

Elucidation of Stressors in Pharm.D Graduate Students – A Pilot Study

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Abstract: A stressor is a chemical or biological agent, environmental condition, external stimulus or an event that causes stress to an organism. An event that triggers the stress response may include: environmental stressors (hypo or hyper-thermic temperatures, elevated sound levels, over-illumination, overcrowding), daily stress events (e.g., traffic, lost keys, money, quality and quantity of physical activity), life changes (e.g., divorce, bereavement), workplace stressors (e.g., high job demand vs. low job control, repeated or sustained exertions, forceful exertions, extreme postures), chemical stressors (e.g., tobacco, alcohol, drugs) social stressor (e.g., societal and family demands). Various types of stress estimating scales: standard stress scale, perceived stress scale, Holmes and Rahe scale, manual of Bisht battery of stress scale etc., of these we preferred using social readjustment rating scale - a modified Indian version of Holmes and Rahe scale. It includes 30 stressful life events that contribute to illness. The stress results are calculated and evaluated for any kind of illness (mental) like depression, anxiety, etc., that they may get prone to in their near future.

Keywords: stressors, Holmes and Rahe scale, anxiety, depression

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I. INTRODUCTION:

In psychology, stress is a feeling of pressure. The way of responding to any kind of situation either it may be good or bad experience. When the person feels stressed our body reacts by releasing of chemicals into blood and shows symptoms like chest pain, high heart rate, sexual desire, stomach upset etc..

Positive stress:- It helps to improve athletic performance however it may also lead to harm to body by using risk of strokes, heart attacks, mental illness, depression. It is called "eustress".

Negative stress:- It perception of feeling of discomfort and anxiety. Eg:- death, insomnia, divorce

Acute stress:- It is short term stress which can intensify and disappear quickly. Chronic stress:- It is long term stress which lasts for weeks to months.

II. MATERIAL AND METHODS

This prospective comparative pilot study was conducted on students of Pharm.D at M.A.M College of Pharmacy, Kesanupalli, Narasaraopet, Andhra Pradesh, India from March 28/03/18 to 7/04/18. A total of 77 students (both male and females) of aged > 18, years were for in this study.

Study Design: Prospective open label pilot observational study

Study Location: at M.A.M College of Pharmacy, Kesanupalli, Narasaraopet, Andhra Pradesh, India.

Study Duration: March to April

Sample size: 77 students

Subjects & selection method: The study population was drawn from consecutive years after getting ethical clearance from institutional ethical committee and with the prior permission from the participating students by strictly adhering to the inclusion and exclusion criteria in between from March 2018 to April 2018.

Inclusion criteria:

All students who are interested to participate in the study, both males and females from different academic years are taken.

Exclusion criteria:

Students above 25 years and below 17 years were excluded from the study.

Procedure methodology

After written informed consent was obtained, a well-designed questionnaire was used to collect the data of the recruited students retrospectively. The questionnaire included socio-demographic characteristics such as age, gender, nationality, height, weight, and consanguineous marriage, physical activity and lifestyle habits like smoking and alcohol.

Materials Used: A suitable designed undergraduate students stress questionnaire form was developed by consulting physician and staff of pharmacy department practice.

Method: The students were involved in to the study by considering the above criteria after taking their decision to participate in to the study. the severity of stress of each student was analyzed using undergraduate students stress questionnaire and level of stress was elucidated.

III. RESULT

Gender wise categorization : Females are found severely stressed than males. Males are found less stressed compared to females.

