiety is associated with substantial negative effects on adolescent's social, emotional and academic success (Esau, 2000). Specific effects include poor social and coping skills, often leading to avoidance or social interactions (Albano, 2003; weeks, 2009), loneliness low self esteem, perceptions of social rejection, and difficulty forming friendships (Bokhorst 2001 weeks *et al.*; 2009).

Nursing students of rapid physiological and psychological change of intensive readjustment to the family, education, work, social life and the perception for adult roles. The nursing students represents a definitive working through the recurrent themes of body images, anatomy, achievement, intimacy, sense of self. The challenge of intimacy and the establishment of suitable, nature, committed intimate relationship is perceived as critical challenge.

Need for Study

Miller 2008 a naturalistic study that assessed prevalence of anxiety In Andhra Pradesh in Andhra Pradesh and estimated to 38 (14%) of the nursing students had history of anxiety.

The life time prevalence of anxiety was of approximately (2010) indicated that 32.9% nursing students had anxiety.

Statement of the problem

“A Study to Assess the Level of Anxiety among Ii Year B.Sc Nursing Students at Narayana School Of Nursing, Nellore.”

Objectives

- To assess the level of anxiety among I year GNM students.
- To find out the association between the level of anxiety among I year GNM students with their selected socio demographic variables.

Operational Definition

Assess: Evaluate or estimation of level of anxiety among I year GNM students.

Anxiety: Anxiety refers who got 25-60 in Beck and anxiety scale.

Assumption

The 1st year GNM students may have anxiety.

Delimitation

The study is limited to

- I year GNM students studying in Narayana school of Nursing
- Sample size of 30
- Students who are available during the period of data collection

Methodology

Research Approach: quantitative research approach

Research Design: Non experimental descriptive design

Research Settings: Narayana school of Nursing, Nellore.

Population

Target Population: Nursing students

Accessible Population: 1st year GNM students.

Sample: I year GNM students who fulfill the inclusion criteria are sample for the study.

Sample Size: Sample for the study was 30 1st year GNM students.

Sample Technique: Non probability convenient sampling technique

Criteria for Sample Selection

Inclusion criteria

The inclusion criteria for the present study are the following

- The 1st year GNM students who are willing participate in this study
- The 1st year GNM students who studying in Narayana School of Nursing, Nellore.
- Nursing students who are available during period of data collection

Exclusion criteria

- The nursing students who are not willing to participate in this study
- The nursing students who are not studying in Narayana School of Nursing, Nellore

The nursing students are not present at the time of data

Description of the Tool

The tool was developed with the help of related literature from various text book, journals and guidance from experts in the field of nursing and general psychiatry.

The tool was divided into two parts

Part-I: Deals with socio demographic variables

Part-II: Beck anxiety inventory scale

Score Interpretation

Table 1

Category	Score
Low anxiety	0-21
Moderate anxiety	22-42
Severe anxiety	43-63

Data Analysis and Score Interpretation

Section I

Frequency and Percentage distribution of demographic variables among 1st year GNM students.

Section II

Frequency and percentage distribution of level of anxiety among 1st year GNM student.

Section III

Mean and Standard Deviation of level of anxiety among 1st

year GNM students.

Section IV

Association between the level of anxiety among 1st year GNM students with their socio demographic variables.

Level of anxiety among 1st year GNM students

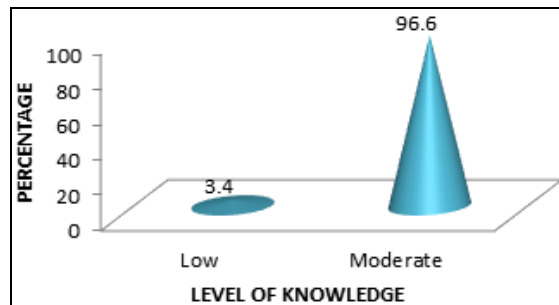


Fig 1

Mean and Standard Deviation of level of anxiety among 1st year GNM students. N=30]

Table 2

Category	Mean	Standard Deviation
Stress	25.5	1.697

Association between the level of anxiety OF 1ST year GNM students with their socio demographic variables. [N=30]

There is a significant association of socio demographic variables like previous medium of instruction, education of father, occupation of father, family income, hostel stay, and hours spent for study.

There is a no significant association of socio demographic variables like age in years, religion, education of the mother, type of family, and area of residence.

Summary and conclusion

Major findings of the study

- In context to age, 25(83-4%) were between 18-19 years.
- In relation to religion, 26(86.7%) were Christians.
- In association to previous medium of instruction 29(96.6%) from English medium.
- In respect to support of education, 29(96.6%) had from parents.
- In context to education of father, 14(46.6%) had studied secondary school education.
- In regard to occupation of father 22(73.3%) belongs to private employee.
- In context to education of mother, 16(53.3%) had secondary school education.
- In relation to family monthly income, 21(70%) earns Rs. 5000-10000.
- In association to type of family, 28(93.3%) belongs to nuclear family.
- In respect to staying in hostel, 93.3%) had 1st time.
- In context to area of residence, 27(9%) residing in rural areas.

- In regard to sleeping pattern, 28(93.3%) had 6-8 hours
- In context to hours spent in the college, 22(73.3%) spent 7 hours.
- Level of anxiety among 1st year B.Sc (N) students 1(3.4%) had low anxiety and 29(96.6%) had moderate anxiety scale.

Nursing implication of the study

The anxiety scale is effective and simplest technique for assess the anxiety and it can be easily learned practice.

Nursing practice

Anxiety occurs in individual is associated with substantial negative on social emotional success. As primary prevention efforts are directed towards promotion of health by encouraging patients for adopting healthy life style.

Nursing administration

- The hospital administrator should plan continuing nursing education programmes to nurses and should include such topics to enhance the nurses.
- The nurse administer has to take the initiative in importing health information to individual and group by teaching in the college, hospital and other community settings.

Nursing research

The study will be valuable reference and path way future researcher.

Recommendations for future research

On the basis of findings of the study the following recommendations have been made

- A similar study can be replicated on large sample size, in different settings with different population as longitudinal study
- A study can conducted to assess the level of anxiety among 1st year B.Sc nursing students

Conclusion

The study concluded that the 1st year B.Sc students had low anxiety, since students play and important and education and stress management is appropriate for them.

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