Comparison with the state level as well as the relationship of Stress, Resilience and Psychological Health between UK and China: A Newest Cross-sectional global Study in undergraduate nursing students

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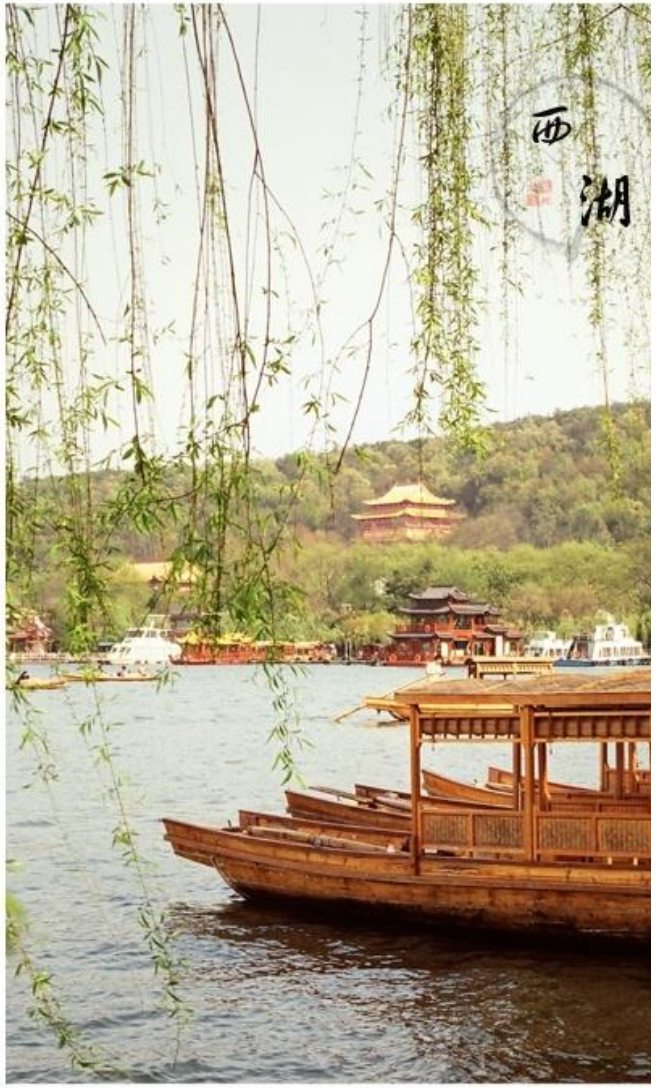

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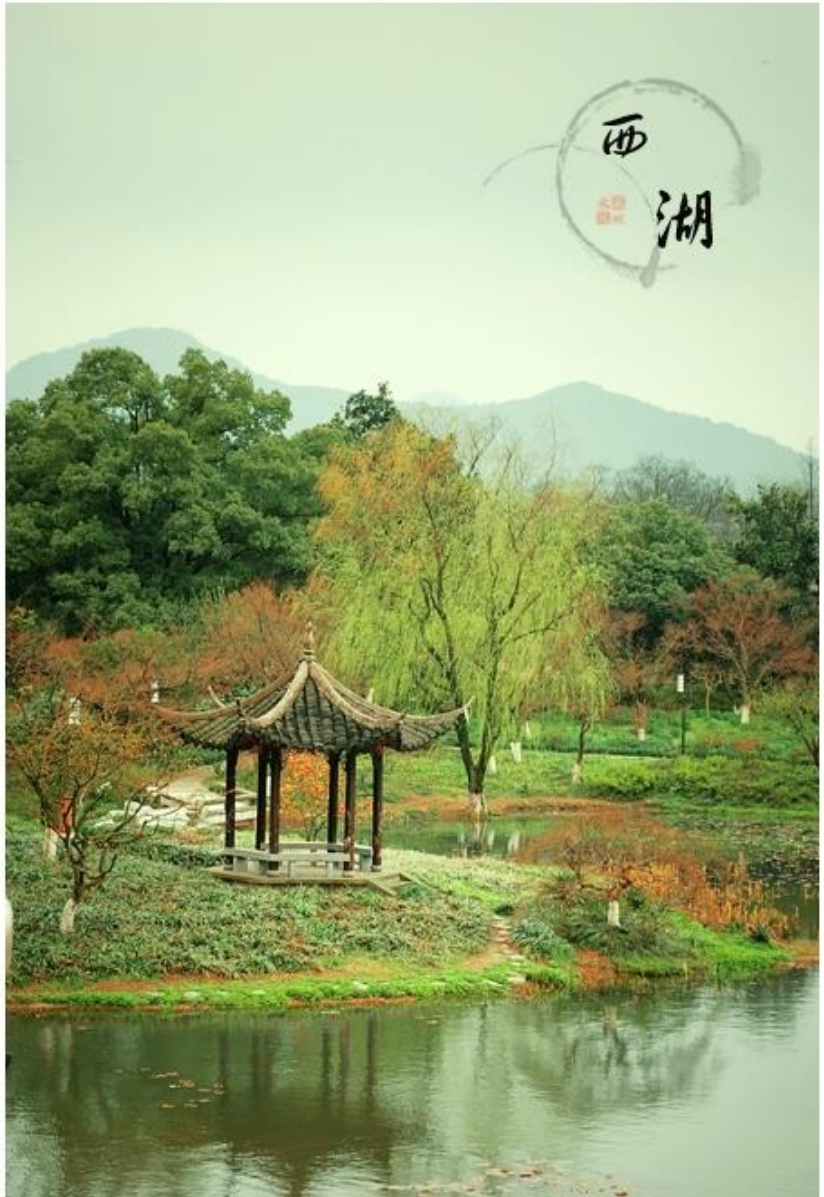
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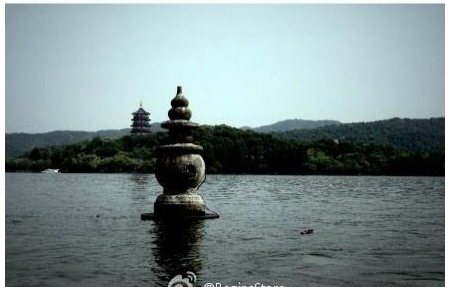

