



LEVEL OF ANXIETY AMONG STUDENT NURSES BEFORE CARING FOR THE PATIENT WITH MENTAL ILLNESS IN SELECTED COLLEGES

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ABSTRACT

Anxiety can be conceptualized as a normal and adaptive response to threat that prepares the organism for flight or fight. An anxiety level differ from individual to individual according to the age group. Anxiety becomes abnormal when it is excessive or its timing is inappropriate with regard to the threat. Empathy is one of the fundamental concepts in nursing, and it is an ability that can be learned. Various education models have been tested for improving empathic skills. Research has focused on using oral presentations, videos, modeling, practiced negotiation based on experiences, and psychodrama methods, such as role playing, as ways to improve empathy in participants⁵. Statement of the present study was to assess the level of Anxiety among student nurses before caring for the patient with mental illness in selected colleges. The Objectives are to assess the level of anxiety among students nursing before caring for patients with mental illness and to associate the level of anxiety with the selected demographic variables. Descriptive study design was adopted for this study. Setting of the study was College of nursing and 20 samples were selected by using convenient non-probability sampling technique. Nursing students were gathered in the class after obtaining permission. Uniformly questionnaires were given along with detailed explanation by the investigators and the data were collected. Data was analysed in terms of objective of study by using descriptive statistics and inferential statistics. Findings of the study shows that Majority of students nurses had 12(60%) moderate anxiety level and there was no significant association between the level of anxiety and demographic variables. Student nurse's experiences anxiety producing situations in the clinical settings which will result in feeling of incompetent, lack of professional nursing skills and knowledge to take care of various patients especially patients with mental illness in clinical experience. Study concluded that nursing students need preparation training and counselling to handle patients with mental illness.

KEYWORDS: Anxiety, Student nurses and mental illness.

INTRODUCTION

Anxiety is common in human emotion. It is a biologically mediated response to stress and change. Anxiety helps us mobilize our protective resource necessary for adaption. In Taiwan, nearly one third of newly graduated nurses quit their first nursing job within 3 months and many never return to nursing. Because traditional clinical practice designs do not offer adequate opportunities for students to work independently, many senior nursing students lack self-confidence in their nursing skills and are not familiar with the day-to-day realities of nursing even after completing all their required clinical practica.^[3] In day today life everyone experience anxiety from mild to moderate level or at times sever to panic. The individual feels anxiety regarding their studies, Job, result of investigation etc. As skills increased and our professional role become more comfortable our level of anxiety decreased student

begin their clinical experience in mental health nursing, their anxiety once again increases as they struggle with new skills and new professional roles, strange environment, health care providers, procedures and treatment involved, make student more anxious in general when the student are posted in psychiatric hospitals the student's anxiety will increase due to fear of patient in their way of behaviour. It is inevitable that a high proportion of student those who are going to mental health clinical are having anxiety. Since too much anxiety interfere with learning for students and client, finding effective coping mechanism in necessary for optimal education. Students self-assessment about learning needs and skill level should be assessed preclinically to allow for practice to gain confidence.^[2]

MATERIALS AND METHODS

Objectives

- To assess the level of anxiety among students nursing before caring for patients with mental illness.
- To associate the level of anxiety with the selected demographic variables.

Assumption

- Student nurse experiences anxiety.
- Level of anxiety varies from person to person.
- Symptoms vary according to the severity of anxiety.

METHODOLOGY

Research Design

Descriptive study design was adopted for this study.

Setting

The study was conducted in college of nursing which was approved by INC and carries out programs of Nursing.

Population

In this study the population refers to all individual who are studying in 3rd year B.Sc. (N) both boys and girls in the selected colleges.

Sample Size

The sample size for this study was 20.

Sampling Technique

The samples were selected by using convenient non-probability sampling technique.

Inclusive Criteria

- Student's between the age group of 18-23yrs.
- Students who are willing to participate in this study.
- Students studying B.Sc. (N) both boys and girls are included.

Exclusive Criteria

Students who have underwent psychiatric posting.

RESULTS AND DISCUSSION

Table 1: Frequency And Percentage Distribution Of Samples According To Demographic Variables (N=20).

S.NO.	Demographic Variables	Frequency (N)	Percentage (%)
1.	AGE (IN YEARS)		
	a. 18-20	14	60
	b. 21-23	6	40
2.	SEX		
	a. Male	18	55
	b. Female	2	45
3.	RELIGION		
	a. Hindu	14	70
	b. Christian	6	30
4.	TYPE OF FAMILY		
	a. Nuclear	18	90
	b. Joint	2	10

Research Instrument

The tools used for this study was "Modified Zung anxiety scale".

Description Tool

The tool consist of 2 sections

Section-A

Demographics data consisted of 9 items which includes age, sex and type of family, order of birth, residing place and interest in psychiatric nursing.

Section-B

This part of tool deals with the assessment of the level of anxiety among student's nurses in selected colleges. It consist of 20 items with four point scale to measure the anxiety among student nurses. It includes statement that can be graded on a 4 point scale. The positive score is from 1-4. The negative score (*) is from 4-1.

Score Interpretation

Score	Percentage	Level
0-20	0-34%	Mild
21-40	35-67%	Moderate
41-60	68-100%	Severe

Data Collection Procedure

The data collection period was one week from. The investigators obtained permission and collected the data from the Nursing students. Nursing students were gathered in the class. Detailed explanation of the questions and doubts were clarified and uniformly questionnaires were given by the investigators and the data was collected. Tips to overcome anxiety before psychiatric posting were given to the students.

