

EVALUATION OF KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING STRESS MANAGEMENT AMONG UNDERGRADUATE PHARMACY STUDENTS

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ABSTRACT

Background: Undergraduate Third year and Final year pharmacy students were willingly participated in this questionnaire-based study which was conducted to evaluate the knowledge, attitude and practice regarding stress management among undergraduate Pharmacy students at Smt. Kashibai Navale college of pharmacy, Pune, Maharashtra.

Introduction: Pharmacy undergraduates face elevated level of stress and which has immense impact on their learning, understanding and thinking power. Hence pharmacy student have face extreme level of stress which causes adverse effect on their mental and physical health.

Materials and Methods: Present cross section question base study was conducted among 200 undergraduate students of third year and final year student of pharmacy professional. Information was collected from those who were willing to participate in the study. The questionnaire of 12 questions was to be filled within 20 minutes after

lecture. Out of 12 questions, 4 questions were of knowledge, 3 of attitude and 5 of practice regarding stress management among third and final year students. The questionnaire were collected and assessed for their wholeness. **Results:** Out of 200 total students 45% and 55% students were of third year and final year pharmacy, respectively. There were 65% male and 35% female students willingly participated. 120% gave a relevant definition of stress. **Conclusion:** Among undergraduate Pharmacy students at Smt. Kashibai Navale college of pharmacy, Pune, Maharashtra, India. There are different stress causing factor for each year and which cause academic stress. Students to cop up from stress these curricula should include yoga classes, outdoor games also should be there.

KEYWORDS: Smt. Kashibai Navale college of pharmacy, Pune, Maharashtra.

INTRODUCTION

Stress is a reaction of emotional or mental tension. It can come from any event or thought that makes you feel disturbed, irritated, or worried. There are two types of stress a. acute stress b. chronic stress.^[1] Pharmacy as a health care professional has been reported to be one of the most stressful academic fields worldwide, which gives adverse effect on the physical and mental health of pharmacy students. Stress is defined as a state of psychological and physiological imbalance resulting from disparity between situational demand and the individual's ability and motivation to meet that needs.^[2] a student can be stressed because of variety of reasons such as the academic, financial problem, health problem or loss of close family member or friend.^[3]

It has been observed that pharmacy field environments in our country are tremendously stressful and has led to suicidal attempts by the students. The present cross section questionnaire study has been design to collect data about sources of stress among pharmacy students at smt. Kashibai Navale College of pharmacy, kondhwa, Pune, Maharashtra, India.

MATERIAL

This was a cross section, questionnaire base study questionnaire form used as a tool to collect the data from the participants, Third year and final year students were willingly participated in this study which was conducted in smt. Kashibai Navale College of pharmacy, kondhwa, Pune, Maharashtra, India. A total of 200 students of Third year, final year of pharmacy written informed consent were obtained from those who were ready to participate. The questionnaire study consisted of age, academic year and gender of the participating students which was follow by 12 questions on the topic of knowledge, attitude and practice on stress. The questions were planned after a reading prior published paper on the related studies. The students were asked to fill the question form by themselves within 20 minutes after lecture. 4 questions were of knowledge, 3 of attitude and 5 of practice regarding stress management out of 12 questions, among pharmacy students.

For evaluation of attitude, students were asked about problem they faced in adjustment to new surroundings, extracurricular reasons making them nervous and argument of stress due to increasing competition. To assess their practice concerning stress release method, students were asked different ways to look up stress, ask to maintain good mental health, make own

self busy in their hobbies when tense, how did they face stress and whether they are or not, they victim of addiction. The questions were collected and assess for their wholeness.

RESULTS

There were 200 students of the Third and final year students who willingly participated in the study are shown in [Table no 1]. Details of practice of students towards stress in present study are mentioned in [Table no 2]. Attitude of students towards stress is given in [Table no.3] Practice of students under stress is given in [Table no 4]. The most common condition related to stress is depression (75%), followed by anxiety (15%). Most common factor which makes students stressful were vast syllabus and tough topics of pharmacy (60%), followed by short study time (25%). (30%) of students strongly agreed and (20%) of students strongly disagreed that they have faced difficulties in adapting to the new environment and away from home. Financial instability was the most common other reasons than academics make you stressed of stress faced by (60%) of students. (70%) students were found stressed because of competition.

