Level of anxiety among 2nd Semester students at College of Nursing, Synod Hospital, Durtlang

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Abstract
Background: *Anxiety is sometimes a natural response to stress. When confronted with a severe circumstance or a novel and exciting circumstance, a person may experience anxiety. Anxiety is linked to significant detrimental impacts on adolescents' intellectual, social, and emotional development.*
Materials and Method: Non-Experimental descriptive research design was adopted for the study. 30 nursing students make up the sample, which was chosen using a random sampling technique. The Hamiliton anxiety rating scale and demographic factors were used to assess the degree of anxiety.
Result: *The data were analyzed to determine the relationship between anxiety levels and selected demographic variables. The study found that among the 30 nursing students, the majority 12 students (40%) had a moderate level of anxiety, followed by 11 students (36.6%) with a mild level, 5 students (16.6%) with a severe level, and 2 students (6.6%) with a very severe level. The chi-square (χ²) test results indicated no significant association between anxiety levels and variables such as gender, type of family, birth order, area of residence, family relationships, prior knowledge of anxiety disorders, source of information about anxiety disorders, and difficulties faced in clinical settings, classroom settings, and hostel environments. Therefore, the hypothesis that there is no significant association between anxiety levels and selected demographic factors specifically age, gender, type of family, family income, birth order, residential area, family relationship, relationship status, prior knowledge and source of knowledge about anxiety disorders, and various environmental difficulties was accepted at the 0.05 level of significance.*
Conclusion: *The results indicate that there was no correlation between some demographic characteristics and anxiety levels; however, for certain factors, the hypothesis was not supported and was therefore rejected.*
Key words: *Anxiety, Hamilton Anxiety Rating Scale, 2nd Semester Students*

I. Introduction

Everyone experiences anxiety at some point in life[1]. According to the American Psychological Association, anxiety is described as an emotional state marked by tension, anxious thoughts, and physical symptoms such as elevated blood pressure[2]. Anxiety is sometimes a natural response to stress. Anxiety can often be a normal reaction to stress. Among college and university students, the prevalence of anxiety has been reported to range between 7.40% and 55.00%, with a median rate of 32.0%.[3]. Stressful events encountered during nursing education can negatively impact students' mental health and contribute to anxiety. Such stressors include a demanding workload, clinical duties and expectations, balancing academic responsibilities with family commitments, accumulating assignments, and the pressure of assessments[4] .

OBJECTIVE:
1.To assess the anxiety level among 2nd semester B.Sc. Nursing Students.
2.To evaluate the association between the anxiety level and selected demographic variables.

HYPOTHESIS:
H1: There is significant association between prevalence rate of anxiety level among 2nd Semester B.Sc. nursing students and selected demographic variables.

PROJECTED OUTCOME:
1.Prevalence of anxiety level will be determined.

2.Relationship between prevalence rate of anxiety level among nursing students and selected demographic variables.

II Material And Methods

Research approach: Quantitative research approach
Research design: Non -Experimental Descriptive Research
Study setting: The study was conducted at College of Nursing, Synod Hospital Durtlang
Duration of the study:1 week
Sample size: 30 Nursing student
Sampling Technique: Simple Random Sampling Technique
Inclusion Criteria
•2nd Semester students at College of Nursing, Synod Hospital, Durtlang, who are willing to participate.
•2nd Semester students at College of Nursing, Synod Hospital, Durtlang, who are available.
Exclusion Criteria
•2nd Semester students at College of Nursing, Synod Hospital, Durtlang, Aizawl, Mizoram, who are not willing to participate.
•2nd Semester students at other nursing college in Aizawl, Mizoram.
•Students who are not studying 2nd Semester at College of Nursing, Synod Hospital, Durtlang.
Description of tools: The tool consists of two parts

Part 1: Demographic data
It consists of demographic characteristics such Age, Gender, Type of Family, Family Income, Ordinal Position, Residential area, Relationship status, Family relationship and clinical setting, classroom, setting and hostel environment.

