

## STRESS MANAGEMENT AND RESILIENCE IN JUNIOR AND SENIOR NURSING STUDENTS IN GHANA

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### ABSTRACT

This descriptive cross-sectional study aimed to investigate the sources of stress, the stress management strategies, and the resilience among Junior and Senior nursing students at different nursing schools in Ghana. 240 students enrolled in different schools in Ghana were surveyed during the month of September 2013. The data collected were analyzed through SPSS. Descriptive statistics (Mean and Standard Deviation) and inferential statistics (t test and ANOVA) were used to compare the Junior and Senior baccalaureate nursing students in terms of their stress management and resilience. The findings showed that nursing students are exposed to different source of stress but the fear of their performance in the clinical setting is the greatest source of stress. The findings also revealed that while students were somehow resilient, emotional and spiritual support along with getting more involved in physical/school activities are the main strategies used to deal with stress. Finally, the results revealed that the source of stress, the strategies to manage stress, and the resilience level differ according to the students' age and level; but do not differ in terms of gender.

**Keywords:** Stress management, resilience, nursing students.