Most commonly used stress coping strategy by the students was watching TV/ Internet videos is (40%), followed by shopping (30%). Factor which perfect way to maintain sound mental health students according to theme they preferred to sleep for 6-8 hours for maintaining good mental health found (40%) followed by games (30%). (80%) of students answer yes question when stressed do you make busy yourself in any hobbies. (45%) students face problem when they are stressed. Followed by (30%) students ignoring own needs and working harder when they under stress. (70%) students been are found victim of addiction to smoking and alcohol.

[Table no. 1]: General particulars of the student (n=200).		
Variables	No	%
Student year		
Third year	90	45
Final year	110	55
Gender		
Male	130	65
Female	70	35
Age		
21-22 years	120	60
22 and above	80	40

[Table no 2]: Knowledge of the students regarding stress (n=200).			
Sr.	Question	No.	n%
1	Define stress?		
	1. Relevant answer	120	60
	2. Non relevant answer	80	40
2	According to you which term is related to stress?		
	1. Anxiety	30	15
	2. Hallucinations	10	5
	3. Depression	150	75
	4. Schizophrenia	10	5
3	What makes you feel stressful?		
	1. Vast and tough syllabus	120	60
	2. short study time	50	25
	3. anxiety of facing tough questions	10	5
	4. Overlapping of short exams and seminars	20	10
[Table no. 3]: Attitude of students towards stress (n=200).			
4	What clinical features are confronted by a person under stress?		
	1. Relevant answer	80	40
	2. Non relevant answer	120	60
5	Fear in adapting to new environment sickness?		
	1. Disagree	70	35
	2. strongly disagree	20	10
	3. strongly agree	30	15
	4. Agree	80	40
6	What other reasons than academics make you stressed?		
	1. Fear of ragging	30	15
	2. financial instability	120	60
	3. Major health problem	20	10
	4. Socio-behavioral fear	30	15
7	Have you ever stressed because of competition?		

	1. yes	150	75
	2. no	50	25
[Table no. 4]: Practice of students under stress (n=200).			
8	What make you stress free?		
	1. Listening music	20	10
	2. watching TV/ Internet videos	80	40
	3. Shopping	60	30
	4. chatting with friends	40	20
9	According to you which method is perfect way to maintain sound mental health?		
	1. Prayers and meditation	40	20
	2. Games	60	30
	3. Healthy and balanced diet	20	10
	4. 6-8 hours sleep	80	40
10	When stressed do you make busy yourself in any hobbies?		
	1. Yes	160	80
	2. no	40	20
11	How do you face stress?		
	1. accepting the things which can't be controlled	30	15
	2. Facing problems	90	45
	3. Ignoring own needs and working harder	60	30
	4. Getting irritable and taking out on surrounding people	20	10
12	Have you been are victim of addiction? (E.g. smoking/drinking/tobacco)		
	1. Yes	150	75
	2. No	50	25

DISCUSSION

Research has revealed that students can experience a substantial amount of stress, which leads to negative academic outcomes or health problems.^[4] Pharmacy curriculum is full time four long with total of 40 subjects to learn with their practical implication. Hence, pharmacy health care professional students are under tremendous pressure for academic performance and it leads to distress among them. Stress has negative effects on mental and physical health

of students and causes complication like anxiety, depression, low self-esteem and substance abuse.^[5] In this study, the present authors observed that most common stress causing factor is vast syllabus and tough topics in curriculum. Whereas the study in UK Common general stressors were career choice, employment opportunities, and finance.^[5] In the study conducted in University of Ghana was large volume of material to be studied followed by laboratory report writing.^[6] In the study conducted in Malaysian public and private universities the most common stress causing factor is the living cost living away from family and lack of recreational time.^[7] Results from a nationwide survey most common stress inducing factor is new and increased academic demands, increased independence, and adjustment to a new environment and culture.^[8] The study conducted in Multicampus Universities most common stress inducing factor was found to be, in rank order, were heavy workload, long study hours, examinations/grades, lack of free time, and difficulty of class work.^[9]

The study conducted in Malaysia the stress causing factor is Studying for final examinations.^[10] The study conducted in Saveetha University, Chennai most common stress inducing factor was found to be depression.^[11]

CONCLUSION

In this study, it was conclude that there was considerable level of stress among pharmacy students because of different factor such as academic, psychological, social and economical. To cover this factor pharmacy student should engage own self with extracurricular doings such as meditation, yoga, outdoor games and it should be part of their program curriculum. This will make undergraduate mentally relax and build more confidence, and motivate in their work. It will defiantly make significant changes among the pharmacy students. A majority of our participants strongly agreed that stress makes is due to fear in adapting to new environment sickness.

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