Part 2: Hamilton Anxiety Rating Scale
This scale consists of fourteen (14) questions, the scoring is divided into- 0 Not present, 1 Mild, 2 Moderate, 3 Severe, 4 Very severe

Methods and procedures of data collection

Subsequent to obtaining approval from the principal, the data collection was done on 17-1-2025 to 18-1-2025. The data were collected from 10 (ten) 3nd semester nursing students using simple random sampling technique. The researchers introduce themselves to the participants and verbal consent was obtained from all the participants of the study, following explanation of the purpose and details of the study. The participants were assured of confidentiality of the data obtained Anonymity of the participants was maintained. The study was carried out in 3rd Semester classroom at College of Nursing, Synod Hospital, Durtlang, Aizawl, Mizoram.

Plan for Data Analysis
The analysis of data was based on the objective and hypothesis of the study using descriptive and inferential statistics.
Section I: To assess demographic variables of nursing students in term of frequency and percentage.
Section II: To determine the association between the anxiety level and selected demographic variables.

III Result

Table 1 : Frequency and percentage distribution of Demographic variables of Nursing Students.

Demographic variables	*Group*	*Frequency(f)*	*Percentage(%)*
Age	a. 17-21	21	70
	b. 21-25	7	23.3
	c. 25-29	2	6.67
	d. 29-33	0	0
Gender	a. Male	4	13.3
	b. Female	26	86.6
Type of family	a. Joint	14	46.6
	b. Nuclear	16	53.3
Family income	a. <10,000	1	3.3
	b. 10,000 – 50,000	7	23.3
	c. 50,000 – 1,00,000	12	40
	d. > 1,00,000	10	33.3

Ordinal position	a. 1st born b. 2nd born c. 3rd born d. 4th born e. 5th born f. Only child	10 11 6 2 0 1	33.3 36.6 20 6.6 0 3.3
Residential area	a. Urban b. Rural	21 9	70 30
Relationship status	a. Single b. In a relationship c. Preferred not to say	21 5 4	70 16.6 13.3
Family Relationship	a. Satisfactory b. Unsatisfactory c. Preferred not to say	25 1 4	83.3 3.3 13.3
Previous knowledge on anxiety disorder	a. Yes b. No	28 2	93.3 6.6
Source of knowledge	a. Family b. Peers c. Mass media d. Teacher	4 5 18 1	14.2 17.8 64.2 3.5
Difficulty in clinical setting	a. Yes b. No	23 7	76.6 23.3
Difficulty in classroom setting	a. Yes b. No	5 25	16.6 83.3
Difficulty in hostel environment	a. Yes b. No	8 22	26.6 73.3

The data presented in table 1 reveals that, out of 30 students with regard to age, majority 21(70%) were 17-21 years old .In terms of gender 26(86.6%) were female. With regard to type of family majority 16(53.3%)were from nuclear family. In terms of family income majority 12(40%) had monthly income between 10,000-50,000.Intermes of ordinal position majority 11(36.6%) were 2nd born. In context of residential area majority 21(70%) were from urban area. With regard to relationship status majority 21(71%) were single. In terms of family relationship majority 25(23.3%) were satisfied in their family relationship. With regard to previous knowledge on anxiety disorder majority 28(93.3%) have heard about anxiety disorder and the majority source of knowledge 18(64.2%)is from mass media. In terms of difficulty in clinical setting majority 23(76.6%) does not have difficulty in clinical setting .In terms of difficulty in classroom setting majority 25(83,3%) does not have difficulty in classroom setting. With regard to difficulty in hostel environment majority22(73.3%) does not have difficulty in hostel environment.

Table 2: Distribution of Anxiety Level of 2nd Semester students.

