

# A DESCRIPTIVE STUDY: PROBLEMS FACED BY FIRST YEAR BASIC B.SC NURSING STUDENTS

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## ABSTRACT:

This study was based on exploratory approach. The population was First Year Basic B.Sc. Nursing students in selected colleges of Nursing in Pune city. The sample size for the study was 150 students in selected Nursing Institutes. Inclusion criteria were only for fresher nursing students from selected colleges of Nursing in Pune city and who are willing to participate in the study.

The sampling technique used in the study was Non-Probability convenient Sampling. The tool was semi-structured questionnaires. The technique adopted was likert scale.

## PROBLEM STATEMENT:

‘A study to assess the adjustment problems faced by First Year Basic B.Sc Nursing students in selected colleges of Nursing in Pune city.’

## INTRODUCTION:

Adolescence is the most important period in once life. It is a period of stress and strain, of day dreams, of intense affection and excitement the mind is pious and pure, free of all wickedness. The adolescent is still teen and lacks of maturity of thought and experiences. He and she is not aware of what is proper and what is improper and therefore is danger of going on the wrong path.

## OBJECTIVES:

- To assess the adjustment problems faced by the first year Basic B.Sc. Nursing students in selected colleges of Nursing in Pune city.
- To find the association between selected demographic variables and the adjustment problem among the nursing students in selected colleges of Nursing in Pune city.

## MATERIALS AND METHODS

The tool used for the data collection consisted of semi-structured questionnaire:

The development of the tool was a step by step procedure. The 40 semi- structured closed ended questionnaire was prepared for assessing the determining the adjustment problems among first year B. Sc. Nursing student.

Open ended question were prepared which are descriptive, narrative in nature. A semi structured questionnaire is prepared and will be used for data collection; questionnaire is a quick and generally inexpensive means of obtaining data from a large number of respondents. The semi-structured questionnaire is administered by the investigator herself. The duration of data collection is 60 to 90 minutes.

The tool used in this study is a use of likert scale. The likert scale is 4 rated scales in which

- 4- never,
- 3- some times,
- 2-most of times and
- 1- yes always.

## Study instruments used by the researcher consisted of:-

Consent form, Semi structured questionnaire, which has two sections

Section I – It consisted of 11 items as demographical data to assess the adjustment problems faced by the first year Basic B.Sc. Nursing students of selected colleges of Nursing in Pune city.

Section II – Semi-structured questionnaire distributed among the first year Basic B.Sc. Nursing students of selected colleges of Nursing in Pune city.

Section II A-1) collection of information on the physical adjustment problems faced by the first year Basic B.Sc. Nursing students.

- a. Open ended questions
- b. Closed ended questions

Section II B-1) collection of information on the psychological adjustment problems faced by the first year Basic B.Sc. Nursing students.

- a. Open ended questions
- b. Closed ended questions

Section II C-1) collection of information on the social adjustment problems faced by the first year Basic B.Sc. Nursing students.

- a. Open ended questions
- b. Closed ended questions

Section II D-1) collection of information on the economical adjustment problems faced by the first year Basic B.Sc. Nursing students.

- a. Open ended questions
- b. Closed ended questions

Content validity refers to the degree to which the test actually measures or is specifically related to the traits for which it was designed. (Polit, 1999)

- c. After this the data collection tool is sent for the validation to 14 experts of various departments which include Sinhgad college of education co-ed, Bed, Narhe, and experts from field of Nursing i.e. Psychiatric nursing department, Psychiatric department, Education, Research, Statistics Psychology department and Sociology department on 16/09/10. On 29/9/10 I received all the tools back in which some of the experts have given their valuable advices/ suggestions.
- d. The experts were selected based on their clinical expertise, experience and interest in the problem being studied. They were requested to give their opinions on the appropriateness and relevance of the items in the tool. Necessary modifications were made as per the expert's advice. The area on allocating more weightage to physical, psychological, social and economical section of the adjustment problems questionnaire was implemented as suggested by the experts. In section one, item number 9 were added to know about the total number of siblings. Rest of the questions remained the same except few modifications in choices given for items in demographic data.
- e. On common agreement specific modification made and final tool was prepared with the help of Mrs. Monita Thocho Mental (Psychiatric) health Nurse.

