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Academic stress, stress levels and ways of coping among students of Johor Bahru Allied Health Sciences College

Ramahsendran, Manicka Valli^a ; Ahmad, Roslee^b; Khan, Aqeel^c; Sasmoko S.^d

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^a Health Sciences College, Ministry of Health, Johor, Malaysia

^b Universiti Sains Islam Malaysia (USIM), Malaysia

^c Universiti Teknologi Malaysia (UTM), Malaysia

^d Bina Nusantara University, Indonesia

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Abstract

The study was done in Johor Bahru Allied Health Sciences College to gather information on academic stressors, stress levels and ways of coping among year one semester one nursing and assistant medical officer students. One hundred and twenty five nursing students and one hundred and twelve assistant medical officer students (total of two hundred thirty seven respondents) participated in this descriptive, cross sectional quantitative study. Instruments employed were Ying's Formal Academic Stress Scale 2009, Cohen's Perceived Stress Scale, 1983 and Ways of Coping by Lazarus and Folkman, 1984. The result of the study reported the highest academic stress that students are facing is related to peers. Highest mean was reported by both groups of students for this construct. Second highest mean was related to tests. Data analyzed using descriptive and t test proved significance (p value of 0.05) of

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academic stress among respondents. Analysis of stress levels were performed. The result demonstrated that students are facing high stress levels. Eighty eight percent of nursing students had more than average and high stress levels. Eighty nine percent of assistant medical officer students demonstrated the same. Ways of coping contained 8 constructs and highest mean determined the most used. Majority of students stated accepting responsibility for ways of coping. This finding was similar for both nursing and assistant medical officer students. Demographic variables were tested and demonstrated no significance differences according to race, age and sex. This finding is contradictory with other findings whereby the male and the female have different ways of coping, whereby women demonstrate more emotional coping compared to males. High stress levels need to be addressed as these students have just stepped into college life and need assistance to cope. Personal and group counseling can be effective in reducing stress and improving academic success. © Serials Publications.

Author keywords

Academic stress; Coping; Stress levels

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