Original Article

A STUDY ON OCCURRENCE OF SOCIAL ANXIETY AMONG NURSING STUDENTS AND ITS CORRELATION WITH PROFESSIONAL ADJUSTMENT IN SELECTED NURSING INSTITUTIONS AT MANGALORE

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Abstract :

The concept of social fear dates back as early as 400 B.C. Anxiety is a normal human response to stress. This study, conducted in selected nursing institutions of Mangalore, assessed the Social Anxiety and correlated it with Professional adjustment among nursing students. The tools used in the study were Social anxiety scale and a rating scale measuring Professional adjustment. 1000 students were selected by purposive sampling. The study findings revealed that 274(27.4%) of subjects have moderate social anxiety and 768(76.8%) having average professional adjustment. There was no significant correlation between social anxiety and professional adjustment. But, there was significant association between social anxiety and selected variables like gender and year of study.

Keywords : Nursing Students, Occurrence, Professional Adjustment, Social Anxiety

Introduction :

Life events play a large part in determining stress levels and include those which are expected and unexpected. In the face of stressful events and change, the individual's capacity to employ adaptive methods of coping with stress is of crucial importance to physical and psychological health. Among the anxiety disorders, social phobia in nowadays considered the third most common psychiatric disorder (13.3%), exceeded in lifetime prevalence only by major depression (17.1%) and alcohol dependence (14.1%)[1]. Individuals with social phobia will commonly present in clinical settings concerned that they lack the skills required to perform socially or interact effectively with others, or that they will unintentionally generate an embarrassing behavioural blunder in a social situation. Social phobia is more frequently found at a younger age (18 to 29 years). Because of the early age of onset, the disorder strongly influences further psychological development, formation of relationships, educational choices and career perspectives.[2] It is known that adults with social anxiety disorder do less well than peers on measures of education and career attainment. Early diagnosis may help minimize the symptoms and development of additional problems, such as depression.

Need For The Study :

Social anxiety disorder involves a persistent intense, chronic fear of being judged by others and of being embarrassed or humiliated by one's own actions. These fears can be triggered by perceived or actual scrutiny from others. The fear exceeds normal "shyness" as it leads to excessive social avoidance and substantial social or occupational impairment. Anxiety disorders typically have an age of onset in childhood and adolescence.

As the emphasis in medical science shift from treatment of the disease to care of the whole person, the nursing profession becomes more complex and vast. It has

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imposed upon nurse the need of more efficient professional adjustment. Nursing, as a social profession, needs more social interactions. Nurses should be able to develop therapeutic interaction with patients. This would be possible only when they are confident and concerned for others and are free of anxiety disorders. The nurses need to be warmer in their profession in order to work effectively in their setting.

Based on the above information, the investigator felt the need to investigate the occurrence of social anxiety among nursing students in selected nursing institutions at Mangalore.

Objectives :

The objectives of the study were:-

1. To estimate the occurrence of social anxiety among nursing students.

2. To assess the professional adjustment among nursing students.

3. To correlate social anxiety with professional adjustment.

4. To find the association between social anxiety and selected demographic variables.

Hypothesis :

H1: There will be correlation between social anxiety and professional adjustment in nursing students

H2: There will be significant association between social anxiety with selected demographic variables.

Conceptual Framework :

The investigator adapted the Newman's (1995) system model (Fig. 1) for this study. The intent of the Newman's System Model or conceptual work is to set forth a structure that would interpret the social anxiety and professional adjustment of nursing student in academic and clinical areas.

Stressors:

Positive and negative factors which affect anxiety levels and thereby the subject's professional adjustment are termed as stressors in this study. The stressors are classified as intra, inter and extra personal stressors.

Intra personal stressors:

These factors are capable of producing system instability like age, gender, lack of communication skill, social maladjustment, lack of independence, etc.

The interpersonal factors:

This includes conflict between friends, teachers, parents, lack of rewards and support, etc.

Extra personal factors:

This include social responsibilities, family income, stress in the family, type of family, place of stay, etc.

