

UNIVERSITI TEKNOLOGI MARA

**STRESS AND RESILIENCE AMONG
NEWLY GRADUATED NURSES OF
UITM PUNCAK ALAM**

**HIDATUL SYAFIZAL ZENAL BINTI AHMAD
ROZI
NOR SALMIE NADIRA BINTI NGAH**

Final Year Project submitted in fulfillment
of the requirements for the degree of
Bachelor (Hons.) Nursing

Faculty of Health Sciences

June 2019

AUTHOR'S DECLARATION

We declare that the work in this final year project was carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM) and had followed UiTM guidelines for research writing on final year project 2019. This is our own project and the result of our findings, unless otherwise indicated or acknowledged as referenced work. This write-up has not been submitted to any other academic institution or non-academic institution for any other academic award.

If our research paper is found to violate the conditions stated above, we voluntarily waive the right of conferment of our degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA.

Name of Student : Hidatul Syafizal Zenal Binti Ahmad Rozi

Student I.D. No. : 2015250304

Programme : Bachelor of Nursing (Hons) – HS240

Faculty : Faculty of Health Sciences

Final Year Project Title : Stress and Resilience among Newly Graduated Nurses of UiTM Puncak Alam

Signature of Student :

Date : June 2019

ACKNOWLEDGEMENT

We would like to give praise and thanks to the Lord for giving us wisdom and strength to complete this project successfully.

We would like to forward our deepest and most sincere appreciation and thanks to our research supervisor, Dr Zamzaliza for her constant guidance, support, motivation, interest and patience to the development of the project. We could not have completed this study without you.

My acknowledgement also goes to our course coordinator, Madam Suzana for providing us the proper guidelines throughout the course and to the Research Ethic Committee of Faculty Health Sciences, UiTM for giving us the approval for this project.

Special thanks to our respondents which are our seniors for the valuable and impressive data. Thanks for your willingness in sharing your experience for this study. Have a blessed journey in nursing.

We would like to thanks the following blessed friend for their continue support and assistance to complete this research. To others who have supported us to complete the research work directly or indirectly. May the God's mercy and grace pour abundantly on them.

Last but not least, we are very grateful to our family for their love, understanding, caring, support and sacrifices for preparing me for my future. Thanks for your encouragement and valuable prayer to us. Please forgive us as sometimes, we had lost our temper when things have not worked out as we planned.

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ABSTRACT

Background: Many studies have demonstrated that new nurses face several challenges because of the role change from a student to the registered nurse, the unfamiliar work environment, and also the difficulty of establishing good interpersonal relationships with colleagues.

Aim: To provide an overview of the level of stress and resilience among newly graduated nurses graduated from UiTM Puncak Alam and to determine the association between stress and resilience and stress, resilience and socio-demographic variables.

Method: A descriptive cross-sectional study design and purposive sampling were used in this study. A self-reported questionnaire consisting of questions on demographics, The Perceived Stress Scale and the Connor–Davidson Resilience Scale CD-RISC 25 were collected from 165 newly graduated nurses of UiTM Puncak Alam, Selangor.

Results: Majority of the respondents have moderate level of resilience and extremely severe level of stress. Correlation analysis showed a strong association between the level of resilience and stress among newly graduated nurses (p -value= 0.001, r = -0.986). There are relationships present between the level of resilience and socio-demographic data of gender, age, working experience and intention to quit the nursing profession. Besides, there is a relationship between the level of stress and gender in this study. A strong association was found between highest academic qualification and resilience level which is nurses with bachelor's or postgraduate degree were about three times more likely than nurses with only a diploma to be of moderate or high resilience.

Conclusion: This study had confirmed that resilience is inversely proportional to the stress among newly graduated nurses. Age and working experience are the experience of life events that associated with higher resilience levels.

Keywords: Resilience, resiliency, stress, newly graduated nurses, junior nurse, nurses