

**FACTORS PERCEIVED BY THE FIRST YEAR COLLEGE
NURSING STUDENTS OF A CERTAIN UNIVERSITY
THAT LEAD TO OR BRING ABOUT STRESS"**

**A Thesis
Presented to the
Institute of Nursing
Far Eastern University
Manila, Philippines**

**In Partial Fulfillment
of the Requirements for the Degree of
Bachelor of Science in Nursing**

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**Alcantara, Cecille
Franco, Robert
Maigue, Wally Boy
Mariano, Mary Anne Olive
Mateo, Marilou
Medrano, Cristina**

**Mercado, Edna
Miranda, Levie
Molina, Joy Ann
Pagtaconan, Lemuel
Pangan, Michael Roy
Payongayong, Joseunita**

August 21 to September 30, 1996

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FACTORS PERCEIVED BY THE FIRST YEAR
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By:

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RESEARCH ABSTRACT

TITLE: "Factors Perceived by the First Year College Nursing Students that Lead to or Bring About Stress."

INVESTIGATORS:

Alcantara, Cecille
Franco, Robert
Maigne, Wally Boy
Mariano, Mary Anne Olive
Mateo, Marilou
Medrano, Cristina

Mercado, Edna
Miranda, Levie
Molina, Joy Ann
Pagtaconan, Lemuel
Pangan, Michael Roy
Payongayong, Jonet

BEGINNING: August 21, 1996

ENDING DATE: Sept.30,1996

The purpose of this study was to explore the factors perceived by the first year college nursing students in a certain university in Manila that lead to or bring about stress. A descriptive-correlation design was utilized in this study which involved relationship-searching and factor-naming, whereas the correlational design involved association testing. This study also intends to find out if there is a relationship between the perception of stress and the gender or type of personality of the first year college nursing students. This study also intends to find out if there is a difference in the perception that lead to or bring about stress between male and female first year college nursing students and between type A or type B first year college nursing students.

A researcher-constructed psychosocial checklist were utilized to test the study. The samples were chosen with the use of stratified random sampling. There were 72 samples, with 36 males and 36 females.

The researcher found out that the first year college nursing students dealt with six main factors that lead to or bring about stress namely: new environment, requirements, parents' expectations, financial constraints and faculty's standard of evaluation.

It has been found out that there is no significant difference between the perception of the first year college nursing students and their gender or type of personality. And so with the findings that there is no significant relationship between the perception of the first year college nursing students and their gender and type of personality, that is, whether they are male or female or whether they are type A or type B.

Findings revealed no statistically significant correlation between the gender and type of personality and the perception of factors that lead to or bring about stress.

CHAPTER I

THE PROBLEM

Background of the Study

Stress is a part of life and is experienced by everyone. Stress is a response to a stimulus - a response involving interaction between the brain and subsequent reactions throughout varying organs of the body. These complex reactions maintain the homeostasis or balanced state of the body. However, when stress reaches a high level, the student may start to react with aggressive, submissive and maladaptive behaviors. These behaviors are damaging to the student and present problems for students and nurse educator.

The transition from high school to college calls for a complicated many-sided adjustment. College represents an enlarged sphere of self-directed activity, of self-dependence and of social responsibility. The demands upon the individual are much greater during college life than in earlier school life because of lessened direction by instructors, the widened sphere of activity and personal responsibility and the great diversity of choice in college studies and extracurricular activities. The main task of this research study is to explore the factors perceived by the first year college nursing student in a certain