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Assess The Adjustment Problem And Coping Strategies Used By Basic B.Sc 1st Year Nursing Student In A Selected Nursing College, Bhubaneswar, Odisha

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ABSTRACT

Introduction: The transition to university marks a significant stage in a student's life as they progress from relying heavily on teachers, family, and structured curriculum to embracing complete independence. Additionally, many students relocate to new areas, leading to shifts in their cultural, social, and psychological surroundings. This period signifies a pivotal moment of growth and self-discovery for individuals as they navigate newfound freedom and adjust to novel environments.

Objectives: The objectives of the study was adjustment problem to assess the adjustment problems faced by Basic B.Sc. 1st year nursing students of SUM nursing college, to assess the coping strategies used by the students during adjustment problem. Find out the association between the adjustment problems with selected socio demographic variables & to find out the association between the coping strategies with selected socio demographic variables.

Methodology: The study included 100 participants enrolled in the first year of basic BSc nursing. It utilized a non-experimental descriptive survey design and employed non-probability convenient sampling. Data collection was conducted through face-to-face interviews facilitated by the researcher. A structured interview schedule was utilized to explore socio-demographic factors, adjustment issues, and coping mechanisms among 1st year Basic B.Sc. nursing students at SUM nursing college. The survey employed a 3-point Likert scale for responses. The data analysis was done with SPSS-20.

Results: The result indicated that there was extremely significant between states, resident with psychological adjustment problems as the chi square value is 43.52,100 which is more than the tabulated value. In socio-cultural adjustment problems

association between with age, state residence as the chi-square value is 43.18, 8.85, and 20.34. Association between Age & health adjustment as the chi-square value is 53.61 which was statistically significant. Association between Age and residence with coping strategies as the chi square value is 53.61, 49.64 respectively which was stastical significant.

Conclusion: It was concluded that majority of the students are adjusted among the 1st year basic B.Sc. nursing student & it concluded that association among demographic variables of age, state and resident and adjustment problems is significant.

Keywords: Bsc Nursing 1st yr Student, Adjustment, Coping Strategies.

INTRODUCTION

The university presents a novel setting that evokes varied responses among first-year students. Consequently, the initial year at university can be both exhilarating and demanding. While the newfound personal autonomy can be liberating and invigorating, it may also provoke feelings of both delight and apprehension.

It's widely acknowledged today that completing high school is insufficient preparation for the academic and social autonomy expected at university. This realization is concerning, given that adapting to the university environment is seen as a crucial determinant of academic success at this level.

The phase of university life holds significant importance for students as they transition from relying entirely on teachers, family, and a structured curriculum to embracing complete independence. Furthermore, many students relocate from urban areas to new locales, leading to shifts in their cultural, social, and psychological surroundings. These changes may impact their ability to adjust to university life.

In life, individuals face external pressures stemming from their environment. Simultaneously, each person has internal expectations and desires. These internal and external pressures are particularly pronounced in college students, given that college is a period of transition often marked by significant changes. Therefore, college students must effectively address both internal and external demands to succeed in their academic endeavors. Failing to do so can result in adjustment difficulties. When college students encounter adjustment issues, it can directly and indirectly impact their academic achievement.

The students who are admitted in new college such as nursing college. The Basic B.sc 1st yr students face the various types of adjustment problems such as class problem, language problem, and academic problem. Besides this the students are having junior-senior problem.

OBJECTIVES

1. To assess the level of adjustment problems faced by the 1st year Basic B.sc nursing students.
2. To assess the coping strategies used by the students during adjustment problem.
3. To find out the association between the adjustment problem with selected socio demographic factors.
4. To find out the association between the coping strategies with selected socio demographic factors.

