

**ASSESS THE KNOWLEDGE ON THE EFFECT OF EXTRACURRICULAR  
ACTIVITIES ON ACADEMIC STRESS AMONG NURSING STUDENTS OF  
FIRST YEAR IN SELECTED NURSING INSTITUTIONS OF JAIPUR, INDIA.**

**Author's Name:** Laxmi Pharaswal<sup>1</sup>, Dr. Abdul Latif<sup>2</sup>

**Affiliation:**

1. Research Scholar Nursing J.J.T.U., Rajasthan India.
2. Research Guide J.J.T.U., Rajasthan India.

**Corresponding Author Name & E-Mail:** Laxmi Pharaswal,  
laxmipharswal264@gmail.com

**ABSTRACT**

**Background:** The adolescents get attracted towards the profession of Nursing due the placements in other countries and the monetary gain. To choose a carrier and face the world full of competition, every individual is stressed and it is mainly towards the academics. If the stress remains unresolved, it may lead to panic attack, change in personality, unemployment, burnout, low confidence and low selfesteem. **Objectives:** The main aim of the study is to assess the effect of extracurricular activities on academic stress knowledge among first year nursing student and to associate the findings with selected demographic variables of the first year nursing students. **Method and material:** the research approach is quantitative, design is non experimental descriptive design, and population in the study is first year nursing student. Settings were selected nursing colleges and the sample size was 100. We used tools for demographic data and self structured questionnaire on knowledge regarding effect of extracurricular activities on academic stress among first year nursing students. **Findings:** The demographic data showed maximum sample 68% were in 18 to 19 years of the age female were more with 71 %,79% of sample were from nuclear families, with their residence as home with 71% and they had knowledge regarding academic stress and effect of extracurricular activities from past experience with 60%. The knowledge findings showed that maximum sample had average level of knowledge (64%) with mean of 19.17 and standard deviation of 2.71. In addition association was found between age and knowledge. **Conclusion:** Thus it shows that with advancement in the years of nursing professional training the students are able to manage their academic stress much better by the use of extracurricular activities.

**Keywords:** Extra-curricular activities, academic stress, nursing students.

## INTRODUCTION

Stress is defined as disturbance in homeostasis of the body due to stressors within one self or in the environment. The ability to overcome stress by an individual is by using various coping strategies. Academic stress may be due to the subjects, new teaching methodology, the environments, assignments, unable to use problem solving properly and many more reasons to add on. The extracurricular activities includes sports, cultural activities like singing, dramatics, dance, social activities, working on the hobbies and some intellectual activities like debate, quiz, essay writing etc. The effect of extracurricular activities on academic stress can be both positive and negative. Usually it leads to overall development of the individual, helps to learn time management, and understand their strength. It is based on how a person looks at the activities, and how they are able to manage their time. The academic curriculum leads to academic stress in the students which can be minimized by introducing various extracurricular activities and it should not be made compulsory.

## AIM

There are many studies conducted on academic stress and effect of extracurricular activities but not on the nursing students.

Aim of the Study: The aim of this study is to assess the effect of extracurricular activities on academic stress among nursing students of first year in selected nursing institutions of Jaipur.

## RESEARCH METHODOLOGY

The objectives of the study were – To assess the knowledge on effect of extracurricular activities on academic stress among first year nursing student, to associate the research findings with selected demographic variables of first year nursing students. The assumption was – The first year nursing student may have good level of knowledge regarding the effect of extracurricular activities on academic stress. The research methodology adopted by the investigators in this study was quantitative approach. The design chosen was descriptive design which is non experimental type. The population was the first year nursing students. The sample was selected by using non probability purposive sampling technique for this study and sample size was 100. The inclusion criteria were sample present on the day of data collection and could answer both in Hindi or English. The tools used were demographic data(11) and knowledge questionnaire on effect of extracurricular activities on academic Stress(30) which was divided into four sub section and were graded as poor(1to10), average(11to 20) and good(21to 30). The correct answer was given one mark and wrong answer was given zero. The tools were validated

by 5 faculties of nursing and content validity was corrected as per suggestion after consultation with guide. Reliability was carried out on 20 samples and it was tested by test – retest method using Karl Pearson’s formula and the calculated value was 0.78 thus the tool was reliable and pilot study was carried out and it was found the study is feasible.

## RESULTS

The demographic data shows in the age group majority 68% sample were from 18-19 years of age group, 30% were from 19-20 years of age group and 2% were from 20-21 years of age group. In gender majority 71% sample were female and 29% were male. In family type, 79 percent of patients were from nuclear families, 19 percent were from joint families, and 2% were single patients. Based on place of resident majority 51% were having home and 49% were in hostel. According to Source of knowledge on extracurricular activities and its effect on academic stress majority 60% were having information from past experience, 23% were having information from mass media and 17% were having information from education institute

Table-1: Knowledge regarding the effect of extracurricular activities on academic stress among first year nursing students N-100

Knowledge	Frequency	Percentage	Mean	SD
Poor	0	0	19.17	2.71
Average	64	36		
Good	36	64		

Table above shows that knowledge regarding effect of extracurricular activities on academic stress, it was seen that around 64% sample had average knowledge and 36% sample had good knowledge. The mean of the knowledge score was 19.17 and standard deviation was 2.71. There were no samples with poor knowledge.

