

Assess The Level Of Anxiety Among B.Sc Nursing First Year Students Prior To The Examination At Srm College Of Nursing, Kattankulathur.

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ABSTRACT

The objectives of the study were to assess the level of anxiety among B.Sc. Nursing first year students prior to the examination. Quantitative research approach and non-experimental descriptive design was adopted. The sample size was 50 students were chosen by non-probability purposive sampling technique. Data collection was done at SRM College of Nursing, Kattankulathur. Approximately 20 minutes were spent to elicit data from the participants. On the first day demographic variables and the level of anxiety prior to the examination was assessed by modified self-structured anxiety questionnaire prepared by the investigator with the use of 5 - points Likert scale. Confidentiality was maintained throughout the procedure. Data was analysed by using descriptive and inferential statistics. The result revealed that majority of the students 62% from B.Sc. (Nursing) first year had moderate level of anxiety, 28% of students had mild level of anxiety and 5 % of students had severe level of anxiety prior to the examination and the association between the level of anxiety with their demographic variables “Age” is having statistically significant association $p < 0.05$. Hence, there is a need for tensing toe relaxation technique and breathing exercises to make adjustment and improvement in the academic performance.

Keywords: Level of anxiety, Prior to the examination, B.Sc. Nursing first year students..

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INTRODUCTION

Examination anxiety is a type of state anxiety that can be triggered by any number of events including low self-esteem, previous poor test performance, negative thoughts, timed tests, lack of motivation, and procrastination. State anxiety is the amount of anxiety one is experiencing at any moment and is characterized by an episodic nature, situational response, and an evident, clear trigger to initiate the anxiety. Tests are important tools in determining the level of success in both the student's academic and professional future and that testing can contribute to higher levels of anxiety throughout the process. The high-stakes testing utilized in nursing programs maximizes the effects of test anxiety on test performance.^[1]

Anxiety is a form of pathological fear characterized by a feeling of inner restlessness, timidity and concern. It occurs when there is no real danger or when the emotional response is not commensurate with the experience of risk. Fear of exams and tests has the greatest negative effect in the school environment, and usually results in poor success, or achievement of such a level of success below the actual level of ability of an individual. Fear of the exam is a result of the need to pass the exam. It can occur as early as in primary or secondary school, at others after a failure at the exam or loss of a year on studies.^[2]

OBJECTIVES OF THE STUDY

1. To assess the level of anxiety among B.Sc. Nursing first year students prior to the examination.
2. To associate the level of anxiety among B.Sc. Nursing first year students prior to the examination with their demographic variables.

RESEARCH HYPOTHESES

RH1 – There will be a significant association in the level of anxiety among B.Sc. Nursing first year students prior to the examination with their demographic variables.

MATERIALS AND METHODS

Approach: Quantitative evaluative approach.

Design: Non-experimental descriptive design

Study variable: Assessment of level of anxiety prior to the examination

Dependent variables: Age in years, gender, religion, marital status, residency, family members in medical field, type of family, income of family, place of living.

Setting: The study was conducted at SRM College of Nursing, Kattankulathur, Chengalpattu District.

Tools: Self – Structured knowledge, attitude and practice questionnaire.

Sample: Around 50 students who met the inclusion criteria were selected as sample.

Sampling Technique: Non-probability purposive sampling technique was used to select the samples for the present study.

Criteria for sample selection:

Inclusion Criteria

1. Students those who are present during data collection.
2. Students those who speaks and understands English.
3. Students who are willing to participate in the study.

Exclusion criteria

1. Students who are having anxiety disorders and taking anti-anxiety drugs under prescription.
2. Students who are having convulsion.

VALIDITY OF THE TOOL/ ETHICAL CONSIDERATION

The validity of the tool was judged by 2 medical experts and 3 nursing experts from other nursing college. The opinions and suggestions on the applicability of the content was modified and finalized.

DATA COLLECTION PROCEDURE

Permission was obtained from Dean, SRM College of Nursing, Kattankulathur. Data collection was done among 50 participants studying at SRM College of Nursing, Kattankulathur. Approximately 20 minutes were spent to elicit data from the participants. On the first day demographic variables and the level of anxiety prior to the examination was assessed by modified self-structured anxiety questionnaire prepared by the investigator with the use of 5 - points Likert scale. Confidentiality was maintained throughout the procedure. Data was analyzed by using descriptive and inferential statistics.

