

UNIVERSITI TEKNOLOGI MARA

**DETERMINANTS OF STRESS
AND ITS RELATIONSHIP WITH
RESILIENCE, SELF-EFFICACY
AND COPING AMONG FINAL
YEAR NURSING STUDENTS AT
MINISTRY OF HEALTH
TRAINING INSTITUTE IN
PENINSULAR MALAYSIA: AN
ADAPTION OF THE
TRANSACTIONAL STRESS AND
COPING MODEL**

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ABSTRACT

Numerous studies conducted by previous researchers related to stress among nursing students is proven to occur and it leads to bad effects among nursing students in terms of physical health, mental health and academic achievement during nursing students studies. This study aimed to examine factors associated with stress and stress-coping among final year nursing students by adapting the Transactional Stress and Coping Model (Lazarus and Folkman, 1984). This mixed method (explanatory design) approach study had employed a quantitative cross sectional study design in Phase 1 of the study. The total sample was taken by zone, north zone (33.08%, n=139) from Ministry of Health Training Institute Kangar (Perlis), Alor Setar (Kedah), Pulau Pinang and Ministry of Health Training Institute Sultan Azlan Shah (Perak), the west zone (33.33%, n=140) from Ministry of Health Training Institute Sungai Buluh (Selangor), Port Dickson (Negeri Sembilan), Kuala Pilah (Negeri Sembilan) and Melaka. The south zone (18.13%, n=76) from Ministry of Health Training Institute Johor Baharu (Johor), Muar (Johor) and Batu Pahat (Johor) and the east coast zone (15.44%, n= 65) from Ministry of Health Training Institute Kubang Kerian (Kelantan), Pasir Mas (Kelantan) and Kuantan (Pahang). Data collection started on 15.5.2018 and ended on 15.2.2019. In Phase 2, participants were recruited for a focus group interview based on their score on the Perceived Stress Scale (PSS). Analysis data phase I were processed using STATA version 14 and SPSS version 22 software. In Phase 2, a focus group interview involving participants with “low”, “moderate” and “severe” stress levels based on the Perceived Stress Scale-PSS (Cohen, 1983) was conducted to explore factors associated with stress and their stress-coping strategies. A Hermeneutic analysis was used to analyse the qualitative findings and the overall findings highlighted several factors associated with stress and stress-coping among nursing students. Results of this study stated that the level of stress among participants (89.5%, n=376) at a moderate level (mean 18.7, SD:4.4), level of resilience (79.76%, n=335) at a strong level (mean 72.7 , SD: 12.2) and level of self-efficacy (80%, n=336) moderate level (mean 51.5, SD: 7.9). In relation to coping mechanism, study show participants practice positive coping mechanisms experiencing stress during course.

Keywords: Nursing students, Academic stress, Clinical placement stress, Tutor stress, Coping mechanism, Primary appraisal, Secondary-appraisal

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CHAPTER ONE

INTRODUCTION AND BACKGROUND

1.1 Introduction.

Numerous research studies support the existence of serious negative consequences associated with the variables of stress. During the past few decades, numerous studies have aimed to address this stress issue among nursing students, which is a common experience among nursing students during their study. Nursing students experience either low, moderate or high levels of stress because they frequently encounter various challenges that negatively affect their academic performance and general health. However, common sources of stress among nursing students, especially undergraduate nursing students, have not been well identified (Alghamdi, 2019). Therefore, this study aims to identify the common sources of stress among undergraduate nursing students, with a focus on final year nursing students. Negative outcomes linked to stress have the potential to cause nursing students to struggle with feelings of helplessness, depression, anger, fear, anxiety, cognitive recall, and concentration, which can lead to issues such as immune deficiency disorders, depression and suicide. These negative states subsequently lead to decreased learning, coping, academic performance and retention (Lee, 2007; Goff, 2011; Yamashita, 2012; Labrague, 2013; Kleiveland et al., 2015).

This chapter begins with the basic components of this study, such as the background of the study, problem statement, objectives of the study, research questions, significance of the study to the nursing profession, definitions of terms used in the study such as definition of stress etc., resilience of final year nursing students and finally, the conclusion to the first chapter.

1.2 Research background.

Stress can be defined as the non-specific response of the body to any demand for change and it will affect everyone. This event requires an individual to react or adapt via physical, emotional, mental and/or psychological responses