System:

The nursing student is considered as open system that interacts with school and family. The person has a core consisting of basic structure that comprises the factor or energy resources necessary for his/her survival.

Flexible line of defence:

Flexible line of defence was able to protect the normal line of defence and act as a buffer for the client's systems usual stable state. It is dynamic rather than stable and can be altered over a relatively short period by factors, i.e., either single or multiple stressors. In nursing students flexible line of defence includes support from family, peers and teachers.

Normal line of defence:

It represents adolescent's usual wellness level. It can change over time in response to coping or responding to the stressors. In nursing students normal line of defence includes the adequacy of sleep, nutritional status and physical health.

Line of resistance:

It is the last boundary that protects the basic structure. If the line of resistance is effective, the system can reconstitute. If the line of resistance is not effective, the resulting energy depletion may lead to mal-adaptation. In nursing students line of resistance includes intelligence, attitudes, problem solving, psychological strength and coping abilities.

Reaction to stress:

The reaction to stress may be positive or negative. The nursing student, in a situational crisis, utilizes the coping mechanism which is further divided into positive coping and (include high and average professional adjustment) and negative coping (include low professional adjustment). Positive coping mechanisms here mean that the individual is able to adjust with the academic and clinical situations well. Negative coping mechanism means that the individual is not able to adjust professionally with the academic and clinical areas, so that they are not able to adapt to their professional environment.

Prevention:

Primary prevention as intervention is used to retain, attain and maintain system balance. It occurs before the adolescent boys and girls reacts to stressors which include assessment of emotional maturity under different headings; emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence.

Materials And Methods :

A descriptive co relational research design was used to conduct the study. A simple random sampling method was used to select the nursing institutions in Mangalore Taluk and purposive sampling was used to select 1000 students from selected colleges. Demographic proforma, Social Anxiety scale and Professional Adjustment rating scale was used to assess the social anxiety and professional adjustment among nursing students.

The tool was administered to 100 students of a nursing institution in Mangalore. Reliability was established by Crohnbach's alpha reliability coefficient which was 0.804 for social anxiety scale and 0.738 for professional adjustment rating scale. 77, indicating that tool was reliable.

Pilot study was done in 100 students a nursing institution of Mangalore taluk. The study purpose was explained to the students and confidentiality was assured. Written consent was taken from them. The design was found feasible by the investigator.

In final study data was collected from 1000 samples of different nursing colleges in Mangalore. An informed consent was taken from all the subjects individually after explaining the objectives and purpose of the study. The data gathered were organized, tabulated and analyzed using descriptive and inferential statistics.

Analysis :

Analysis was done on the basis of objectives and hypotheses of the study. The plan for data analysis is as follows:

1. Demographic proforma containing sample characteristics was analyzed using frequency and percentage.
2. Social anxiety among the students' was correlated with professional adjustment using Karl Pearson correlation formula.
3. The association between social anxiety and selected demographic variables was analyzed by chi-square test.

Results :

The occurrence of social anxiety as estimated on Social anxiety scale reveals that, 64.6% are having mild social anxiety, 27.4% of subjects have moderate social anxiety and only 1.2% of subjects have severe social anxiety.

Figure 2

The figure 2 shows that 76.8% are having average professional adjustment, 12.3% of subjects have good professional adjustment and 10.9% of the subjects have poor professional adjustment as calculated according to the Professional Adjustment Scale.

The correlation between social anxiety and professional adjustment was calculated using Karl Pearson correlation formula.

Table 1

The findings in the table: 1 reveal that p (calculated) value was greater than the p (table) value hence the research hypothesis was rejected.

Table 2

The table 2 depicts that calculated ^{2} value for other

demographic variables like gender (x^2cal=7.250, p<0.05) and year of study (x^2cal= 0.005, p<0.05) is greater than the x^2 table value indicating that there is significant association between social anxiety and these variables which shows that female gender has more social anxiety than males and first year and second year students have more social anxiety than the other batch students.