METHODOLOGY:

The research employed a descriptive survey research design. Prior to conducting the main study, a pilot study was conducted over a period of one week. The pilot study involved 10 participants selected from Lord Jagannath Mission School and College of Nursing. The study involved selecting 100 first-year Basic BSc nursing students from SUM Nursing College using a convenient sampling

method. Data collection was conducted through face-to-face interviews by the researcher. A planned schedule for interview, including socio-demographic variables, adjustment problems, and coping strategies, was utilized, employing a 3-point Likert scale. The data analysis was conducted utilizing SPSS-20. Approval of the research proposal was obtained from the institute review board. Written consent was obtained from the Dean of SUM Nursing College and the class coordinator of the first-year Basic BSc nursing unit.

ANALYSIS & INTERPRETATION

The following parts contain an organization and presentation of the study's findings.

Section-A: The Frequency and percentage distribution of students according to socio-demographics variables of basic bsc nursing 1st year.

In this study, The majority (87%) of students were in the age group of 17–19 years, while only (1%) were in the age group of 23–25 years. A majority (84%) of students identified as female, with (16%) identifying as male. Most students (95%) followed the Hindu religion, while (5%) followed Christianity. The majority (70%) of students were from Odisha, with the remaining (30%) from other states. Regarding residency, the majority (62%) of students lived in urban areas, while (9%) lived in semi-urban areas. In terms of family income, the majority (40%) of students had a monthly family income greater than 20,000, while (4%) had an income less than 5,000. More than half (55%) of the students were first-born, while (12%) were born in other birth orders. The majority (67%) of students were employed in occupations similar to their fathers, while (33%) were not. A majority (70%) of students lived in hostels, while (13%) lived with their parents.

Section-B

Frequency (F) & percentage (%) distribution of study sample according to psychological adjustment problem among basic BSc nursing 1st year students.

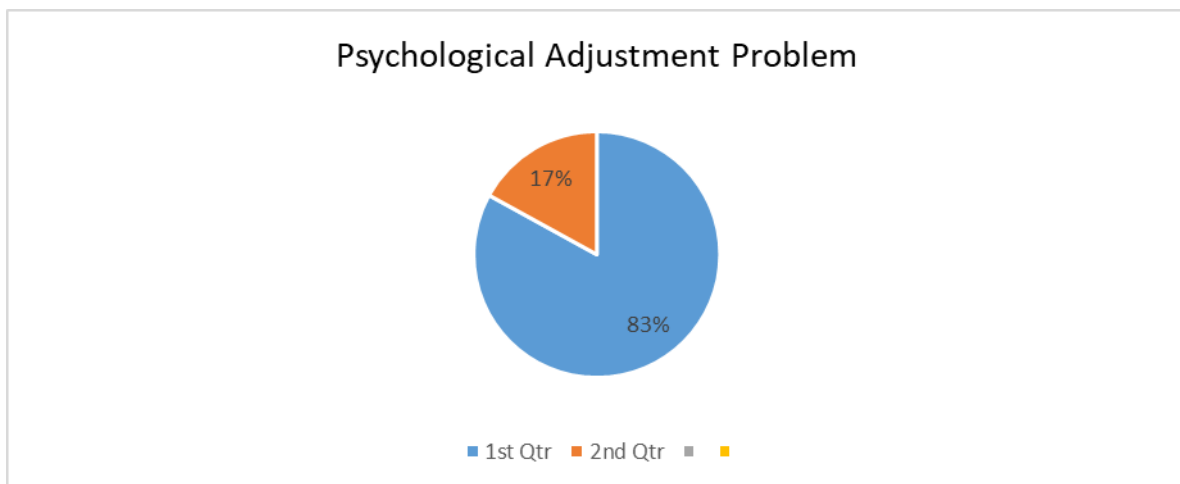


Fig: 1 Pie diagram showing socio Psychological adjustment of basic BSc nursing 1st year

The data reveals that 83% of students were psychologically poor-adjustable, 17% of students were psychologically average-adjustable, and no students were psychologically well-adjustable.

Frequency (F) & percentage (%) distribution of study sample according to socio cultural adjustment problem among basic BSc nursing 1st year students.