RESULTS

TABLE 4.1.1: FREQUENCY AND PERCENTAGE DISTRIBUTION OF DEMOGRAPHIC VARIABLES OF B.SC. (NURSING) FIRST YEAR STUDENTS.

n = 50

S. No.	Demographic Variables	Class	No. of students	Percentage
1	Age in years	17-19	39	78%
		20-22	11	22%
2	Gender	Female	35	70%
		Male	15	30%
3	Religion	Christian	18	36%
		Hindu	26	52%
		Muslim	5	10%
		Others	1	2%
4	Marital status	Married	1	2%
		Unmarried	49	98%
5	Residency	Rural	22	44%
		Urban	28	56%
6	Family members in medical field	No	37	74%
		Yes	13	26%
7	Type of family	Extended	1	2%
		Joint	14	28%
		Nuclear	35	70%
8	Income of family	< 5000	3	6%
		> 10,000	33	66%
		5000 - 10,000	14	28%
9	Place of living	College hostel	22	44%
		Days scholar	18	36%
		Private hostel	9	18%
		Relatives home	1	2%

Table 4.1.1 reveals that majority of students 78% from B.Sc. Nursing first year were aged between 17 – 19 years. With regard to gender 70% of students from B.Sc. Nursing first year were female. Regarding religion 52% of students from

B.Sc. Nursing first year were Hindu. In relation to marital status majority of the students 98% from B.Sc. Nursing first year were unmarried. With regard to residency 56% of students from B.Sc. Nursing first year are lived in urban. Regarding family members in medical field 74% of students from B.Sc. Nursing first year are not belongs to medical field. With respect to type of family 70% of students from B.Sc. Nursing first year were belonged to nuclear family. With regard to income of family 66% of student's family having the income more than Rs. 10,000. Regarding place of living 44% of students from B.Sc. Nursing first year were living in college hostel.

TABLE 4.2.1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF LEVEL OF ANXIETY AMONG B.SC. (NURSING) FIRST YEAR STUDENTS PRIOR TO THE EXAMINATION

n = 50

S. No.	Level of examination anxiety	No. of students	Percentage
1	Mild	14	28%
2	Moderate	31	62%
3	Severe	5	10%

Table 4.2.1 reveals that majority of the students 62% from B.Sc. Nursing first year had moderate level of anxiety, 28% of students had mild level of anxiety and 5 % of students had severe level of anxiety prior to the examination.

TABLE 4.3.1 ASSOCIATION ON THE LEVEL OF ANXIETY AMONG B.SC. (NURSING) FIRST YEAR STUDENTS PRIOR TO THE EXAMINATION WITH THEIR DEMOGRAPHIC VARIABLES

n = 50

S. No.	Demographic Variables	Class	Level of examination anxiety			Chi-Square value	DF	P value
			Mild	Moderate	Severe			
1	Age in years	17-19	14	24	1	13.757	2	0.001**
		20-22	0	7	4			
2	Gender	Female	7	24	4	3.717	2	0.156
		Male	7	7	1			
		Christian	4	14	0			
3	Religion	Hindu	8	14	4	5.602	6	0.469
		Muslim	2	2	1			
		Others	0	1	0			
4	Marital status	Married	0	0	1	9.184	2	0.010*
		Unmarried	14	31	4			
5	Residency	Rural	5	13	4	3.074	2	0.215
		Urban	9	18	1			
6	Family members in medical field	No	11	23	3	0.662	2	0.718
		Yes	3	8	2			
7	Type of family	Extended	0	1	0	3.493	4	0.479
		Joint	4	7	3			

		Nuclear	10	23	2			
8	Income of family	< 5000	0	3	0	2.469	4	0.650
		> 10,000	9	20	4			
		5000 - 10,000	5	8	1			
9	Place of living	College hostel	7	13	2	10.486	6	0.106
		Days scholar	4	12	2			
		Private hostel	3	6	0			
		Relatives home	0	0	1			

** - Significant at 1% level

* - Significant at 5% level

Table 4.3.1 reveals that the association between the level of anxiety among B.Sc. Nursing first year students prior to the examination with their demographic variables "Age" is having statistically significant association $p < 0.05$. While all other demographic variables such "Gender, Religion, Marital status, Residency, Family members in medical field, Type of family, Income of family and Place of living" is not statistically significant association $p > 0.05$.

DISCUSSION

The study revealed that the assessment of level of anxiety among students reveals that majority of the students 62% from B.Sc. Nursing first year had moderate level of anxiety, 28% of students had mild level of anxiety and 5 % of students had severe level of anxiety prior to the examination and the association between the level of anxiety among B.Sc. Nursing first year students prior to the examination with their demographic variables "Age" is having statistically significant association $p < 0.05$. While all other demographic variables such as "Gender, Religion, Marital status, Residency, Family members in medical field, Type of family, Income of family and Place of living" is not statistically significant association at $p > 0.05$.

CONCLUSION

The study finding concludes that majority of the students had anxiety prior to the examination. Hence, there is a need for tensing toe relaxation technique and breathing exercises to make adjustment and improvement in the academic performance.

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