ABSTRACT

TITLE: Perceived Sources of Stress in the Nursing Program

BACKGROUND: A few researchers have explored stress levels and the sources of stress among nurses in both the university and hospital setting.

OBJECTIVE: To identify the most prevalent sources of stress in a BSN program and determine ways to overcome those stressors.

METHODS: Survey questionnaire (mixed method descriptive survey research design)

RESULTS: The top three perceived sources of stress were exams, clinical paperwork, and lower grade than anticipated.

CONCLUSIONS: Results from the survey were able to determine the top perceived sources of stress along with interventions that can be implemented to lower stress levels.

METHODS

> Design: Mixed-method descriptive survey research design
> Inclusion criteria: senior nursing students in Western Michigan University’s BSN program (97 students total)

RESULTS

> Top Three Perceived Sources of Stress in the Program
#1) Exams
#2) Clinical Paperwork
#3) Lower Grade Than Anticipated

> The majority of students get less than 7 hours of sleep per night.

> The majority of participants rate the challenge of the nursing program as 8 or higher.

> Participant Demographics: 47 total participants fully completed the survey
  > 34 females, 11 males, and 2 undisclosed genders
  > 42 full-time and 5 part-time students

> Average work hours per week: 16.6 hrs/week
> Minimum: 0 hrs/week
> Maximum: 36 hrs/week

> Average hours of sleep per night: 7.1 hrs

REFERENCES


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