

# Comparative Study to assess the coping strategies among first year nursing students based on gender at selected institution in Chennai

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## ABSTRACT

*Assess the coping strategies among the fresher of male and female student nurses of nursing baccalaureate program. Sampling Technique: Nonprobability convenient sampling technique. Design: Quantitative Descriptive research design. Both male and female student nurses were selected for the target population of this study. Sample Size: Total 50 (it comprises both Male and Female) Section A: Demographic data Section B: Consists of rating scale for effective coping response. Total 60 items including the multiple choice questionnaire on coping strategies containing the freshers of female and male nursing students. The possible score was 60. Sampling Technique: Nonprobability appropriate sampling technique: Among 50 students, 19 (76%) of the male students and 23 (92%) of the female students were having moderately adequate level of coping strategies. 6 (24%) of the female students were having adequate level coping strategies and no one is having inadequate level of coping strategies.*

**Keywords:** coping strategies, nursing aid programme, male, female students

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## INTRODUCTION

Although people respond to stress at several levels it's clear that behaviour is the crucial dimension of their reactions [1]. Most behavioural responses to stress involve coping. The popular use of the terms often implies that coping is inherently healthful [2]. When people say that someone coped with her problems', the implication is that she handled them effectively [3].

In reality, although, coping responses may be adaptive or maladaptive. The concept of stress may differ according to the individual's state of contexts and interpretations. It is recognized that certain amount of stress is desirable, tolerable, productive and facilitates the individuals on growing performance but excessive

stress may damage persons self ruins his life [4].

## NEED FOR THE STUDY

College is a great period of stress because it is totally different from what kids are used to the High schools. They are away from the home for the first time, making new friends and facing new academic challenges. Every student experiences some form of stress during their college days [5]. It involves pretty fights between the classmates, final anxiety or the art of picking a daily wardrobe.

Three to six million teenagers and young adults are struggling with panic disorders, generalized anxiety disorders; stress and social phobias as well as thousands of college students find the transition process

from school to the college as a real world of difficulty.

### STATEMENT OF THE PROBLEM

A comparative study to assess the coping strategies among the freshers of male and female student nurses of nursing aid program in selected Institution at Chennai.

### Objectives

- To assess the coping level of female students.
- To assess the coping level of male students.
- To compare the coping level of male and female students.
- To associate the demographic variables of the students with their coping levels.

### ASSUMPTION

Practicing coping strategies will reduce stress and promote adaptation in new environment. Adopting coping ensures quality.

### METHODOLOGY

#### Inclusion criteria:

- The students who are willing to participate in the study.
- The student who are entering newly to the college of Nursing.

#### Exclusion criteria:

- The student who are not willing to participate in the study.
- The student who have previous experience of exposure to college of Nursing

#### Research Design:

- Quantitative
- Descriptive research design

**Population:** The target population of this study were both male and female student nurses of the baccalaureate program  
**Sample Size:** Total 50 it includes both Male and Female

#### Sampling Technique:

Nonprobability convenient sampling technique

### Description of the Instrument

**Section A:** Demographic data

**Section B:** Consists of rating scale for effective coping response Total 60 items.

Regarding the multiple choice questionnaire on coping strategies among the freshers of female and male nursing students. The possible score was 60. For the positive answer, score was given for never(0) mark, for sometimes 1(one) mark, for always,2marks.For the negative answer score was given in reverse, for never 2 marks, sometimes '1' mark,for always '0' mark was given.

### Score Interpretations

Inadequate < 20

Moderately Adequate 21-40

Adequate >40

*Table 1. Distribution of level of coping strategies among male and female students. N=50.*

S. No.	Level of Coping Strategies	Male		Female	
		N0	%	N0	%
1.	Inadequate	00	00	00	00
2.	Moderately Adequate	19	76	23	92
3.	Adequate	06	24	00	08

Table 1 shows among 50 students, 19(76%) of the male students and 23 (92%) of the female students were having moderately adequate level of coping strategies. 6 (24%) of the female students were having adequate level coping strategies and no one is having inadequate level of coping strategies.

*Table 2. Comparison of level of coping strategies among male and female students.*

S. No.	Sex	Mean	SD	Student ' t ' test
1.	Male	71.56	12.06	0.81 NS
2.	Female	69.16	8.45	

There is no significant difference in the level of coping strategies between male and female students at p.0.05 level.

There is no association between the demographic variables and the level of coping strategies among students at p.0.05 level.

### **DISCUSSION**

The first objective was to assess the coping level of female students. It showed that 23(92%) had moderately adequate coping and 2(8%) had adequate level of coping strategies. Basson and Vander Merwe (1994) conducted a study among Nursing student related to Nature of work stress and burnout [6]. They were used Maslach Burnout.

Inventory (MBI), sources of stress Questionnaire (SSQ), student life events checklist SLEC and two coping scale like ways of coping checklist WCC and billings and moos coping scale to measure the variable of burnout, stress. The final result of was, significantly higher level of burnout. The second objective was to assess the coping level of male students. It showed that 19(76%) had moderately adequate coping strategies and 6(29%) had adequate level of coping strategies among the male students. However, when a more serious problem occur which they could

not solve they readily did resort to alcohol and other drugs.

### **CONCLUSION**

When the students adopt adequate coping strategies, they may be able to overcome the stress during their professional practice. In-service and continuing nursing education programs on coping strategies can be conducted to create awareness among nursing students. Strengthening of coping strategies by teachers to the students may help students to overcome the stress.

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