Anxiety Level	*Percentage %*
Mild	36.6
Moderate	40
Severe	16.6
Very Severe	6.6

Data on table 2 reveals that the Anxiety Level of 30 Nursing students out of which majority, i.e, 12 (40%) have moderate level, 11(36.6%) have mild level, 5(16.6%) have severe level and 2(6.6%) have very severe level.

Table 3 : Association between the prevalence rate of Anxiety Level of 2nd Semester Nursing students and their selected Demographic Variables.

Demographic variable	*Group*	*Level of anxiety*				*X² value*	*df*	*Tab value*	*P value*	*Remark*
		Mild	*Moderate*	*Severe*	*Very Severe*					
Age	a.17-21 b.21-25 c.25-29 d.29-33 Total	14 4 0 0 18	6 2 1 0 9	1 1 1 0 3	0 0 0 0 0	4.35	9	16.92	0.88	**NS**
Gender	a.Male b.Female Total	3 15 18	1 8 9	0 3 3	0 0 0	0.665	3	7.82	0.88	NS

Type of Family	a.Joint	10	2	2	0	2.589	3	7.82	0.45	NS
	b.Nuclear	8	7	1	0					
	Total	18	9	3	0					
Family income	a. <10,000	1	0	0	0					
	b. 10,000-50,000	5	2	0	0	3.07	9	16.92	0.96	NS
	c. 50,000-1,00,000	6	5	1	0					
	d.>1,00,000	6	3	1	0					
	Total	18	10	2	0					
Ordinal Position	a.1st born	4	4	2	0					
	b. 2nd born	6	4	1	0	4.679	15	24.99	0.99	NS
	c. 3rd born	6	0	0	0					
	d.4th born	1	1	0	0					
	e.5th born	0	0	0	0					
	f.Only child	1	0	0	0					
	Total	18	9	3	0					
Residential Area	a.Urban	14	6	2	0					
	b.Rural	4	3	1	0	1.06	3	7.82	0.78	NS
	Total	18	9	3	0					
Relationship status	a.Single	12	7	2	0					
	b.In a relationship	4	0	1	0	1.404	6	12.59	0.96	NS
	c.Preferred not to say	2	2	0	0					
	Total	18	9	3	0					
Family relationship	a.Satisfactory	16	7	2	0					
	b.Unsatisfactory	0	0	1	0	7.884	6	12.59	0.24	NS
	c.Preferred not to say	1	2	1	0					
	Total	17	9	4	0					
Previous knowledge on anxiety disorder	a.Yes	16	9	3	0					
	b.No	2	0	0	0	0.94	3	7.82	0.82	NS
	Total	18	9	3	0					
Source of knowledge	a. Family	4	0	0	0					
	b. Peers	9	7	2	0	4.922	9	16.92	0.84	NS
	c. Mass media	2	2	1	0					
	d. Teacher	1	0	0	0					
	Total	16	9	3	0					
Difficulty in clinical setting	a.Yes	3	3	1	0					
	b.No	15	6	2	0	4.9	3	7.82	0.17	NS
	Total	18	9	3	0					
Difficulty in classroom setting	a.Yes	2	2	1	0					
	b.No	16	7	2	0	1.23	3	7.82	0.74	NS
	Total	18	9	3	0					
Difficulty in hostel environment	a.Yes	4	3	1	0					
	b.No	14	6	2	0	0.43	3	7.82	0.93	NS
	Total	18	9	3	0					

The data in table 3 reveals that there was no association between levels of anxiety and their gender, type of family, ordinal position, residential area, family relationship, previous knowledge about anxiety disorder, source of knowledge about anxiety disorder, difficulty in clinical settings, difficulty in classroom settings, difficulty in hostel environment. Hence, age which state that there is a significant association between levels of anxiety and selected demographic variables was accepted with regards to gender, type of family, ordinal position, residential area, family relationship, previous knowledge about anxiety disorder, source of knowledge about anxiety disorder, difficulty in clinical settings, difficulty in classroom settings, difficulty in hostel environment. Age was rejected for age, family income and relationship status.

