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## A descriptive study to assess the Career-related anxiety among B.Sc. nursing interns of Stephens College of Nursing, Jammu

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### Abstract

**Introduction:** Anxiety is defined as the intense, excessive and persistent worry and fear about everyday situations. People with anxiety usually have recurring intrusive thoughts or concerns. Anxiety if left untreated, can make it hard for students to get the college work done or study. Career related anxiety involves feelings of stressed, nervous, uneasy, or tense about career. Trouble concentrating is a common problem for those with anxiety, students may feel that their hopes and ambitions will not come true

**Material and Method:** Non-Experimental- Descriptive Research Design was used. Sample of the present study comprised of 100 B.Sc. nursing students who were studied in Stephens college of nursing, Jammu. Non-Probability purposive sampling technique was used to draw sample from target population.

**Result:** In the present study showed that majority 51% of B.Sc. Nursing interns were having moderate career related anxiety during data collection where 22.5% were having mild level of anxiety, and only 26.5% of students were having severe level of anxiety.

**Conclusion:** Anxiety level among B.Sc. nursing interns varied from mild to moderate. Association of selected socio demographic variables with the anxiety level were found to be statistically non-significant.

**Keywords:** Anxiety, B.Sc. Nursing intern, career related anxiety

### Introduction

College is a time for major changes, so it's no wonder it is also a time when many students experience anxiety. College students may be at increased risk of anxiety owing to be pressure and stress they encounter. In college life, mental health is considered as one of the most important aspects to perform a successful social role independently. However, anxiety arising from the preparation process leads to psychological and social difficulties, such as excessive job competition, fear, and depression<sup>[1]</sup>.

Mostly intern students are more anxious to get a new job because their identity and self-worth are tied to their current status as a student. It is important to understand yourself better to take a leap. Get to know the strengths and ask yourself how can do well in your field, accuracy, skills, passion and interest towards the work you are intended for. A simple way to tap into this is to practice self-affirmation. You're much more than a job title. You're a complex, well rounded person with interests, broader qualities, and diverse skills<sup>[2]</sup>.

Nursing is, unquestionably, a very high- stress environment. Although most nurses know right off the bat what they are getting themselves into and are aware that nursing has its challenges, sometimes just how stressful being a Registered nurse can get takes a lot of professionals by surprise<sup>[3]</sup>. Being a nurse is not an easy career choice- nurses typically face a host of pressures and challenges throughout their professional lives that the average worker never has to confront<sup>[4]</sup>.

Therefore, it is necessary for college students who are preparing for a job to freely use facilities and systems that can provide career related information smoothly through the internet and provide personalized career information according to their major<sup>[5]</sup>. On the other hand, the college curriculum and career related information on campus can help prepare students for their career.

Minimizing the chronic stress of daily life as much as possible is important for overall health. That's because chronic stress and anxiety harms health conditions such as heart disease, anxiety disorders, and depression [6].

### Research statement

A descriptive study to assess the Career-related anxiety among B.sc nursing interns of Stephens college of nursing, Jammu.

### Objectives

1. To assess the career-related anxiety among B.Sc. Nursing Interns studying in Stephens college of Nursing, Jammu.
2. To find out the association between anxiety and selected socio- demographic variables.

### Operational definitions

**Assess:** In this study, assess means to find out the Career-related anxiety among b.sc nursing interns of Stephens college of nursing, Jammu.

**Anxiety:** It refers to a feeling of worry or fear, especially about the future. or we can say that anxiety is your body's natural response to stress. It's a feeling of fear and apprehension about what's to come.

**Career:** An occupation or profession, which requires a special training, followed as one's in the working life as it is the variety of experiences that an individual have in their life and it is an occupation undertaken for a significant period of time in a person's life and with opportunities for progress in their upcoming life.

**Internship:** The position of a student or trainee who works in an organization, sometimes without pay, in order to gain work experience or satisfy requirements for qualification.

### Methodology

**Research approach:** A quantitative research approach was adopted for the study.

**Research design:** Non-experimental Descriptive research design was considered appropriate for the study.

**Setting of the study:** Study was conducted in Stephens College of nursing, Jammu.

### Target population

Target Population comprised of B.Sc. nursing interns.

### Sampling technique

Non-probability purposive sampling technique was used for the study.

### Criteria for sample selection

The inclusion as well as exclusion criteria used for the present study is as follow:

### Inclusion criteria

The study includes:

1. Students who were present at the time of data collection.
2. Students who are willing to participate in the study

### Exclusion criteria

#### The study includes

1. Students who were not present at the time of data collection.
2. Students who were not willing to participate in the study

### Development of tool

The tool was divided into two parts

Part 1: Socio -demographic profile

Part 2: Self -structured checklist

### Result

#### Section I: Frequency and percentage distribution according to socio demographic variables

Depicts that majority of the B.Sc. Nursing interns who have career related anxiety i.e., 78% were in the age group of 20 –22 years, 92.8% were unmarried and 75.8% were from nuclear family and majority that is 60.2% were from urban community and their socio – economic status of middle class is 89.3%.

#### Section- II

**Table 1:** To assess the career-related anxiety among B.Sc. Nursing Interns studying in Stephens college of Nursing, Jammu N=100

Level of Scores N= 62	Frequency	Percentage
Severe anxiety. (13-18)	29	26.5%
Moderate anxiety. (7-12)	49	51%
Mild anxiety. (0-6)	22	22.5%

#### Section- V

#### Table 1: Association between career related anxiety with selected socio-demographic variables

Shows that there was significant difference in career related anxiety of B.Sc. Nursing interns during data collection that anxiety score is 15 of mean 9.21+ SD 3.41 with mean value of 51.16 Thus, H0 is accepted which stated that there will be a significant association between socio- demographic variable with career related anxiety among B.Sc. Nursing Interns.

### Implications

#### Nursing practice

Nurses and students working in various wards and in psychiatric OPD and psychiatric ward can assess the level of anxiety and coping strategies among nursing students.

#### Nursing Education

Nurse educators while teaching about job related anxiety must emphasis about the prevalence of anxiety disorders. Encourage students to conduct research studies on various problems faced by nursing students.

#### Nursing Administration

Administration support should be provided to conduct in service education program for the nursing personnel related to coping strategies to deal with the anxiety problems.

#### Nursing Research

Nurses need to be actively engaged in all phases of research process, to address ongoing nursing practices. The present study information can be used by future researchers. The

present study can be the source of review of literature for others who are conducting studies on similar topics.

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