



The stress, self-efficacy, coping strategies and related factors among nursing students in the psychiatric units

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Objective: To explore the stress, self-efficacy, coping strategies and related factors of nursing students in psychiatric practice.

Methods: The data were collected by the structured questionnaire "practice stress scale", "self-efficacy scale" and "coping strategy Scale". The subjects of this study were psychiatric nursing students for the first time in a psychiatric ward of a psychiatric hospital in southern .

Results: The main practice stress of nursing students was "actual nursing pressure", followed by "homework and workload pressure". "Self-efficacy distribution", more than 97% nursing students can find solutions to solve problems. The average score of coping strategies of nursing student was 38.66 ± 7.50 , which was a moderate level. The most commonly used coping strategies were "transfer", "problem solving" and "stay optimistic". There were significant differences among nursing students' age, religious belief, academic performance, school length, ward attributes and practice pressure. The gender and self-efficacy of nursing students were significantly different. There were significant differences in academic performance and coping strategies of nursing students.

Conclusion: Intern stress, self-efficacy and coping strategies are interrelated, and self-efficacy is the most important influencing variable. The intensity of stress perception and self-efficacy of nursing students will indirectly affect their behavior and coping strategies.

Key words: Psychiatric nursing students, Internship stress, Self-efficacy, Coping strategies

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