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A study to assess the anxiety level of first year nursing student's prior clinical postings in selected nursing institutes of Pune city

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Abstract
Title: Anxiety level of first year nursing students prior to clinical posting.
Purpose of study: A similar feeling that can be seen in everyone is anxiety. With stress comes anxiety. It is described as feeling of persistent and excessive fear or insecurity about potential problems. The first day of clinical posting will be always remembered as a fearful and nervous experience. If the student feel extremely stressful and anxious after clinical postings they may bunk the clinical posting, get absent deliberately or they may even discontinue the courses. Therefore, it becomes very important to understand the anxiety level of students. So there is need to assess the anxiety in nursing students.
Material and Method: This was initiated after receiving approval from institutional Ethics Committee. One Hundred first year nursing students who were about to be posted in the clinical postings in the nursing colleges were included in the study to assess the level of anxiety. The study method was Quantitative and its design was Descriptive and Non-probability purposive sampling method were used in the study. Demographic and Questionnaire for assessing anxiety level of first year nursing students prior to clinical posting these tools were used to collect the data and record the study variables. The data was collected by using forms and accordingly the excel sheet was prepared and proper statistical measures were used to analyse data. The association of the demographic variables with anxiety level of first year nursing students prior clinical postings score was considered significant at 0.05 level and below.
Result: The association revealed that religion and mother's education is having calculated p-value less than 0.05 so these two demographic variables are associated with the anxiety level of the first year nursing students and all other demographic variables are having p-value more than 0.05 so these all other remaining variables are not associated with the anxiety level of the Ist year nursing students. It also shows that religion and mother's education is having First-year nursing students' anxiety levels are predicted by these two demographic factors because their calculated chi square value is greater than their chi square table value. All other demographics have calculated chi square values that are smaller than their chi square table values. These all other remaining variables are not associated with the anxiety level of the first year nursing students.
Conclusion: The findings revealed that majority 80% first year nursing students are having moderate anxiety prior the clinical postings. In the association, Religion and mother's occupation were associated with the anxiety level of the first year nursing students.

Keywords: Assess, anxiety level, first year nursing students, clinical posting

Introduction
Achieving a required qualification for having affinity towards and taking care of the sick person the students of nursing education should have the required knowledge and develop the skills for clinical activities. Being an efficient nurse and clinical trained with guidance is important. The heart and essence of nursing education and learning is Clinical training. While the nursing students are taking nursing classes it becomes important phase and plays a remarkable role in turning basic nursing students to become skilful nurses. There are certain factors which intervene with students' learning that can be physical, psychological, emotional, organisational factors and how they perceive the clinical environment. These all factors and environment affects the behaviour of students' positive experience of learning and emotional well-being as well. Through the experiences they gain during clinical postings, the student understands the actual meaning of nursing profession and role of nurse in the nursing field.

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It has been noticed that the stress level among the nursing professionals is very high, and this leads to difficult work life, specially among the nurses those who are recently graduated. Wearing down has a harmful or danger effect on the care given to the sick people, the duration of hospital stays, and the expenditure on care. The nursing pupil's experience remarkable amount of stress during competitive examinations for their courses in addition to personal stresses, which are the most apparent causes of stress which has to be completed in given period of time. Health of nursing students gets affected due to stress which also obstruct with their academic performances and success rates. There is no starting point of stress, but the students develop stress before entering into the nursing field because of the increasing competition among the peers is very high and many pupils they are choosing the nursing programmes as a carrier choice but due to the limitation of the seats and lack of yearly fees budget which goes on. The stress remains constant after the admission, it also includes the course loads, continuous examinations, and pressure to get high percentage in their group.

The students from other professional courses it may be degree or diploma and it includes medical, social work and pharmacy, the students give different level of competition to nursing students and it leads to unique stressor for them. This is mainly seen in the first year nursing students because they are posted in the hospitals for the exposure of clinical and experience, and the same doesn't happen with other health professions if we compare. Introduction to wards, and different departments as a undergraduate is a unique set of stressors. It was being found that being new to clinical setting and being introduced there for first time was one of the significant stressors. The specific stressors which are listed are gap between research and clinical practise, lack of practise readiness, fear of making mistakes, major concerns with death and dying, seeing patients' agony and suffering, and interpersonal interaction problems with staff nurses and head of departments, being observed and evaluated, communicating with doctors and lack of knowledge of environment of hospital. Nursing students should balance their personal stressors like family demands, jobs, sports because they have to compete with demand of full-time course. Personal demands increase stress and anxiety for all students as they do full time or part time jobs to fulfil their financial assistance for their own needs. So, the financial constrains and limited free time causes negative impact to psychological health of students and access to sources of social support.

