E-Summary
“INTERVENTIONAL COPING STRATEGIES IN EDUCATIONAL ADMINISTRATION FOR ANALYSING STRESS AMONG NURSING UNDERGRADUATES”

Stress is simply a fact of natural forces from the inside or outside stimulus affecting the individual. It is due to the overabundance of stress in present day modern lives, human beings usually think of stress as a negative experience, but from a biological point of view, stress can be neutral, negative, or a positive experience. The stress and the identification of its potential stressors among nursing students have received much attention in the literature. Apart from having stress from academics the nursing students also experience stress from clinical component of their course. Stressful events experienced by them include difficulty in developing relationships with professionals, lack of professional proficiency, lack of familiarity with operating procedures in the hospital environment, fear of committing errors, uncertainty of patients’ expectations, complexity of the working environment, and poor interpersonal relations.

The stress can impair the academic ability of the students and have impact on their mental and physical health. This study was conducted on interventional coping strategies in Educational Administration for analyzing stress among nursing undergraduates in two select Colleges of Nursing. The stress level of student nurses was assessed in terms of stress, perceived stress and physio-psycho-social stress. Different coping strategies adopted by students to manage stress were also assessed. Two types of interventional therapies i.e., Music therapy and Laughter therapy were experimented on two groups of stressed students. Moderate stress was observed among most of the students and the stress was mainly related to taking care of patients, from teachers and nursing staff, assignments and workload, peers and daily life, due to lack of professional knowledge and skills. The stress was depicted in the form of physical, emotional and social behavioral symptoms. Different coping strategies used by them were avoidance, problem solving, optimism and transference. Both the therapies i.e., Music therapy and Laughter therapy were equally effective to reduce the stress among nursing students. The study recommends that Colleges of nursing needs to review and revise their academic programs in an effort to make the educational experience as meaningful and effective for students as far as possible. Various healthy coping strategies should be suggested to promote the mental health of
the students. College administrators should consider incorporating stress management training into orientation activities for nursing students.