



EFFECTIVENESS OF STRESS MANAGEMENT PROTOCOL ON PERCEIVED LEVEL OF STRESS AMONG THE PROFESSIONAL AND NON-PROFESSIONAL STUDENTS

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Abstract

In today's stress driven environment, it is important for every student to realize the impact of poor mental health on their physical and mental well-being. Therefore a study was conducted to assess the effectiveness of stress management protocol on perceived level of stress among the professional and non-professional students of selected colleges of Rajasthan. 300 professional and 300 Non-professional students were selected by non-probability convenient sampling technique. The sample for the study comprised of B.Sc. Nursing (Professional) students of M.G. College of Nursing, Udaipur college of nursing, NIMS College of nursing and Upchar College of nursing and Basic B.Sc.(Non-Professional) student of Bharatiya general Degree college, Shekhawati college and Swami Keshwanand College, Rajasthan. The investigator used the stress management protocol to assess the perceived level of stress among the professional and non-professional students. The data revealed that there was significant difference in mean perceived level of stress score (165.55) of professional students and mean perceived level of stress score (139) of non-professional students. Calculated value of 't' (48.26) was greater than tabulated value of 't' (2.66) at 1% level of significance. Finding also showed that in post-test, professional students had moderate perceived level of stress score (121.80), whereas the non-professional students had mild stress (97.26). Further major findings also showed a significant difference between the pre-test & post-test mean perceived level of stress score between professional students and non-professional students. Therefore, it was concluded that stress management protocol has a significant effect in decreasing the perceived level of stress of professional and non-professional students

Key words: *Perceived level of stress, stress management protocol, Professional and Non-professional Students*

Introduction

Today a big group of the total population is college students, which represent the society. Investment for their future mental health is vital, not only as their right but also as a factor contributing to the larger society's well being. An assessment for any problem is therefore vital among students. College students are chronologically within the period of late adolescence. Late adolescence is one of the recognized periods in adult life when personal and psychological adjustments are necessary where stress naturally occurs (**Annegaret 1992**)¹.

Students are the cream of young population and their life is becoming more and more stressful because of the

nature of their work. Professional students have stress, which is the part of their college life, including greater academic demands, new financial responsibilities, changes in social life, exposure to new people, role conflict, and lack of support and adjustment to the rigorous program of theory and clinical practice. Many students are away from home. Some find the transition from a rural to an urban way of life upsetting and some feel anxious in their new surroundings (**Chandrashekar CR., et al., 1980**)².

Now a days, students life is becoming more and more stressful largely due to an ever-increasing debt and hardship that students face. One in four students will