A CORRELATIONAL STUDY ON THE STRESS LEVEL AND ACADEMIC PERFORMANCE OF NURSING STUDENTS

Jordan H. Llego, RN, Ph.D., FRIN, FRIHC, FRIRes
Assistant Professor
University of Hail, College of Nursing

Ellen P. Gabriel, RN, MAN
Dean
University of Luzon, College of Nursing

Jennie L. Corpus, RN, MANc, FRIN
Program Coordinator
University of Luzon, College of Nursing
According to Ankari (2011), depending on the level of stress, it can be helpful or harmful. Stress has many effects to a person; it can affect the nervous system, musculoskeletal system, respiratory system, cardiovascular system, endocrine system, and gastrointestinal system. Furthermore, stress is linked to depression, anxiety, heart attacks, stroke, hypertension, immune system disturbances that increase susceptibility to infections (American Institute of Stress, 2017), this effect of stress could affect any individual.
BACKGROUND OF THE PROBLEM

• In the hope of finding the source of stress among Filipinos, CNN Philippines conducted an open online poll in 2017 and revealed that out of the 200 respondents 23% of them identified that studies and work as a primary source of their stress.

• Academic works are the most common source of stress of the students. It was also found that there is a significant negative, a weak relationship between the students’ level of stress and academic performance.
BACKGROUND OF THE PROBLEM

• The nursing program was dubbed as one of the most challenging baccalaureate course. There are little resources available about the stress level of nursing students and its relationship between their academic performance.

• This study is hoped to add to the dearth of literature and is hope to be a baseline data for future researchers with the same research topic. The researcher hopes to give a better perspective on the relationship between the stress level and academic performance of nursing students.
OBJECTIVE OF THE STUDY

• This study assesses the level of stress and academic performance of the respondents, and its relationship between the two variables.
METHODOLOGY

• **Research Design**
  • This study used descriptive-correlational design.

• **Population and Sampling Scheme**
  • Total enumeration was utilized, with 34 respondents; First year nursing student are the exclusion of this study since, there is no available data from their nursing subjects.
METHODOLOGY

• Instrumentation
• A questionnaire was the primary instrument of this study it has three parts, part I covers the profile of the respondents, part II is adopted from the Perceived Stress Scale, a widely used instrument to measure stress and the academic performance is measure through their grade in their Nursing Care Management courses.
METHODOLOGY

• **Ethical Consideration**
• Before the actual data collection, the researchers get the approval of the research coordinator for the BSN program. There is also a letter of consent that is attached to the questionnaire that is answered by the respondents, indicating the purpose of the study, the time needed to finish answering the questionnaire.
METHODOLOGY

• **Tools for Data Analysis**

• Statistical used in this study were frequency, percentage, mean, and since the variables stress and academic performance are rational data and are linear in nature Pearson-r was utilized. Moreover the data analyzed was homogenous and normally distributed, Pearson-r was utilized.
RESULTS

Table 1. Distribution of Respondents according to Age N= 34

<table>
<thead>
<tr>
<th>Age</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-22</td>
<td>26</td>
<td>76.50</td>
</tr>
<tr>
<td>23-26</td>
<td>5</td>
<td>14.70</td>
</tr>
<tr>
<td>27-31</td>
<td>2</td>
<td>5.90</td>
</tr>
<tr>
<td>37-39</td>
<td>1</td>
<td>2.90</td>
</tr>
</tbody>
</table>
# RESULTS

Table 2
Distribution of Respondents according to Sex N = 34

<table>
<thead>
<tr>
<th>Sex</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>6</td>
<td>17.60</td>
</tr>
<tr>
<td>Female</td>
<td>28</td>
<td>82.30</td>
</tr>
</tbody>
</table>
# RESULTS

Table 3
Distribution of Respondents according to Year-level N= 34

<table>
<thead>
<tr>
<th>Year-level</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>II</td>
<td>9</td>
<td>26.50</td>
</tr>
<tr>
<td>III</td>
<td>12</td>
<td>35.30</td>
</tr>
<tr>
<td>IV</td>
<td>13</td>
<td>38.20</td>
</tr>
</tbody>
</table>
## RESULTS

### Table 4
The Common Sources of Stress N= 34

<table>
<thead>
<tr>
<th>Source of Stress</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Problem</td>
<td>5</td>
<td>14.70</td>
</tr>
<tr>
<td>Personal Problem</td>
<td>7</td>
<td>20.60</td>
</tr>
<tr>
<td>Academic Works</td>
<td>22</td>
<td>64.70</td>
</tr>
</tbody>
</table>
## RESULTS

### Table 5
Stress Level of the Respondents  N= 34

<table>
<thead>
<tr>
<th>Mean</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>20.59</td>
<td>Moderate Stress</td>
</tr>
</tbody>
</table>
## RESULTS

### Table 6
Academic Performance of the Students N= 34

<table>
<thead>
<tr>
<th>Mean</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25</td>
<td>Satisfactory</td>
</tr>
</tbody>
</table>
## RESULTS

Table 1. The Significant Relationship between Stress Level and Academic Performance N= 34

<table>
<thead>
<tr>
<th>r-value</th>
<th>p-value</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.71</td>
<td>0.00</td>
<td>Strong Positive Relationship</td>
</tr>
</tbody>
</table>


CONCLUSION

• In light of the findings of the study, the researchers conclude that the nursing program in one of the universities in Dagupan City has relatively young students that are female dominated in their senior year. The respondents have a moderate level of stress, and the primary source of stress is their academic works. The respondents are satisfactorily performing in their academics. Also, it was found out that as the respondents’ stress level raises, their academic performance declines.
RECOMMENDATION

• The researchers strongly recommend that there will be a minimal decrease in the academic works of the students like no assignments at the weekend, encourages to have their academic works in a pair or a group.
• The researchers also encourage the faculty members of the College of Nursing to have a consultation with their students regarding their stress level, so that the students can verbalize their feelings.
RECOMMENDATION

• Also, the researchers also recommend that there will be a stress-relief program for the students so that, they will feel more at ease when doing their assigned tasks.
LIMITATION

• The scope of the study is limited only to one nursing school in Dagupan City, to make this study generalizable, it is recommended to conduct a similar study with wider scope.
REFERENCES

REFERENCES

REFERENCES


REFERENCES