Table no 1: Gender wise categorization

	Females	Males
Mild	17	7
Moderate	5	4
Severe	13	11

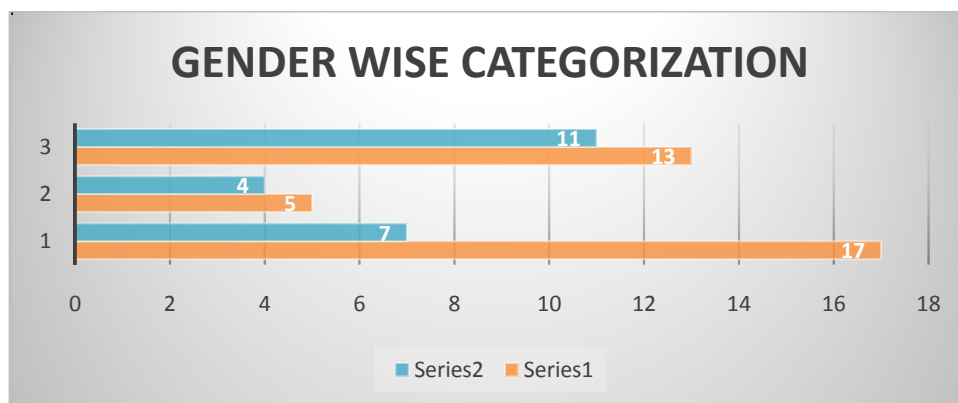
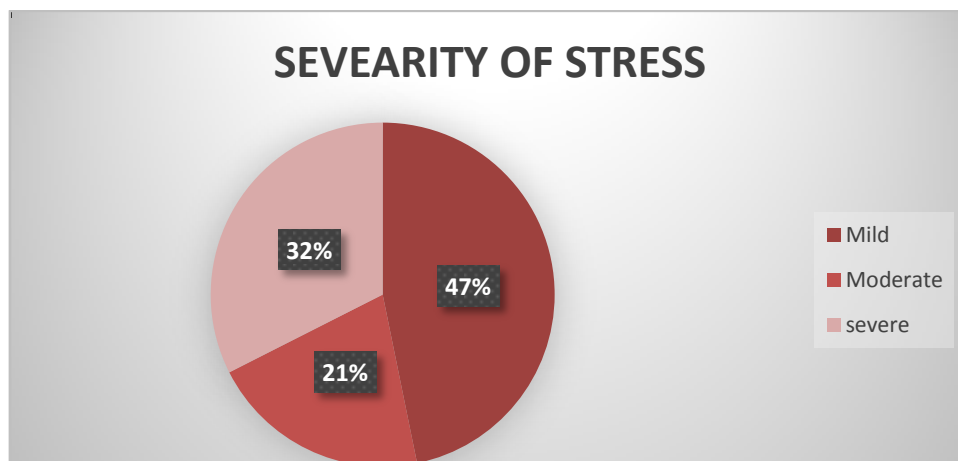
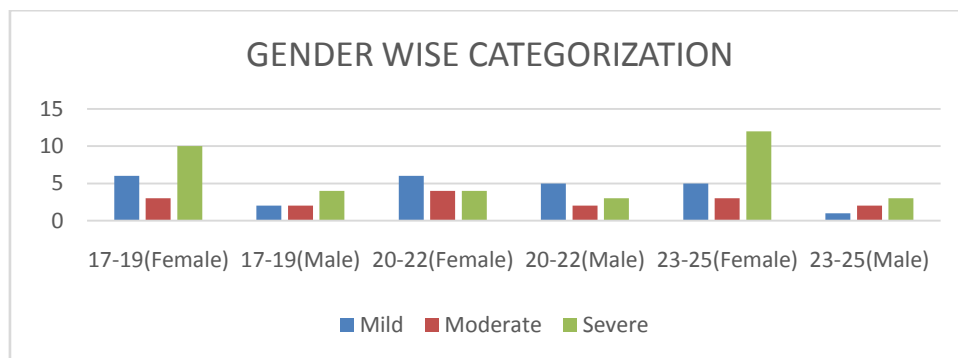


Table no 2:

	17-19(Female)	17-19(Male)	20-22(Female)	20-22(Male)	23-25(Female)	23-25(Male)
Mild	6	2	6	5	5	1
Moderate	3	2	4	2	3	2
Severe	10	4	4	3	12	3



IV. DISCUSSION:

Once you've gone through these appraisal steps, how much stress the situation causes you is related to your perceived control over the situation. Typically, perceived control decreases stress. But when it comes to perceived control, there are a couple of caveats. Some people need control, and others find it even more stressful to be in control of a situation. Here if we see the results mostly the age group of (23-25) are severely stressed because there may be many reasons like planning for future, job searching, searching carrier opportunities and also with them age group (17-19) are also in severe stress phase because of the new faculty, seminars, lectures, new college environment and other issues.

V. CONCLUSION

From the above results the study concludes that 47% of students are severely stressed and if the same stress continues for about a year or long may lead to depression or anxiety in near future. 21% of students who are moderately stressed must take care follow the stress therapy exercises to escape the danger.

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