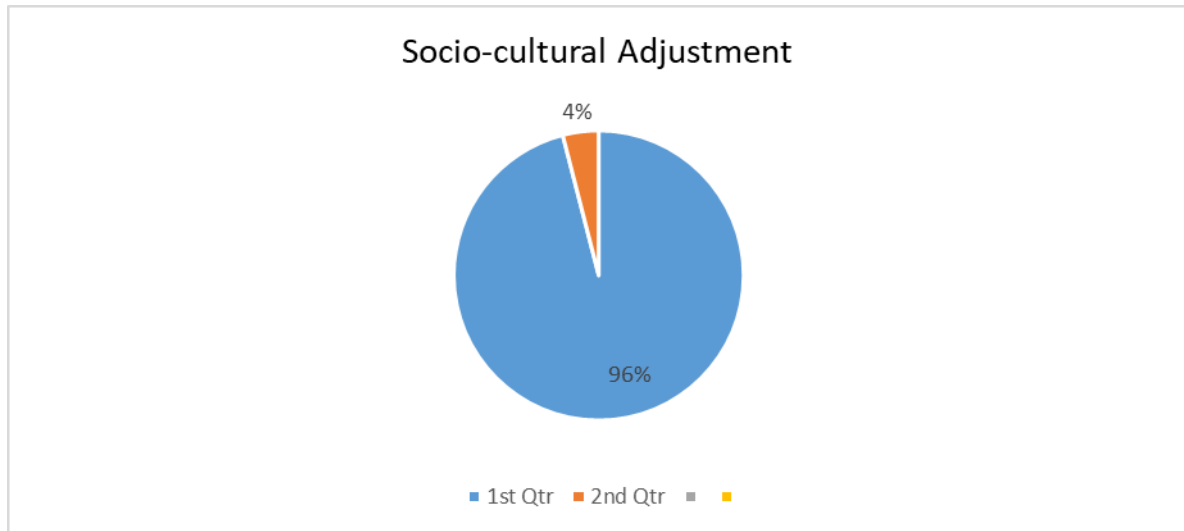


Fig: 2 Pie diagram showing socio cultural adjustment of basic BSc nursing 1st year

The data reveals that 96% of students were socio-culturally poor-adjustable, rest of 4% of students were socio-culturally average-adjustable.

Frequency (F) & percentage (%) distribution of study sample according to health adjustment problem among basic BSc nursing 1st year students.

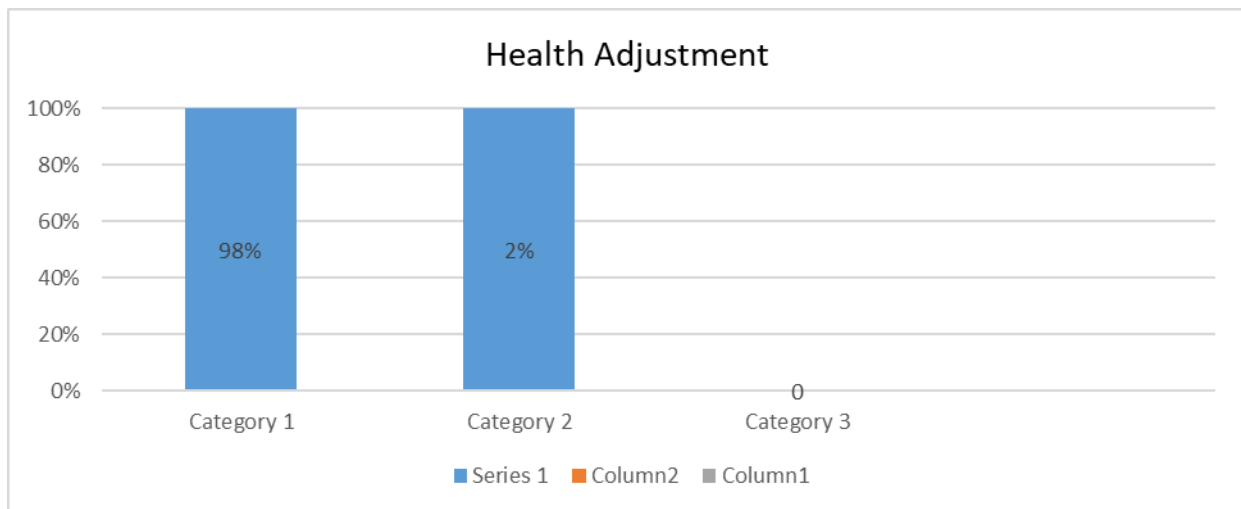


Fig: 3 Bar diagram showing socio health adjustment of basic BSc nursing 1st year

The data shows that according to health adjustment 98% of students were poor-adjustable, rest of 2% students were average-adjustable in health.