Method and Material
This was initiated after receiving approval from institutional Ethics Committee. One Hundred first year nursing students who were about to be posted in the clinical postings in the nursing colleges were included in the study to assess the level of anxiety. The study method was Quantitative and its design was Descriptive and Non-probability purposive sampling method were used in the study. Demographic and Questionnaire for assessing anxiety level of first year nursing students prior to clinical posting these tools were used to collect the data and record the study variables. The data was collected by using forms and accordingly the excel sheet was prepared and proper statistical measures were used to analyse data. The association of the demographic variables with anxiety level of first year nursing students prior clinical postings score was considered significant at 0.05 level and below.

Organization and presentation of data
Section-I: Demographic variables of the first year nursing students.
Section-II: Anxiety level of first year nursing students prior clinical postings.
Section-III: Association of demographic variables with the anxiety level of first year nursing students prior clinical postings.

Section-I: Demographic variables of the first year nursing students
Analysis related to the demographic variables of the first year nursing students in frequency and percentage distribution.

Table 1: Findings related Demographic data of the first year nursing students N=100

Demographic Variables			
Parameters		**Frequency**	**Percentage**
Age	Less than 18	6	6%
	18-20	78	78%
	More than 20	16	16%
Gender	Male	43	43%
	Female	57	57%
Religion	Hindu	78	78%
	Muslim	15	15%
	Christian	7	7%
	Other	0	0%
College / Institute Type	Government	0	0%
	Semi government	13	13%
	Private	87	87%
	Autonomous	0	0%
Mother's Occupation	Homemaker	85	85%
	Govt. Job (Non - health worker)	0	0%
	Private job (Non - health worker)	10	10%
	Health professional	5	5%
Father's Occupation	Unemployed	27	27%
	Govt. Job (Non - health worker)	16	16%
	Private job (Non - health worker)	50	50%

	Health professional	7	7%
Reason for enrolment in nursing	Inspired by someone	25	25%
	Joined by choice	64	64%
	Joined by parental pressure	3	3%
	Joined by casual approach	8	8%
Any relative/friend in nursing profession	Yes	68	68%
	No	32	32%
Family's perception towards nursing profession	Positive	98	98%
	Negative	2	2%

Section-II: Anxiety level of first year nursing students prior clinical postings

Analysis related the anxiety level of first year nursing students prior clinical postings

Table 2: The anxiety level of first year nursing students prior clinical postings

Perception Score	Frequency (N=100)	Percentage(N=100)
No Anxiety (1 – 10)	0	0%
Mild (11 – 40)	0	00 %
Moderate (41 – 80)	80	80%
Severe (81 – 100)	20	20%

Section-III: Association of demographic variables with the anxiety level of first year nursing students prior clinical postings

Table 3: Analysis related to association of demographic variables with the anxiety level of first year nursing students prior clinical postings

Parameters		d.f.	Chi Square Calculated	Chi square table value	P-value	Inference
Age	Less than 18	2	4.76	5.99	0.092	No Association
	18-20					
	More than 20					
Gender	Male	1	0.65	3.84	0.419	No Association
	Female					
Religion	Hindu	2	12.61	5.99	0.002	Association
	Muslim					
	Christian					
College / Institute Type	Semi government	1	0.19	3.84	0.656	No Association
	Private					
Mother's Occupation	Homemaker	2	6.28	5.99	0.043	Association
	Private job (Non - health worker)					
	Health professional					
Father's Occupation	Unemployed	3	1.04	7.82	0.79	No Association
	Govt. Job (Non - health worker)					
	Private job (Non - health worker)					
	Health professional					
Reason for enrollment in nursing	Inspired by someone	3	4.27	7.82	0.233	No Association
	Joined by choice					
	Joined by parental pressure					
	Joined by casual approach					
Any relative/friend in nursing profession	Yes	1	1.65	3.84	0.198	No Association
	No					
Family's perception towards nursing profession	Positive	1	1.14	3.84	0.284	No Association
	Negative					

*, association at 0.05 level of significance.
Note: There is no relationship if the estimated p-value is more than 0.05 and the calculated value is smaller than the chi square table value.

Table 3 showing that religion and mother's education is having calculated p-value less than 0.05 so these two demographic variables are associated with the anxiety level of the first year nursing students and all other demographic variables are having p-value more than 0.05 so these all other remaining variables are not associated with the anxiety level of the Ist year nursing students.

Summary
As per the analysis it can be concluded that, the data is collected by 100 samples. Analysis is done by using descriptive statistics- frequencies and percentage for analysis of demographic findings and anxiety level of first year nursing students. Chi square inferential statistics was employed to investigate the association between first-year nursing students' demographic characteristics and degree of anxiety. The findings reveal that majority 80% first year nursing students are having moderate anxiety prior the clinical postings. In the association, Religion and mother's occupation were associated with the anxiety level of the first year nursing students.

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