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Undergraduate health care student's stress, health status, and the ways of coping behavior during their clinical practice in mainland china: A comparative study

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Purpose: This study aimed to determine and compare the stress level, to identify stressors, to observe health status and to explore the coping behaviors adopted by nursing, dental and medicine students.

Methods: It is a cross-sectional, non-experimental comparative study. We used convenience sampling technique for data collection from 290 students. We used a self-reported questionnaire including demographic information, Perceived Stress Scale, Physio-Psycho-Social Response Scale and Coping Behavior Inventory. One way ANOVA and Chi-square test were used to analyze continuous data and categorical data respectively.

Results: The lower level of stress was found in nursing students whereas a higher level of stress found in medicine students. Patient's care was the primary stressor for nursing and dental students and assignment & workload for medicine students. The nursing and dental students

reported overall best health status whereas medicine students reported overall good health. Moreover, nursing students used Stay-optimistic as a primary coping whereas dental and medicine students used transference. Avoidance was the least used coping by all the students.

Conclusion and Clinical implications: Majority of the students reported moderate stress with best health status. Students face varieties of stressors during their clinical practice. Students used positive coping but not much effective. Therefore, students should be encouraged and motivated to adopt effective coping such as problem-solving.

References:

Sheu, S., Lin, H.S., and Hwang, S.L., Perceived stress and physio-psycho-social status of nursing students during their initial period of clinical practice: the effect of coping behaviors. *Int J Nurs Stud*, 2002. 39(2): p. 165-75.

Biography

Nira Tamang is currently doing her last year Masters Degree in Nursing under the supervision of Professor Jing Mao (Dean).

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