Frequency (F) & percentage (%) distribution of study sample according to coping strategies used by basic BSc nursing 1st year students.

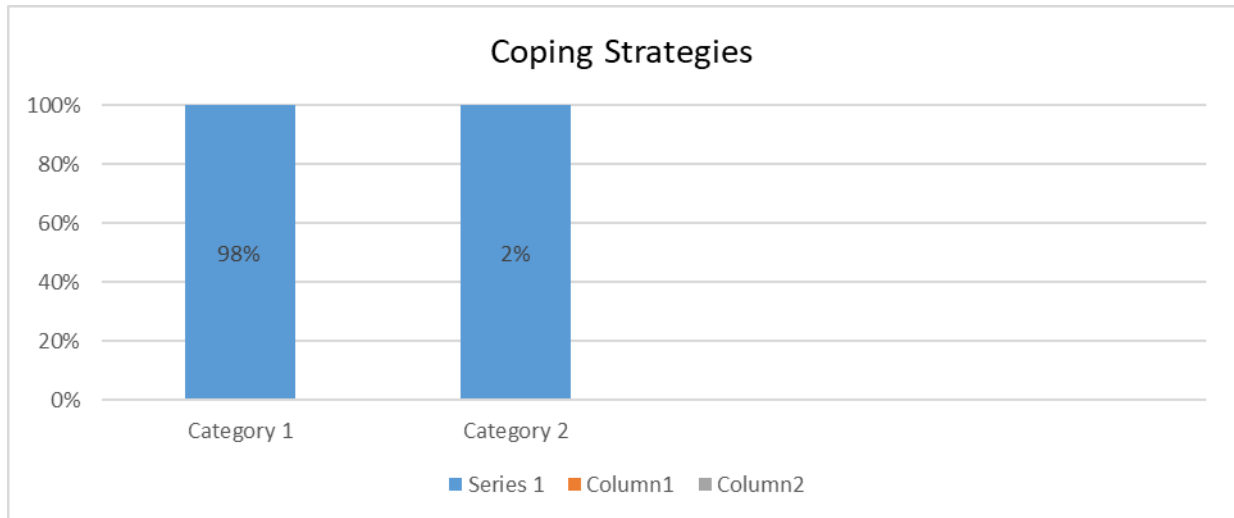


Fig: 4 Bar diagram showing socio coping strategies of basic BSc nursing 1st year

The data shows that 98% of study sample are frequently using the coping strategies only 2% of the study sample are sometimes using the coping strategies, and no sample is using rarely coping strategies during the adjustment problem.

Section-D

Table: 1 Chi square analysis to find out the association between Adjustment problems with selected socio demographic variables

Sl No.	Demographic variables	Chi Square Value			Degree of Freedom			P Value			Interference		
		P	C	H	P	C	H	P	C	H	P	C	H
1	Age	2.792	43.18	53.61	6	6	6	0.834	<0.0001	<0.001	NS	ES	ES
2	Gender	3.614	0.735	0.360	2	2	2	0.164	0.692	0.8352	NS	NS	NS
3	State	43.52	8.854	4.336	2	2	2	<0.0001	0.0119	0.1144	ES	NS	NS
4	Resident	100	20.343	9.963	6	6	2	<0.0001	0.002	0.12	ES	VS	NS

$P \leq 0.05^*$ is significant (P–Psychological Adjustment, C–cultural adjustment, H–Health adjustment)

Psychological Adjustment

Table: 1 shows that there is extremely significant between states, resident with psychological adjustment problems as the chi square value is 43.52,100 which is more than the tabulated value, but age and gender is not statistically significant with psychological adjustment problems.

