This study was conducted to assess the various levels of stress experienced by UNA Nursing students and to determine a method to lower stress.

College students tend to face high levels of stress/anxiety and nursing students are often thought to deal with a larger amount of stress than most other majors.

Using the program Qualtrics, an anonymous survey was sent to every student in the UNA College of Nursing to gather data.

The survey asked a variety of questions that helped identify levels of stress, methods used to manage stress, and how effective these methods are.

Using the data it is hoped that a method to aid in stress relief can be implemented to aid the student population.

Methods

- An original survey was created and the program Qualtrics was used as the platform to gather data.
- The survey was sent out to every undergraduate student currently in the UNA Anderson College of Nursing.
- The survey was open for 2 weeks and had 50 respondents.
- The survey was used to determine average levels of stress, methods used to reduce stress, how well students thought they handled stress, and if nursing students would be interested in a group exercise program centered around stress reduction.

Results

- The results of the study concluded that 32% of participants suffered continuously high levels of stress in nursing school and another 56% felt it often.
- The survey showed that 78% of participants thought testing was the most stressful part of nursing school, followed by nursing simulation which made up 12%.
- The top 4 most used stress management tools
  - Sleep 20.13%
  - Socialization 18.24%
  - Watching TV 14.47%
  - Exercise 13.21%

Conclusions

- The study showed that nursing students do take on high levels of stress.
- Students believe that while nursing school is going to be stressful even in the best conditions, that by working with one another and faculty, certain factors that heighten stress could be moderately reduced.
- While students have various stress management tools already in place, the results show that these tools are only partially effective. This leaves room for improved stress management techniques.
- A majority of students are interested in group exercise classes focused around stress relief.