Plan For Data Analysis

Data was analysed in terms of objective of study by using descriptive statistics and inferential statistics.

5.	ORDER OF BIRTH		
	a. 1 st child	11	55
	b. >2 child	9	45
6.	RESIDENCE		
	a. Urban	14	70
	b. Rural	6	30
7.	Interested In Psychiatric Nursing		
	a. Yes	18	90
	b. No	2	10

Table 1, Shows the distribution of sample according to the demographic variables. Out of 20 samples 12 (60%) were in the age group of 18-20 years and only 8 (40%) of the samples were in the age group of 21-23 years. Majority of the samples 11 (55%) were males and the rest were female 9 (45%). The maximum number of sample 14 (70%) were Hindu and 6 (30%) of the sample were Christian. Most of sample 18(90%) were from

nuclear family and rest of the 2(10%) belong to joint family. Among 20 samples 11(55%) of them are first child while 9(45%) of them come under more than two children. Among 20 samples 14(70%) of them are residing in urban area where as 6(30%) samples belong to rural area. Majority of samples 18(90%) are interested in psychiatric nursing 2(10%) of them are not interested.

Table 2: Frequency and Percentage Distribution Of Level Of Anxiety Among Student Nurses.

S.NO	LEVEL OF ANXIETY	FREQUENCY	PERCENTAGE
1.	Mild anxiety	8	40
2.	Moderate anxiety	12	60
3.	Severe anxiety	-	-

Table 2, shows that about 60% were with moderate anxiety and 40% were with mild anxiety and none of them had sever anxiety.

Table 3: Association Between Demographic Variables Of Students Nurses With The Level Of Anxiety (N=20).

S. NO	Demographic Variables	Level of anxiety				X2 value	P Value
		Mild anxiety		Moderate anxiety			
		n	%	n	%		
1.	Age (in years)					.556	.456(NS)
	a.18-20	4	33.3	8	66.7		
	b.21-23	4	50	4	50		
2.	Sex					.303	.582(NS)
	a. Male	5	45.5	6	54.5		
	b. Female	3	33.3	6	66.7		
3.	Religion					.357	.550(NS)
	a. Hindu	5	35.7	9	64.3		
	b. Christian	3	50	7	50		
4.	Type of family					3.33	.068(NS)
	a. Nuclear	6	33.3	12	66.7		
	b. Joint	2	100	-	-		
5.	Order of birth					3.33	0.068(NS)
	a. Nuclear	6	33.3	12	66.7		
	b. Joint	2	100	-	-		
6.	Residence					0.357	.550(NS)
	a. Urban	5	35.7	9	64.3		
	b. Rural	3	50	3	50		
7.	Interested in Psychiatric nursing:					1.481	.224(NS)
	a. Yes	8	44.4	10	55.6		
	b. No	-	-	2	100		

NS- Not significant

Findings revealed that there was no association between the level of anxiety and demographic variables.

DISCUSSION

The results revealed that most of the samples 12(60%) were from the age group of 18-20years, 11(55%) samples are males, 14(70%) of the sample are Hindu. Majority of the samples 18(90%) are from nuclear family. 11(55%) of the samples are first child. Most of the samples 14(70%) were from urban area. Majority of the samples 18(90%) were interested in psychiatric nursing. This study support by a study conducted by Neumann airfreman et.al (2010), a cross sectional study was done to assess the level of anxiety among student nurses, aged between 18-20years. A high prevalence of anxiety was found in males. It was seen that age, locality, family income did not significantly affect the prevalence of anxiety.

In our study, the first objective was to assess the level of anxiety among students nursing before caring for patients with mental illness. The findings of the present study reveals that 12(60%) of student nurses had moderate level of anxiety. A transitional care intervention is recommended; however, the model needs to be modified from a single nurse to a multidisciplinary team with expertise from a psychiatric nurse practitioner, a social worker, and a peer support specialist. A team approach can best manage the complex physical/mental health conditions and complicated social needs of the population with serious mental illness.^[4]

This study was supported by Imberly H Kim(2007) on baccalaureate nursing students experiences anxiety producing situation in clinical settings. Data was collected from 61 nursing students. Analysis indicate 36% of the students had moderate anxiety level.

The second objective was to associate the level of anxiety with the selected demographic variables. Findings of the present study reveals that there is no significant association between the level of anxiety and the demographic variables. The useful insights for faculty and senior nursing students involved in clinical practice, and have implications for education, further research, and clinical support.^[3]

Recommendations

1. Similar study can be conducted with large sample
2. Comparative study can be conducted to assess the level of anxiety among students before and after clinical postings
3. Comparative study can be done between Diploma and B.Sc. nursing students in different colleges
4. Comparative study can be done on anxiety level among nursing students with family history of psychiatric illness and without family history of psychiatric illness.

CONCLUSION

Student nurse's experiences anxiety producing situations in the clinical settings which will result in feeling of incompetent, lack of professional nursing skills and knowledge to take care of various patients especially patients with mental illness in clinical experience. Study concluded that nursing students need preparation training and counselling to handle patients with mental illness. Hence, intervention programmes that can enhance the influencing factors of interpersonal competence in nursing students should be developed, and their effectiveness should be investigated.^[1]

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Conflict Of Interest

We declare that we have no conflict of interest.

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