IV Discussion

In the current study, a total of 30 students participated. The majority, 21 students (70%), were between 17 and 21 years of age, followed by 7 students (23.3%) aged 21 to 25 years, and 2 students (6.67%) in the 25 to 29 age group. Similarly, research by Lavina, R. et al. (2021) reported that most participants (53%) were 18 years old, while 11% were 17 and 23% were 19 years of age. In the present study, the majority of the nursing students were female, accounting for 26 (86.6%), while only 4 (13.3%) were male. Similarly, the findings of a study by Lavina, R. et al. (2021) showed that the majority of participants were female (94%), with males comprising only 6%. In the present study, the majority of nursing students, 16 (53.3%), came from nuclear families, while 14 (46.6%) belonged to joint families. In contrast, a study by Lavina, R. et al. (2021) reported that the majority of their participants, 93%, were from joint families[5].

In the present study out of nursing student's majority i.e.,12 (40%) family income is between 50,000 – 1,00,000 ,10 (33.3%) is > 1,00,000, 7(23.3%) is between 10,000-50,000 and 1(3.3%) is<10,000. Similarly, a study conducted by Kalavathi et.al., (2017) findings reveals that 21students 70% earn 5,000 – 10,000[6].

In the present study out of nursing student's majority i.e.,11(36.6%) is 2nd born, 10(33.3%) are 1st born, 6(20%) are 3rd born, 2(6.6%) are 4th born, 1(3.3%) is an only child while there is 0(0%) 5th born in ordinal position. Similarly, a study conducted by Lavina,R. et.al. (2021), findings reveals that 9% of the sample are only child 44% have one sibling 195 have two sibling and 23% have three or more siblings[7].

In the present study out of nursing student's majority i.e.,21(70%) are from urban area while the remaining 9(30%) are from rural area. Similarly, a study conducted by Kalavathi et.al., (2017), findings reveals that 27(9%) recites in rural area[6].

In the present study out of nursing student's majority i.e., 21 (70%) were single, and 5 (16.6%) were in a relationship while 4(13.3%) preferred not to say. Similarly, a study conducted by Mousavi, S.K. et.al.,(2024) finding reveals that 192(88.3%)are single while 26(11.7%) are married[8].

In the present study out of nursing student's majority i.e., 25 (83.3%) were satisfied in their family relationship, and 1(3.3 %) were unsatisfied in their family relationship while 4 (13.3%) preferred not to say. Similarly, a study conducted by Helenpuii and Choudhaury K (2024), findings reveals that 192(95.5%) had no relationship crisis with family[8].

In the current study involving 30 nursing students, the majority 12 students (40%) exhibited a moderate level of anxiety, followed by 11 students (36.6%) with mild anxiety, 5 students (16.6%) with severe anxiety, and 2 students (6.6%) with very severe anxiety. Likewise, a study by Yadav, B.K. et al. found that 70.4% of fourth-year medical students experienced anxiety, with 64.3% having mild to moderate levels and 6.1% suffering from severe anxiety[9].

In the present study, no significant association was found between anxiety levels and variables such as gender, type of family, birth order, residential area, family relationship, prior knowledge about anxiety disorders, sources of information about anxiety, or difficulties experienced in clinical, classroom, or hostel settings. Therefore, the hypothesis stating that there is a significant association between anxiety levels and these selected demographic variables was accepted for all variables except age, family income, and relationship status, for which the hypothesis was rejected.

Likewise, a study by Lavina, R. et al. (2021) found a significant association between anxiety levels and the number of siblings (p = 0.004) at the 0.05 level of significance. However, no significant relationship was observed between anxiety and other demographic factors such as gender, place of residence, course of study, type of family, religion, monthly income, clinical experience in caring for the sick, or having relatives in the medical profession[7].

V Conclusion

The findings indicated that there was no statistically significant relationship between the level of anxiety and the selected demographic variables. Therefore, the hypothesis was rejected.

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