The analysis of the data shows that there is significant association between socio-cultural adjustment problems with age, state residence as the chi-square value is 43.18, 8.85, and 20.34, which more than the tabulated value where there is no significant association between socio-cultural cultural adjustment problems with gender.

The analysis of the data shows that there is statistically significant association between age & health adjustment as the chi-square value is 53.61 which is more than tabulated value but gender state, residence are not statistically significant with health adjustment.

Section-E

Table: 2 Chi square analysis to find out the association between coping strategies with selected socio demographic variables.

n=100

Sl.No.	Demographic variables	Chi Square Value	Degree of Freedom	P Value	Interference
1	Age	53.617	6	<0.0001	ES
2	Gender	0.360	2	0.8352	NS
3	State	4.336	2	0.1144	NS
4	Resident	49.640	6	<0.0001	ES

$P \leq 0.05^*$ is significant (ES–Extremely significant, NS–Not Significant)

Table: 2 shows that there is statistical significant between Age and residence with coping strategies as the chi square value is 53.61, 49.64 respectively which is more than the tabulated value and there is no significant association between gender and state with coping strategies.

Discussion

In this study, the data reveals that 83% of students were psychologically poor-adjustable, 17% of students were psychologically average –adjustable, and no students were psychologically well –adjustable. 96% of students were socio-culturally poor– adjustable, rest of 4% of students were socio-culturally average– adjustable. According to health adjustment 98% of students were poor-adjustable, rest of 2% students were average-adjustable in health.98% of study sample are frequently using the coping strategies only 2% of the study sample are sometimes using the coping strategies, and no sample is using rarely coping strategies during the adjustment problem.

Psychological Adjustment

The analysis of the data shows that there is extremely significant between states, resident with psychological adjustment problems as the chi square value is 43.52,100 which is more than the tabulated value, but age and gender is not statistically significant with psychological adjustment problems.

Socio-cultural Adjustment

The analysis of the data shows that there is significant association between socio-cultural adjustment problems with age, state residence as the chi-square value is 43.18, 8.85, and 20.34, which more than the tabulated value where there is no significant association between socio-cultural cultural adjustment problems with gender.

Health Adjustment

The analysis of the data shows that there is statistically significant association between age & health adjustment as the chi-square value is 53.61 which is more than tabulated value but gender state, residence are not statistically significant with health adjustment.

Coping strategies

The analysis shows that there is statistical significant between Age & residence with coping strategies as the chi square value is 53.61, 49.64 respectively which is more than the tabulated value and there is no significant association between gender and state with coping strategies.

In this study, the outcome reveals that over half (87%) of the students were aged between 17 and

18 years, while only a small proportion (1%) fell within the age range of 23 to 25 years.

"The findings are reinforced by the research conducted by Vijayshri M. Waghmare and Kanwaljeet Kaur (2022) on 'A Study to Assess the Adjustment Problems Faced by 1st Year Basic B.Sc. Nursing Students of Selected Colleges of Nursing in the City,' wherein it was observed that a significant majority (53.62%) of the participants were aged between 17 and 18 years".

LIMITATIONS

- The study was limited to the samples those were interested at the time of data collection.
- Only selected nursing colleges were included in the study
- Only 1st year nursing students were included.

CONCLUSION:

Nursing, originating during the Crimean War, has endured through the ages. Within this profession, nursing students play a vital role. Transitioning from high school to nursing school entails numerous adjustments for new students. In such situations, individuals must validate their experiences, rectify negative self-perceptions arising from emotional overload, and offer coping strategies and advice to foster positive changes within the nursing profession.

Conflict of Interest: None

Source of Funding: Self-funded

Ethical Clearance:

The current investigation has been approved by the SOA, Deemed to be University ethics committee for the research proposal. Written consent was provided by the Dean of SUM Nursing College, the class coordinator, and all participants involved in the study. Every research participant completed a documented informed consent form at the time of data collection.

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