

A Descriptive Study to Assess the Level of Anxiety among B.Sc. Nursing 1st Year Students Regarding Exposure to Hospital Environment in Selected College of Nursing at Varanasi, India

Ms. Anushi¹, Ms. Ekta Maurya², Ms. Jyoti Sharma², Ms. Jyoti Shree Maurya²

¹Assistant Professor, ²B.Sc. Nursing Student,

^{1,2}Apex College of Nursing, Varanasi, Uttar Pradesh, India

ABSTRACT

A quantitative descriptive study was undertaken to assess the level of Anxiety towards exposure to hospital environment among B.Sc. Nursing 1st year student at Apex College of Nursing, Varanasi, India. 100 students were selected through convenience sampling technique and data was collected by using beck anxiety inventory scale. The result showed that 48.52% found to have no anxiety, 32.38% students had mild anxiety, 15.24% had moderate level of anxiety and only 3.86% had severe anxiety. The study concluded that majority of students had no anxiety but few students had mild, moderate and severe level of anxiety. So the study findings suggested that students need counseling or related facilities to reduce the level of anxiety.

KEYWORDS: Descriptive study, assess, level of anxiety, B.Sc. nursing 1st year students, Exposure to Hospital Environment

How to cite this paper: Ms. Anushi | Ms. Ekta Maurya | Ms. Jyoti Sharma | Ms. Jyoti Shree Maurya "A Descriptive Study to Assess the Level of Anxiety among B.Sc. Nursing 1st Year Students Regarding Exposure to Hospital Environment in Selected College of Nursing at Varanasi, India" Published in International

Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-5, August 2021, pp.1214-1216,

URL: www.ijtsrd.com/papers/ijtsrd45024.pdf



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I. INTRODUCTION

Anxiety is something we all experience from time to time. Most people can relate to feeling tense, uncertain and, perhaps, fearful at the thought of sitting an exam, going into hospital, attending an interview or starting a new job. Students may worry about feeling uncomfortable, appearing foolish or how successful they will be. In turn, these worries can affect students sleep, appetite and ability to concentrate. If everything goes well, the anxiety will go away. This type of short-term anxiety can be useful.

Anxiety refers to student's anxiousness or worry and decrease performance or failure in examination. Anxiety disorders affect millions of adults every year, and anxiety levels among college students have been rising since the 1950s. In 2000, 7% of college

students reported experiencing anxiety disorders within the previous year. Women are five times as likely to have anxiety disorders.

NEED OF THE STUDY

Anxiety is highly prevalent among college students. The top three concerns among students are academic performance, pressure to succeed, and post-graduation plans. Nursing education has consistently been associated with anxiety among students. Heavy course loads, stringent examinations, continued pressure to attain a high-grade point average, complex interpersonal relationships, challenges of the clinical environment, caring for chronic and terminally ill patients result in greater anxiety among nursing students than among students from any of the other healthcare disciplines. Furthermore, it has been found

that the clinical training taking place during nursing education is more stressful than the theoretical aspect. Nursing students are important human resources in the field of health. Anxiety has a negative effect on the quality of students' life, their education and clinical practice and may cause drop out from the nursing program.

PROBLEM STATEMENT

“A Descriptive Study to assess the Level of Anxiety among B.Sc. Nursing 1st Year Students regarding Exposure to Hospital Environment in selected College of Nursing at Varanasi, India.”

OBJECTIVES

1. To assess the level of anxiety among B.Sc. Nursing 1st year students regarding exposure to hospital environment.

HYPOTHESIS

H₁: There would be significant difference in level of anxiety among B.Sc. Nursing 1st year students regarding exposure to hospital environment.

Section A: Description of demographic variables of study participants.

Table 1: Frequency and percentage distribution of demographic variables of study participants

N= 100

S. No.	Demographic variables	Frequency	Percentage
1.	Age (in years)		
	a) 18-20	87	87%
	b) 21-23	09	09%
	c) 24-26	03	03%
2.	d) Above 27	01	01%
	Gender		
2.	a) Male	27	27%
	b) Female	73	73%
3.	Member of the family of nursing students		
	a) None	68	68%
	b) 1-2	29	29%
	c) 3-4	03	03%
	d) >4	00	00%

The presenting data in table 1 depict Frequency and percentage distribution of demographic variables of study participants showed that mostly 87% were 18-20 years of age, majority 73% were females and majority 68% had no members in their family.

Section B: Analysis based on the objective

Objective: To assess the level of anxiety among B.Sc. Nursing 1st year students regarding exposure to hospital environment.

Table 2: Frequency and Percentage Distribution of Level of anxiety among B.Sc. nursing 1st year students regarding exposure to hospital environment as assessed by Beck anxiety inventory scale.

N=100

Level of test anxiety	Frequency	Percentage
No anxiety	48	48%
Mild anxiety	33	33%
Moderate anxiety	15	15%
Severe anxiety	04	04%

IV. DISCUSSION

This section relates to the findings of the present study to the findings of the previous studies.

The study conducted by **Silwal M (2019)** on Anxiety and Stress among B.Sc. Nursing First Year Students showed that 2 (15.4%) students had moderate anxiety and 11 (84.60%) had low level of anxiety.

The study conducted by **JyotiDahiya (2019)** on level of anxiety among unsuccessful students undergoing supplementary examination showed that 82 subjects (71.30%) were having moderate anxiety before supplementary examination whereas majority 104 subjects (90.43%) after supplementary examination.

The study conducted by **Kalavathi (2017)** on level of anxiety among 1st year GNM Students showed that 1(3.4%) had low anxiety and 29 (96.6%) had moderate anxiety levels.

The study conducted by **NazdarQuadratAbas (2017)** on Anxiety Level in Nursing Students at the Commencement of their Academic Year showed that female students reported higher anxiety levels (44% for mild level, 50% for moderate level, and 2.38% for severe level) than the male students (37.5% for mild level, 31.25% for moderate level, and no frequency for the severe level).

The study conducted by **FarrahdillaHamzah (2018)** on Assessing Test Anxiety among the First Year Nursing Students showed that 60 students, (9) 15 % were males and (51) 85 % were females and all students were from the age group of 19- 20 (60) 100%. 36.7% respondents experienced of mild anxiety, more than half 58.3% respondents had moderate anxiety and 3.3% respondents experienced of severe anxiety.

V. CONCLUSION

The study concluded that majority of students had no anxiety but few students had mild, moderate and severe level of anxiety. So the study findings suggested that students need counseling or related facilities to reduce the level of anxiety. Further, the study suggest that conducting students mind-body therapeutic programmes to train them for self-management when they experience high level of anxiety.

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