

# A Study On Stress Level Among First Year Paramedical Students In Bangalore City Urban Area

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## Introduction

“Stress is simply reaction to a stimulus that disturbs our mental equilibrium. In other words it’s an omnipresent part of life. Stressful events can trigger the fighter flight.” In psychology stress is a feeling of strain and pressure. Small amount of stress may desire, beneficial, and even healthy. For example posture stress helps improve performance. It also plays a factor in motivation, adaptation and reaction to the environment. Excessive amounts of stress however, may lead to bodily harm. Stress can lead to increase of strokes, heart attacks, ulcers, dwarfism and mental illness such as depression. Stress is the emotional physical strain caused by our response to pressure from the outside world. It is a specific response by the body to a stimulus that disturbs normal functioning. A stressor is an event or any stimulus that cause an individual to experience stress. It’s almost impossible to live without some stress and most of us have some stress.

Stress has become a serious concern in present time. Stress is basically any physical circumstantial or emotional change that a person has to adjust to most of the time. According to Harry Gottestold “Stress is any interference, which disturbs the functioning of organisms at any level and produces a situation natural for organism to avoid.”

## Review of literature

### Studies related to stress of Paramedical students:

The Randomized control study was conducted to evaluate the effectiveness of meditation to decrease stress among Paramedical students of Bhavana College of Paramedical Telungana [2015]. The result shows that there is significant difference between the level of stress in both the groups [for experimental group-36.54%, control group-56.86%]. They also suggest that meditation based stress management practices reduces stress.

A cross sectional study was conducted to assess the stress experienced by 273 students in Tamole Paramedical training college at Ghana [2015]. The result indicates that severe stress [67.82%] is seen among Paramedical students and demographic variables that cause alterations in there stress level are gender and marital status.

A cross sectional study was conducted at Macho [2015] among 203 Paramedical students to assess the stress level in clinical learning environment. The result shows that clinical [3.44%], education [3.35%], finance and time [3.31%], confidence [3.21%] and personal problems [3.03%] are the most common factors of stress and the level of stress is very high than mean level.

A descriptive study was conducted at Baba Farid University of health science Punjab [2015] among 180 students to assess their stress and coping strategies. The result shows that 34% of Paramedical students found severe stress, 33% have moderate stress and the major coping strategies used to reduce stress are yoga and meditation.

Another descriptive, cross sectional study was conducted at Jordan University of science and technology on 597 Paramedical students, to find the sources of stress and coping behaviour in clinical practice [2014]. The result shows that 47.82% students have stress and the main sources of stress are from academic.

A cross sectional study was conducted at Haryana among 282 students to assess perceived stress and ability to cope stress [2013]. The result shows that 39.7% had more stress and could not cope with it. 23.7% fairly able to control irritations and feels mild range of stress. Only 28.4% felt confident about ability to handle their personal problems.

A descriptive study was conducted in Punjab [2011] on 200 Paramedical students to assess the factors associated with stress among them. Study result shows that environmental factors such as change in living environment, inadequate telephone facility, inadequate recreational facilities lead to 40% of stress; interpersonal factors such as homesickness, sleeping pattern, etc., cause 30% of stress and academic factors lead to 19% of stress.

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**METHODOLOGY**

The research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done significantly. It includes research approach, research design, setting, population, sampling technique, sample size, selection criteria, development and description of tool for data collection, data collection method and plan for data analysis.

This chapter explains the methodology used to assess the level of stress among Paramedical students at a college in Bangalore. It includes research approach, sample size, research design, selection criteria, development and description of tool for data collection, method and plan for data analysis.

**Result and analysis**

**Organization of data**

The findings based on descriptive and inferential statistical analysis are presented under the following headings:

**Section A:** Description of baseline characteristics

**Section B:** Distribution of subjects according to level of stress

**Section C:** Distribution of subjects based on area of stress

**Section D:** Association of level of stress score with selected demographic variables of Paramedical students.

**Presentation of data**

**Section A: Description of baseline characteristics**

The study comprised of 500 Paramedical students based on their specified inclusion criteria. The sample characteristics of Paramedical students were analyzed using descriptive statistics. The baseline characteristics are age, year of study, residential, family.

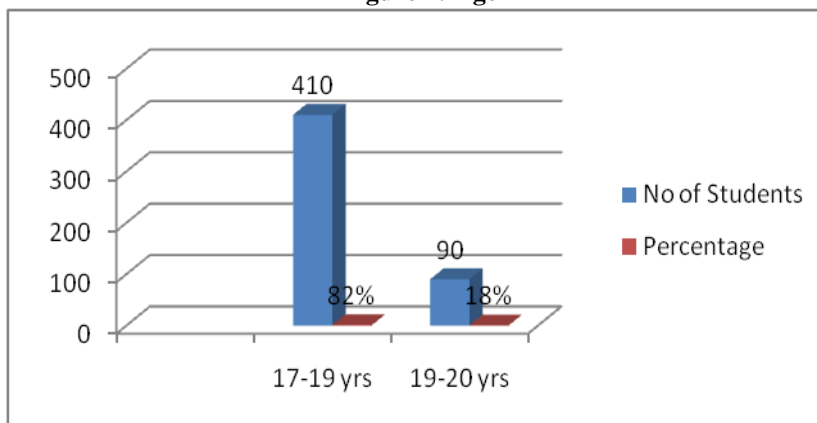
**TABLE 1:- Frequency and percentage distribution of demographic variables n=100**

SI No.	Demographic variables	Fre quency	Percentage
1.	<b>Age</b>		
	17-19 yrs	410	82%
	19-20 yrs	90	18%
2.	<b>Home location</b>		
	Urban	320	64%
	Rural	180	36%
3.	<b>Staying Inn</b>	200	40%
	Hostel	300	60%
	Home		
4.	<b>Family</b>	450	90%
	Nuclear	50	10%
	Joined		

