

Academic Pressure and Coping Strategies Among Student Nurses During the COVID-19 Pandemic: A Cross-Sectional Study

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ABSTRACT

Objective: Academic pressure on students has an impact on nursing students' well-being during the pandemic. Addressing such problems can lead to their academic success and requires appropriate coping mechanisms to deal with the situation. Therefore, this study aims to investigate the academic pressure and students' coping strategies during the COVID-19 pandemic.

Methods: This study employed a descriptive-cross-sectional design with the involvement of the 211 student nurses of the University of Tabuk, Tabuk City, Kingdom of Saudi Arabia.

Results: Gender was not found to be significant with coping strategies, but it was found to be significant with academic pressure ($t = -2.299$; $P = 0.023$). There were significant differences in coping ($t = -2.24$; $p = 0.026$) and academic pressure ($t = -2.390$; $p = .018$) based on family size. The marital status had no difference on coping but did have a significant difference on academic pressure ($t = -2.452$; $P = 0.015$). There was a significant difference in coping ($F = 3.658$; $P = .027$) and academic pressure ($F = 7.297$; $P = 0.001$) by age. Also, the year level demonstrates a significant difference in coping ($F = 3.658$; $P = 0.020$) and academic pressure ($F = 4.188$, $P < 0.001$). Furthermore, there was a significant relationship between coping and academic stress ($r = .338$; $P < 0.000$).

Conclusion: Gender and marital status had no difference on coping strategies, but they did have a significant difference on academic pressure. Family size, age, and grade level all had an impact on coping strategies and academic pressure. Moreover, there was a significant correlation between coping and academic pressure. Any formal assistance given to students should be proactive in its approach and be adapted to the specific coping mechanisms used by the target population. Exercise encouragement, opportunities for social activity, and peer support initiatives should all be given top priority.

Keywords: Academic pressure, Coping strategies, Student nurses, COVID 19, Saudi Arabia

Bahrain Med Bull 2023; 45 (3): 1564 - 1569

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