Relationship between Perceived stress, resilience and life satisfaction among undergraduate Nursing Students in Faculty of Nursing & midwifery affiliated to Tehran Medical Sciences University (2012)

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Abstract:

Background & Objective: Stress in University students is an important concern of recent studies. The effect of perceived-stress on students’ health is dependent on their coping abilities. One of coping strategies for dealing with stress is resilience and it may have an important role on life satisfaction. The aim of this study is to examine relation between perceived stress, resilience and life satisfaction in undergraduate Nursing students.

Methods & Materials: In this cross-sectional study, 319 under-graduate nursing students studying at Tehran University of Medical Sciences during the first semester of 2012-2013 were selected by stratified sampling. Data were collected using the Perceived stress scale, Connor-Davidson Resilience Scale (CD-RISC) and Life satisfaction questionnaires. The data was analyzed using descriptive and inferential statistics by SPSS- Version 16.

Results: Findings revealed that Mean score of perceived stress is 24.42 as well as 62% of students reported perceived stress on level 15-28. The mean of resilience was 66.96 and level of resilience in 63.1% of them was 51-75. Findings showed that mean of life satisfaction was 21.02 as well as 43% reported it on 16-25. Regarding relation between perceived-stress and resilience There were statistically significant and reverse relationship between these two variables (P≤0.01, r=-0.38). Findings showed significant and positive relation between resilience and life satisfaction (P≤0.01 r=0.48)

Conclusion: According the study findings nursing school can provide facilities and opportunities for students to learn stress management strategies and resilience ability enhancement during 4 years of nursing educational program. Besides conduction interventional studies for measuring learned strategies on stress, resilience and life satisfaction in undergraduate nursing students seems to be necessary.

Key words: Perceived-stress, Resilience, Life Satisfaction, Nursing students