

A CROSS-SECTIONAL COMPARATIVE STUDY ON STRESS AMONG MEDICAL AND
NON-MEDICAL STUDENTS IN GUNTUR DISTRICTCh. Tejaswi^{1*}, P. Radha Kumari² and A. Sita Rama³¹First Year PG, ²Professor, ³Professor & HOD

Department of Community Medicine, Guntur Medical College, Guntur.



*Corresponding Author: Dr. Ch. Tejaswi

First Year PG, Department of Community Medicine, Guntur Medical College, Guntur.

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ABSTRACT

Background: Stress is very common in present days. It became a part of our lives. Stress is very common in younger age groups also in the present world. Each and every profession has their own stress. Medical profession being a very responsible and noble profession stress levels are very much high in medical students and professionals. Higher stress levels lead to suicidal thoughts and tendencies & suicide rates due to stress was high among medical students. Hence the present study is done to know the stress levels among medical and non-medical students. **Methodology:** A Cross-sectional comparative study is done from 29th august 2022 to 9th September 2022 among medical and non-medical students. Data collected by using pre designed pre tested semi structured questionnaire. Data analysed by using SPSS software. **Results:** In medical students the prevalence of high perceived stress is 14.7% & in non-medical students the prevalence is 4.08%. Stress was high in people who belong to nuclear family. **Conclusion:** Stress levels of medical students are higher when compared to non-medical students.

KEYWORDS: Medical students, stress, Non-medical students etc.

INTRODUCTION

Stress is a subjective experience which creates disturbances in a person's path of achieving his/her dreams.^[1] Medical education is perceived as very stressful and it may have negative impact on thinking and learning abilities of students.^[2] Through earlier studies, stress levels of medical students have established to be high during academic life.^[3] Hence the present study is done to know the stress among medical and non-medical students.

Objectives

1. To know the prevalence of stress among medical and non-medical students.
2. To study association between stress and socio-demographic data
3. To know coping up strategies adopted by study participants

METHODOLOGY

Study design: A Cross-sectional comparative study.**Study period:** Conducted from 29th august 2022 to 9th September 2022**Study setting:** The study was conducted in one medical college, one engineering college, 2 degree colleges in Guntur**Sample size:** A Convenient sample of 200 students were taken**Study population:** Study population includes undergraduate medical students (102), and undergraduate B.Tech and B.Sc students (98).**Inclusion and Exclusion criteria:** Students who are willing to participate in the study are included and who are not willing to participate are excluded.**Method of data collection:** Data was collected in google forms by preparing pre designed, pre tested and semi structured questionnaire and sharing the link in whatsapp groups. Stress was measured using PSS-10 score which comprised 10 questions with response varying from 0 to 4 for each on the basis of their occurrence during 1 month before survey. Score of 0-13 means low stress, 14-26 means moderate stress and 27-40 means high perceived stress. The data contains questions regarding socio-demographic details and coping up strategies. Informed consent was taken from study participants. Data entered into Excel sheet and analysed using SPSS software 25th version.

