

Stress experiences, and stress coping of nursing students in clinical learning labour room.

Patchara Somchoe (M.N.S.)

Instructor, Faculty of Nursing E-mail: patchara.som@kbu.ac.th

The normal delivery is a skill that requires specialization. Nursing students' self evaluation indicates a lack of knowledge and expertise. If students assess situations that affect the well-being, this stress them. Stress negatively impacts students' physical and mental health. (Reeve et al., 2013 cited in Turner K., McCarthy VL, 2017, pp. 21). According to the Lazarus and Folkman's (1984) transactional model of stress (TMS) defines what stress is.

This article focused on stress experiences, and stress coping of nursing students in clinical learning labour room, faculty of nursing, private university. The informants were nursing students who experienced the practice of labour room and nurse preceptors. Data collection was gathered by interviewing. Content analysis was employed to analyze qualitative data.

The key informants were the 3rd year nursing students, Faculty of Nursing Private universities, practicing in the labour room at a hospital with 14 students in the academic year 2560 and 5 related nursing preceptors.

These are issues in the interview: What are the stressors students have? How does stress affect students? From the stress that occurs, how do students manage? And what is the effect to them? (Ask students.) In the case of students experiencing stress in the practice labour room, is there a way to help students learn about stress, and how to solve the problem? (Ask nurse preceptors.)

The results indicated that: nursing students felt a combination of excitement, anxiety, fear, and stress. The stress affected the nursing students in many ways, for example, a lack of confidence, a fear of doing and thinking, or even fainting or sleeping. Some coping strategies included reading more books, searching for information from the library or online media, and sharing experiences with friends, talking to their families, or relaxing by walking or swimming and listening to music.

It is recommended that the students be prepared before practicing by building the relationship between nurses and students, receiving and giving advice, creating new opportunities and love in the profession during the process of learning about stress and coping strategies.

Suggestion: Instructors, nurse preceptors, and those involved can help to create a learning environment to improve the process of learning about stress and how to cope with stress. Focus on the planning activities in accordance with the situation and the time that will cause stress. It is also advisable to assess the stress of nursing students periodically to prevent the negative impact of stress that will affect the physical and mental health of students. One of the best things to do is to consult a university psychologist.



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