### MAJOR FINDINGS OF THE STUDY WERE:

- 147(98%) were between the age group of 17 – 19 years.
- Gender shows that 16 (10.66%) of the samples were male and 134 (89.33%) samples were female.
- Finding regarding religions Shows that majority of the samples 79 (52.66%) were belonged to Christian religion. 71 (47.33%) were belonged to Hindu religion.
- Type of family shows that 111 (74%) of samples were from nuclear family and 32 (21.33%) samples were belonged to joint family and 7 (4.66%) of samples were from extended family.
- Nationality shows that all 148 (98.66%) samples were of Indian nationality and 1 (0.66%) samples were of NRI nationality and 1 (0.66%) samples were foreigner. Fathers' occupation shows that 61 (40.66%) of the students' fathers were servicemen, 30 (20%) students' fathers were businessmen, 28 (18.66%) student's fathers' were farmers', 31(20.66%) students' fathers' were from other occupations.
- Mothers' occupation shows that 98 (65.33%) of the students' Mothers' were from other occupation, 36 (24%) student s' Mothers were servicewomen, 14 (9.3%) student's mothers' were farmers', 2(1.33%) students' Mothers' were businesswomen.
- Family income shows that 84 (56%) of students' family income was below Rs. 15,000 / month, 44 (29.33%) of students' family income was between Rs. 15,000 – 25,000/ month, 12 (8%) of students' family income was between Rs. 25,000 – 35,000/ and 10 (6.6) % of students' family income was more than 35,000/ month and above.
- Total number of siblings shows that 24 (16%) of samples were having 1 sibling, 76 (50.66%) of samples were having 2 sibling, 40 (26.66%) of samples had 3 sibling and 10(6.66%) samples were having 4 sibling. Maximum sample were samples had 2 siblings under study.
- Medium of instruction in Higher secondary school shows that majority of the samples 147(98%) had English language as their Medium of instruction in Higher secondary school, 3 (2%) samples were studied from other language.
- Native place shows that 80 (53.33%) of students were from urban area and 70 (46.66%) of students were from rural area.
- The 40 semi- structured closed ended questionnaire was prepared for assessing the determining the adjustment problems among first year B. Sc. Nursing student.
- Open ended question were prepared which are descriptive, narrative in nature. The tool used in this study is

a use of likert scale. The likert scale is 4 rated scales in which 4- never, 3- some times, 2-most of times and 1- yes always.

- It was noted that all the closed ended question on physical, psychological, social and economical adjustment problem. Most of the nursing students have moderate adjustment problems which is ranging from 50-100.
- Overall adjustment problems shows that 126 (84%) of students were having moderate adjustment problem and 24 (16%) of students were having severe adjustment problem.
- Mean and standard deviation calculated for the scores obtained from 40 closed
- ended questions asked in the semi structured questionnaire to 150 nursing students and the findings were mean (2.5) and standard deviation (1.34).
- Findings suggested that there is no significant association between selected demographic variables and the adjustment problems among the first year Basic B.Sc. Nursing students in selected colleges of Nursing of Pune city.
- Summary of the open ended questions for Physical adjustment Problem
- After getting admission to the First year Basic B.Sc. Nursing course, most of the student started a problem with hair fall and dandruff within two months, headache almost daily, loss of appetite within three month, loss of adequate sleep due to change in the physical environment, reduction in the weight within four months due to food and water problem, inadequate time for study due to more written assignments, started acidity due to stressors.
- Some of the students are not suffering from any physical adjustment problem.
- Summary of the open ended questions for Psychological adjustment Problem
- After getting admission to the First year Basic B.Sc. Nursing course, some of the student started a problem of staying away from home within one month, started getting tension about the medium of study as many students are not having adequate self confidence in their studies and unable to concentrate due to new study pattern, they cannot express their problems to their friends and teachers.
- Some of the students feel that the study is too hard so they are thinking to leave the course.
- Most of the students do not face any psychological adjustment problems as they feel motivated and are always accepting the new challenges.
- Summary of the open ended questions for Social adjustment Problem
- After getting admission to the First year Basic B.Sc.

Nursing course, some of the student started a problem of feeling uncomfortable with new friends and teachers, unable to cope to with the discipline imposed by the college, always feeling lonely due to staying in the hostel, not communicating any problem with anyone.

- Most of the students are satisfied with their social relations as they have new groups for their study and other co-curricular activity, they feel free to talk with seniors rather than teachers so they are not facing any social adjustment problem.
- Summary of the open ended questions for Economical adjustment Problem
- After getting admission to the First year Basic B.Sc. Nursing course, some of the student started with a problem of managing monthly expenditure from pocket money only, cannot arrange money immediately to purchase books, uniform, can not offered watching cinema and having outside food.
- Few of the students have arranging their fees by taking educational loan.
- Most of the students are able to manage their expenditure from their pocket money only and enjoy watching cinemas with their friends as they are not facing any economical adjustment problem.

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