RESULTS

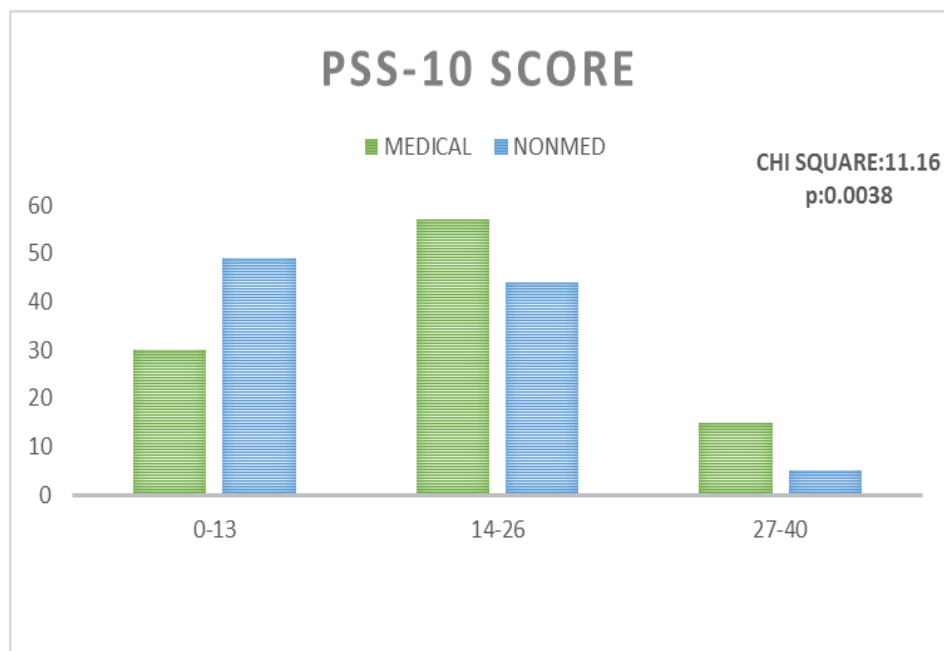


Figure 1: Prevalence of stress among study groups.

PSS-10 score: Score of 0-13 means low stress
 Score of 14-26 means moderate stress
 Score of 27-40 means high perceived stress

Prevalence of stress among medical students is more compared to non-medical students and this shows statistical significance (**chi square: 11.16, p:0.0038**).

Among the medical students the prevalence of low stress is 29.4% (30) and in non-medical students prevalence is 51% (49). Prevalence of moderate stress is 55.8% (57) in medical students and in non-medical students prevalence is 43% (44). In medical students the prevalence of high perceived stress is 14.7% (15) and in non-medical students the prevalence is 4.08% (5).

Association between Stress and Sociodemographic data

In the study groups stress levels were higher in people who were living in urban areas. Students who belong to nuclear families experience more stress. Among the study groups stress levels were higher in students who belong to upper and upper middle socio-economic status.

Table 1: Coping up strategies adopted by study groups.

Coping up strategies	Medical students (102)	Non-medical students (98)
1. Talking with family	75.4%	70%
2. Counselling	48%	40%
3. Going out with friends	81.3%	75%
4. Watching TV	81.3%	74%
5. Reading books	51.9%	8%
6. Taking a walk	88.2%	35%
7. Shopping	54.9%	9%
8. Eating or cooking	84.3%	40%
9. Internet chats	59.8%	39%
10. Virtual interaction	42.1%	45%
11. Sleeping	91%	78%

Highly adopted coping up strategies are sleeping followed by Taking a walk, Eating or cooking, Going out with friends, watching TV etc.

DISCUSSION

The prevalence of high perceived stress in this study is 14.7% whereas in a study conducted by Bhavani et al^[3] the prevalence is 2%.

CONCLUSION

To conclude from this study, the stress levels of medical students are higher when compared to non-medical students. 55.8% medical students were in moderate stress & 14.7% of the medical students were in high perceived stress. Stress levels are more in urban areas and upper socio-economic status people. Majority of the students adopted sleeping as coping up strategy to combat stress.

Recommendations

Frequent counselling is needed to people who are in moderate stress. People who are in high perceived stress, they should be taught about stress management techniques along with counselling. Yoga and Meditation will reduce the stress to a great extent and people with stress should follow these measures & it will give relief. National Mental Health Programme (NMHP) is an ongoing programme in the country to treat common mental illnesses. So people should make use of those services to get rid of the complications. Government of India initiated Tele Manas^[4] application to combat mental health issues. Toll free numbers are available and people can contact easily and they can chose their interested language for a better communication & they can tell their problems and consultants are available and they will treat the mental issues by providing counselling and treatment. Tele medicine is a new initiative in health which brought the health services very near to people. Family members should take special care of people who are in stress. Family plays a major role in caring the individual.

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