Whereas the calculated x^2 value between social anxiety and selected demographic variables such as age (x^2cal=1.745, p>0.05), religion (x^2cal= 0.120, p>0.05), locality of permanent residence (x^2cal= 0.082, p>0.05), languages known (x^2cal=0.339, p>0.05), educational qualification (x^2cal= 0.897, p>0.05), mode of accommodation (x^2cal= 0.12, p>0.05), course undergoing (x^2cal= 0.118, p>0.05), percentage of marks in PUC (x^2cal= 0.12, p>0.05) and reason for joining nursing (x^2cal= 0.483, p>0.05) is less than the x^2 table value indicating that there is no significant association between social anxiety and these variables.
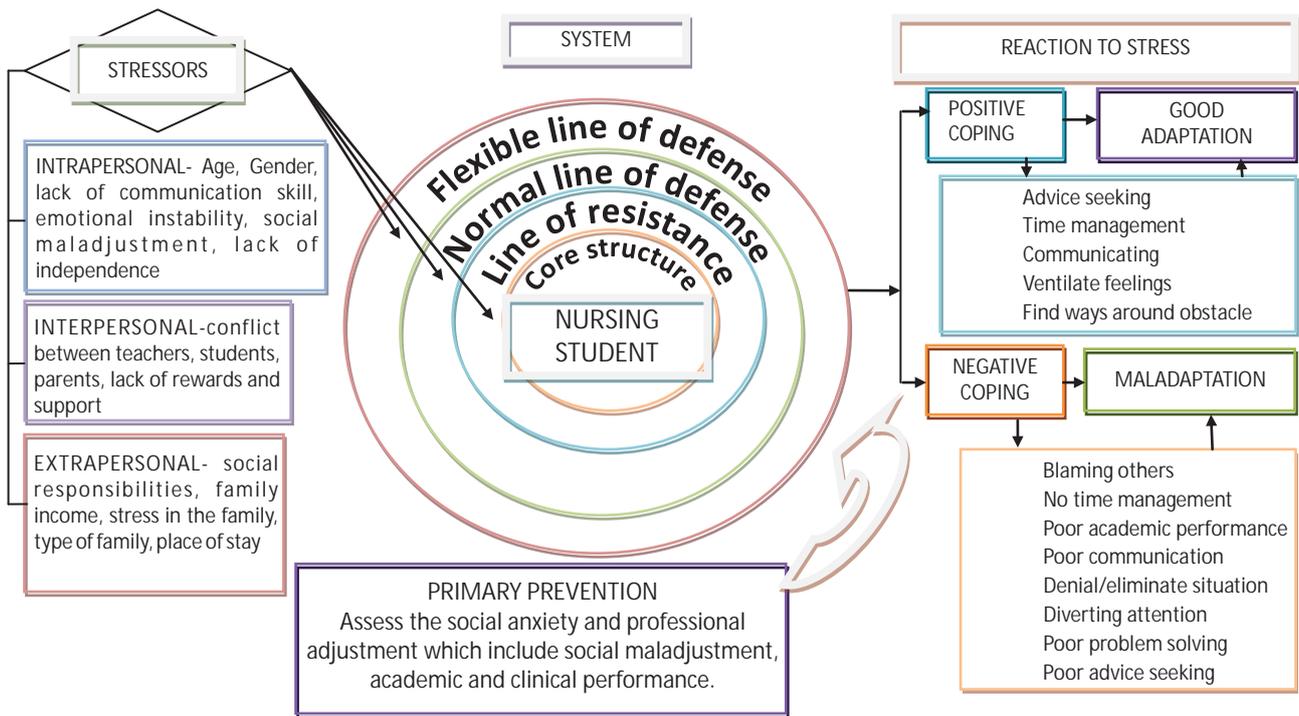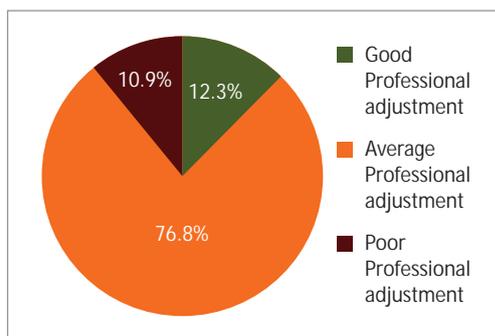

Fig 1 : Modified Newman's System Model, 1995

Fig 2: Pie chart depicts the percentage distribution of professional adjustment among nursing students.