**Table 2: Age**

SI No.	Age	No of Students	Percentage
1.	17-19 yrs	410	82%
	19-20 yrs	90	18%

**Figure 1: Age**



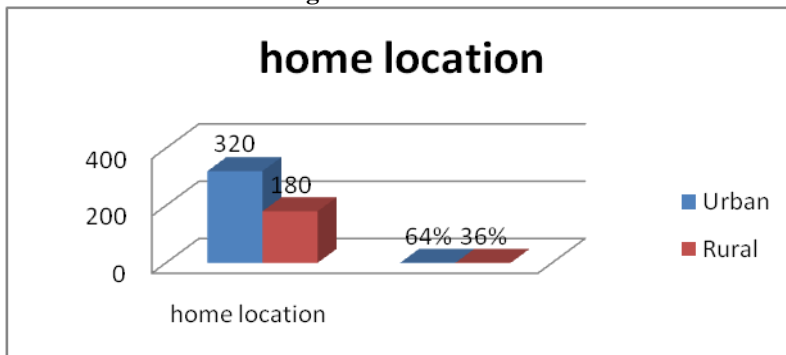
**Figure 1:-Percentage of distribution of subjects based on age**

Figure 1 shows, among 500 Paramedical students 410 belong to 17-19 years, 90 to 19-20years.

**Table 3: Residential**

home location		
Urban	320	64%
Rural	180	36%

**Figure 2: Residential**



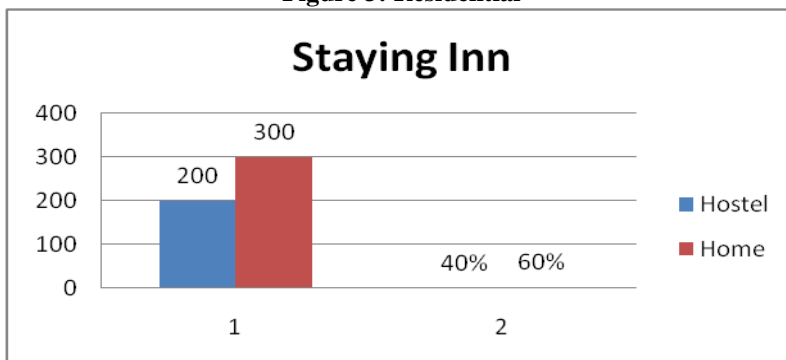
**Figure 2:- Percentage distribution of subjects based on residence**

Figure 2 shows among 500 Paramedical students, 320 are residing at urban area whereas and 180 at rural.

**Table 4: Staying Inn**

Staying Inn		
Hostel	200	40%
Home	300	60%

**Figure 3: Residential**



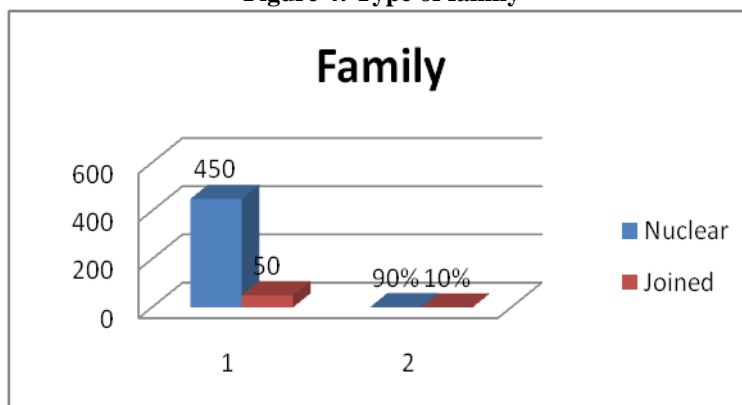
**Figure 3 :-Percentage distribution according to their stay**

Figure 3 shows that among 500 Paramedical students 200 were staying in hostel only 300 were coming from home.

**Table 5: Type of family**

Family		
Nuclear	450	90%
Joined	50	10%

**Figure 4: Type of family**



**Figure 4:- Percentage distribution of subjects according to type of family**

Figure 4 shows, among 500 Paramedical students 450 belong to nuclear family and 50 belong to joint family.

**DISCUSSION, SUMMARY AND CONCLUSION**

This chapter deal with the discussion, summary of the study, conclusion and their implications in Paramedical education, Paramedical services, Paramedical administration. It also makes recommendations for further research in the field and acknowledges the limitations of the study.

**Findings**

The result obtained in assessing stress level, were 56% of subjects had mild stress and 44% had moderate stress. The academic area ranks top among the stressful areas (59%).

**Discussion**

Here the major findings of the study are discussed with reference to similar studies conducted by other researchers. The present study was intended to assess the stress level among Paramedical students.

**Objectives of the study**

The objectives of the study are to:

- Identify the stress level among B.Sc Paramedical students.
- Find association between stress level and selected demographic variables.

**Major findings of the study**

**Findings regarding distribution of subjects based on the level of stress**

In the present study the descriptive research design was used. The sample consisted of 500 Paramedical students and the data was collected by administering a structured stress scale. The findings of the study showed that out of 500 Paramedical students 56% of subjects had mild stress and 44% of participants had moderate stress.

The study result was supported by a study conducted in a private Paramedical college situated in Bangalore, on stress and coping strategies among Paramedical students. 500 Paramedical students participated in the study. The Paramedical students' stress level was measured by using perceived stress scale. The result showed that 34% students had moderate stress, 33% mild and severe stress.

Comparing the present study with above study concluded that Paramedical students experience stress at different levels.

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