

Stress in medical students- its major causative factors and its changing modality:

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Abstract:

Stress is commonly defined as a non specific response of the body to any demand or change. Both mind and body plays an interactive role in the stress process. Medical education being a highly stressful course among the other professional courses makes the students to face a lot of stress than the other student population. This study emphasis mainly on the various causative factors of stress among the under graduate (UG) medical students and its changing modality in the past two consecutive years. For this study 100 UG 2nd yr medical students were selected randomly and research was done.

Each student was given a questionnaire for the assessment of stress levels and from their response various levels of stress were brought and also the major factors responsible for their stress process.

From this study it was also found out that stress phase was increasing every year and there is a need for the adaptation of various methods and facilities to control their stress process.

Introduction:

Stress is a physical and a psychological state that results when there is any demand or pressure occurs. It results in negative thoughts and perception which affects one's own body and mind.

Nowadays stress is increasing among the younger individuals which was proved by an annual report published by the American psychological association. Among the students of various professional courses the medical students are undergoing a lot of stress when compared to other student population. Medical education being a stressful one is also characterised by many psychological changes in the students. Studies done among the medical students in various medical colleges have shown that students experience high level of stress during their UG course rather than during their post graduation (PG) (6). This is mainly due to the vast portions, long duration of the course, language diversities, frequent examinations conducted by the college, etc. The stress experienced by them makes them physically, mentally and socially weak. The high level stress pushes them into a state of anxiety and depression. These students may also have poor learning ability and low self esteem. The emotional instability which occurs due to stress will ruin their life and causes personality changes and may even leads to suicide attempts. Even though the stress is an uncommon entity but in medical education a minimal amount of stress is always experienced by the students which makes it uncommon. Reasons for their stress are due to a various kinds of reasons which should be properly evaluated and brought out to make them stress free and help them to finish their education in a more health way .

The main objective of this study is to find out various stress causing factors among UG medical students and its changing modality in the two consecutive years.

Materials and methods:

It is a type if cross sectional study conducted among 100 UG 2nd yr medical students (both males and females) of our college.

After obtaining clearance from the ethical committee of our college and informed consent from the students the questionnaire for the assessment of various stress levels among the students were given.

The questionnaire was published by the ministry of human resources and it has been modified to evaluate the stress among the medical students.

The questionnaire consists of list of 20 questions which can be the reasons for their stress. For each question five options (never, rare, sometimes, often, very often) are given and students are asked to choose any one of the option from the five. Depending upon their response to each question the various stress levels are brought out.

The stress levels were evaluated with the help of FIVE POINT LIKERT SCALE.

The stress levels identified among the students are low medium and severe stress levels.

The answer provided by the students is considered as the major tool for the assessment of the stress levels. From these the major stress causing factors are also brought out and their changing modality in the past two consecutive years.

Various levels of stress	Percentage of students
Good control	22.10%
Low level stress	62.50%
Medium level stress	13.50%
Severe stress	1.90%
Total	100%

Assessment of the result:

Apart from finding the various stress levels the main causes for it were also found out and its varying response among the students were evaluated.

The most often responded entities were considered to be the major causative factors of the stress among them.

Also the variation in the stress levels in the past two consecutive years were identified

Result:

1. Not able to pay attention during lectures

	Last year	Now
Never	8	4
Rarely	43	14
Sometimes	26	32
Often	12	0
Very often	11	50
total	100	100

A fourfold increase ↑ in the stress level when compared to the last year

2. Getting tired of less sleep

	Last year	Now
never	20	8
Rarely	27	20
Sometimes	24	16
Often	17	30
Very often	12	26
total	100	100

A two fold increase ↑ in the stress level when compared to last year

3. having too many works to do

	Last year	Now
never	20	12
Rarely	24	20
Sometimes	22	24

Often	17	23
Very often	17	21
total	100	100

Result:

Among the various causes these three were identified to be the main reasons for their stress.

It was also clearly seen that the stress levels were increasing every year and a changing modality was seen when compared between the past two consecutive years.

Discussion:

This study clearly shows that a medical education is a highly stress full course and stress management is the need of the hour

Many researchers have been done aiming the medical students to find out the reasons for their stress and also to evaluate their self esteem.

Apart from these three reasons long duration of the course, low self esteem, no time for enough rest were also found out to be the other reasons for their stress.

Apart from the factors causing stress in some researches they have found out that the stress is more among the females than the males.

Conclusion:

In the recent years stress among the medical students is increasing. Some amount of stress is always necessary to compete in a healthy spirit. But more stress may ruin their life.

So some important should be taken to bring down their stress level like mentergship, counselling, etc

So I wish that in the upcoming years many researches will be done to make the students stress free