(n= 1000)

Selected Variable	Coefficient of Correlation	P value	Level of significance
Social Anxiety			
Professional Adjustment	-0.042	0.213	p>0.05

Table 1: Correlation of social anxiety and professional adjustment among nursing students.

(n= 1000)

Variable	c^2	df	p value
Gender	7.250	1	0.007
Year of study	12.925	3	0.005

Table 2: Association of social anxiety with the demographic variables.

Discussion :

According to the present study the occurrence of social anxiety among the nursing students of selected nursing college was 71.2% of subjects with moderate social anxiety and 1.2% of the subjects with severe social anxiety. This study finding was supported by the study conducted in United Kingdom which showed that approximately 10% of the students reported marked to severe social anxiety[3].

The analysis of rating scale of Professional Adjustment Scale in the present study revealed that, 76.8% are having average professional adjustment, 12.3% of subjects have good professional adjustment and 10.9% of the subjects have poor professional adjustment. This study finding was supported by the study conducted by Cherian et al in 1998 in South Africa that showed 33-85% of the students experienced various adjustment problems[4].

The findings reveal that the coefficient of correlation computed (p=0.042) to find the relationship between social anxiety and professional adjustment showed a negative relationship between social anxiety and professional adjustment. This study was supported by the study conducted by Shah P, Kataria L on social phobia and its impact in Indian university students which showed a negative correlation between social anxiety and adjustments affecting academic, social and interpersonal areas of the students[5].

The association of social anxiety with selected demographic variables was analyzed by chi-square test and the hypothesis was tested at 0.05 level of significance. The result shows that there was an association between social anxiety and gender and year of study. There was no association found between social anxiety and other demographic variables. This study finding was contrary to the study conducted by Dutta et al. in 1998 in Assam which revealed no significant difference among the gender and also between the two age groups in the area of social adjustment[6].

Nursing Implication :

The findings of the study have implications on the field of nursing service, nursing education, nursing administration and nursing research. It is discussed in following headings.

Nursing practice:

Nursing is a noble profession. Nurses when compared to other health care workers, have greater opportunities for unique and productive interaction with children, families and people around her. If the student nurses are well adjusted and emotionally stable, the quality of care provided to the patients will improve. Patients will feel satisfied which in turn will give more job satisfaction to the nurse. This will help in improving the standards of profession. Actions can be taken to eliminate or reduce stressors and students should be empowered to cope effectively with unavoidable stressors.

Nursing administration:

Administrators in nursing can be aware of the adjustment pattern and psychological distress among nursing students. This will help them to take necessary steps like counseling to improve the emotional stability and adjustment. Proper guidance and counseling will help the students to come out with their problems which will help them in their all round development.

Nursing education:

This study highlights the need for better adjusted and emotionally stable students, which will help in attaining the educational objectives. The curriculum can be revised and it should give more importance to the psychological aspects of the students' development, in addition to the subject matter. This will help in the development of emotionally stable students. Students need a comprehensive orientation program to inform and thoroughly acquaint them with the curriculum requirements, available services, how to assess them and when should be assessed. Early referral to the counseling services by the faculty will also be of benefit.

Nursing research:

This study mainly emphasizes on the social anxiety and the adjustment pattern among nursing students. The literature reviewed indicated that not many studies of the same kind

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are conducted by the nurses' in India during the recent years. Hence, more such studies can be conducted at different colleges which will help in identifying the general and psychological adaptability of nursing students.

Conclusion :

Nurses today need to be more open and well adjusted to different stressors that they might come across during their professional career. The student nurses, in order to succeed throughout life, needs to develop a positive attitude in face challenges of life.

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