



A STUDY OF COPING RESPONSES AMONG NURSING STUDENTS OF RANCHI DISTRICT

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ABSTRACT:

Introduction: This study aims to investigate the Coping Responses of Government Nursing students and Private Nursing students in Ranchi District. **Aim:** The Aim of this study is assess the study of Coping Responses among nursing students of Ranchi District. **Methodology:** The study of tools and techniques for research design, measurement, and analysis. The present study aimed to determine the Coping Responses of Private and Government Nursing students of Ranchi District. The sample of the present study consisted of 150 private and 150 government nursing students in the area of Ranchi. Coping Responses Inventory was used for data collection. **Result:** Present research suggests that a significant role in the Coping Responses among private and government nursing students. Private nursing students' experiences are significantly higher Coping Responses than those of government nursing students.

KEYWORDS:

COPING RESPONSES, BEHAVIOUR NURSING STUDENTS, INSTITUTE, AND RESEARCH.

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Introduction

A coping behavioural response is an action a person takes to manage stress and unpleasant emotions, which can be either adaptive (helpful) or maladaptive (harmful). These responses can be problem-focused, like creating a to-do list to tackle a stressful task, or emotion-focused, like meditating to calm down. Examples include seeking social support, engaging in relaxation techniques, or unfortunately, using avoidance or substance abuse.

Coping behavioural response are caused by stressors and past experiences, which trigger an individual to manage painful emotions and difficult situations. These responses can be learned early in life and are influenced by factors such as personality, cultural norms, available social support, and how one appraises the situation (e.g., its controllability).

Types of coping behaviours include problem-focused (actively addressing the stressor), emotion-focused (managing emotional distress), meaning-focused (reframing the situation), and support-seeking (leaning on others). These strategies can be either adaptive (healthy) or maladaptive (unhealthy).

AIM AND OBJECTIVE OF THE STUDY:

- To assess the Coping Response of nursing students

METHODOLOGY

- Sample Sizer of Study:** The present study aimed to determine the Coping Responses of Private and Government Nursing students healing from the area of Ranchi District. The problem for the investigation has been Coping Responses as "A study of Coping Responses among nursing students of Ranchi District.
- Inclusion Criteria:** B.Sc., GNM, and ANM Nursing students. Participants ranged between the ages of 18-30 years, All Female patients, Participants educated up to Nursing course or more, and those who will give informed consent for the study.
- Exclusion Criteria:** Who is not pursuing a nursing course, any other significant co-morbid psychiatric disorder in addition to alcohol or cannabis dependence, Co-morbid chronic physical illness, organic illness and disability or infirmity, Family history of mental illness, and History of brain injury

TOOL USED

The coping responses inventory (CRI) is designed to identify and assess specific approaches and avoidance

responses that are used to confront with stress in stressful situation.

Moos (2004) has created an inventory that considers the focus of coping and divides coping responses into approach responses and avoidance responses. Each of two sets of coping responses is divided into two categories that reflect cognitive or behavioural coping methods. Approach coping is problem-focused and represent cognitive and behavioural efforts to master or resolve life stressors. In contrast, avoidance coping tends to be emotion focused, it reflects cognitive and behavioural attempts to avoid thinking about a stressor and its implications, or to manage the affect associated with stressor (Moos, 2004). Accordingly, Coping Responses Inventory (CRI-Adult) assesses four sets of coping skills: cognitive approach, behavioural approach, cognitive avoidances and behavioural avoidance. The coping responses inventory (CRI) is designed to identify and assess specific approaches and avoidance responses that are used to confront with stress in stressful situation. Table1 shows the eight CRI-Adult coping scale categorized into these four sets of coping responses.

RESULT AND DISCUSSION

TABLE 1: TOTAL SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON COPING RESPONSES INVENTORY

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	80.19	5.07			
Government Nursing	150	80.25	7.35	4.195	298	.000
Total	300					

Table -1 Showing that comparison of Coping Responses Inventory Test score of Private Nursing students and Government Nursing Students. The test score indicates that high scores mean Coping response of the nursing students.

The mean score of private nursing students was = 80.19, SD = 5.07, and mean score of government nursing students was = 80.25, SD = 7.35. which shows there was no significant difference between two groups (t = 4.195, df = 298, p = .000)

TABLE 2: TOTAL SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON AVOIDANCE RESPONSES INVENTORY

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	38.67	4.43			
Government Nursing	150	39.98	5.51	.531	298	.000
Total	300					

Table -2: Showing the comparison of Coping Responses Inventory Avoidance Response Test scores of Private Nursing students and Government Nursing Students. The test score indicates that high scores indicate an avoidance response among nursing students.

The mean score of private nursing students was = 38.67, SD = 4.43, and mean score of government nursing students was = 39.98, SD = 5.51. which shows there was no significant difference between two groups (t = .531, df = 298, p = .000)

TABLE 3: TOTAL SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON APPROACH RESPONSES INVENTORY

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	41.47	4.39			
Government Nursing	150	44.19	4.11	5.54	298	.000
Total	300					

Table -3 Showing that comparison of Coping Responses Inventory Approach Response Test score of Private and Government Nursing Students. The test score indicates that high scores mean Approach response of the nursing students.

The mean score of private nursing students was = 41.47, SD = 4.39, and mean score of government nursing students was = 44.19, SD = 4.11. which shows there was no significant difference between two groups (t = .554, df = 298, p = .000)

CONCLUSION:

Coping Responses Inventory in various domains were as follows. In the domain of Avoidance Response, they had good Coping Responses (4.43±5.51). In the Approach Response domain, there was a better and statistically significant adjustment in government nursing students. Social area (4.39±4.11), Private Nursing students experience significantly poor Coping Responses than Government nursing students.

The coping strategy most used by nursing students was escape. This strategy focuses on emotions, solves little, and is not very effective in managing the stressor. There was an association between the academic satisfaction variable and the coping strategies used by the nursing students. This fact warrants attention, because students who are satisfied with the course use positive coping strategies for the most part. In contrast, students who are dissatisfied with the nursing program use negative coping strategies focused on emotions rather than on the problem.

This study endeavors to provide a better understanding of the coping strategies used by nursing students, and their effectiveness, through a process of self-awareness. This process seeks to make students aware of the possibility of adjusting or replacing the strategies being used, according

to the needs of the situations they are experiencing. This may result in an appropriate management process and subsequent positive adaptation to the threatening situation through the use of effective coping strategies.

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