## DISCUSSION

The present study was to assess the knowledge regarding the effect of extracurricular activities on academic stress among First Year Nursing Student from selected nursing institutions of Jaipur. Performed a research to determine the level of academic stress experienced by nursing students at Biyani School of Nursing and Paramedical Science, Jaipur. The objective of this study is to explore academic stress levels among nursing students enrolled. The study used a quantitative methodology and a descriptive survey design. The non-probabilistic purposive selection approach was used to choose a total of 80 samples. The study's instrument is divided into two pieces. Section a covers demographic data such as age, family type, religion, father's

education, and mother's education. Section B contains the investigator's four-point rating scale. It consists of twenty items of which ten each are positive and negative, and is designed to assess academic stress. Data were collected from 80 samples and analyzed. According to the study's findings, the majority of students, 66 (82.5 percent), reported experiencing moderate academic stress, while six (7.5 percent) reported experiencing severe academic stress.

In present study, from the data analyzed, it is evident that the demographic variable According to age, majority 68% sample was from 18-19 years of age group, 30% were from 19-20 years of age group and 2% were from 20-21 years of age group. According to gender majority 71% sample were female and 29% were male. According to type of family majority 79% were from nuclear family, 19% were from joint family and 2% were single patient. According to place of resident majority 51% were having home and 49% were in hostel. According to Source of knowledge on extracurricular activities and its effect on academic stress majority 60% were having information from past experience, 23% were having information from mass media and 17% were having information from education institute. Knowledge regarding the effect of extracurricular activities in reduction of academic stress among first year General Nursing students is 64% sample are having average knowledge and 36% sample are having good knowledge. There is no association between Gender, Type of family, Place of residence, Source of knowledge on extracurricular activities and its effect on academic stress and the knowledge regarding she effect of extracurricular activities in reduction of academic stress among first year General Nursing students and there is association between the age and knowledge regarding he effect of extracurricular activities in reduction of academic stress among first year General Nursing students.

## CONCLUSION

The descriptive study was conducted to assess knowledge regarding the effect of extracurricular activities on academic stress in First Year Nursing Student from selected nursing institutions of Jaipur. knowledge regarding the effect of extracurricular activities in reduction of academic stress among first year General Nursing students is around equal percentage as 64% sample are having average knowledge and 36% sample are having good knowledge. There is significant relationship between age and knowledge.

## REFERENCES

1. Bennett VR, Brown LK. Myles textbook for midwives. 13th ed. London: Elsevier Publishers Pvt. Ltd; 2004.P.817-818
2. Perry E.S, Lowder milk DL. Maternity and Women's health. London: Mosby Year Book; 2004.P.402
3. Dutta D C. Textbook of obstetrics including perinatology and contraception. 6th ed. Calcutta: New Central Book Agency Pvt. Ltd; 2004.P.265-272
4. Bhide AG, Patki As, Levi JM. A textbook of obstetrics for nurses and midwives. New Delhi: Jaypee Brothers Medical Publishers; 2003.P.310-31
5. Anemia a huge problem in India: National Survey available from URL: <http://socialjustice.Ekduniya.net/infocus/document2007.05-11-98101>.
6. [Http://htm.fli.org/en/youth net publications statistics of anemia](http://htm.fli.org/en/youth%20net%20publications%20statistics%20of%20anemia)
7. Benard BJ, Hakimi Mohammad, Pelletier David. An Analysis of Anemia and Pregnancy-Related Maternal Mortality. Journal of Nutrition (abstract). 2001 [cited 2010 January 1]; 131:604s-615s. Available from [http://placenta.researches.org/3/An Analysis of Anemia and Pregnancy-Related Maternal Mortality –Brabin et al\\_131 \(2\)604S -- Journal of Nutrition. htm](http://placenta.researches.org/3/An%20Analysis%20of%20Anemia%20and%20Pregnancy-Related%20Maternal%20Mortality%20--%20Brabin%20et%20al_131%20(2)604S%20--%20Journal%20of%20Nutrition.htm).
8. Farrukh Robina, Chaudhary Samina, Farrukh Kamal, Zaheera Saadia, Fahmeeda Naheed, Rehan N, Naila Yasmeen. Effect of maternal anemia on Placental ratio. Report of a conference in Pakistan. Oct - Dec 2006 2001[cited 2010 January 18]; 12(4):521-3. Available from [http://placenta.researches.org/51/PakMediNet - Effect of maternal anemia on Placental ratio.mht](http://placenta.researches.org/51/PakMediNet%20-%20Effect%20of%20maternal%20anemia%20on%20Placental%20ratio.mht).
9. Kidanto LH, Mogren I, Lindmark G, Massawe S, Nystrom L. Risks for preterm delivery and low birth weight are independently increased by severity of maternal anaemia. South Africa Medical Journals. 2009 February [cited 2010 January 18]; 99(2):98-102. Available from [http://placenta.researches.org/41/ Risks for preterm delivery and low birth weight are independently increased by severity of maternal anemia Kidanto et al 99\(2\):98-102-- South Africa Medical Journals.mht](http://placenta.researches.org/41/Risks%20for%20preterm%20delivery%20and%20low%20birth%20weight%20are%20independently%20increased%20by%20severity%20of%20maternal%20anemia%20Kidanto%20et%20al%2099(2):98-102--%20South%20Africa%20Medical%20Journals.mht).