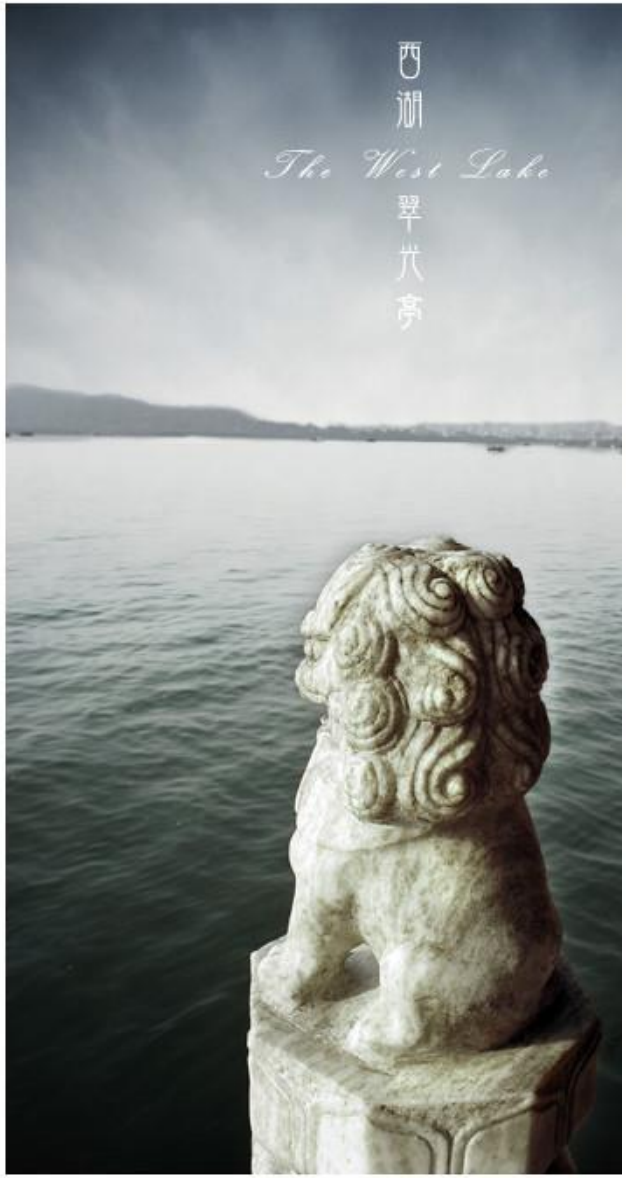
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Aims of this sudy

To explore the state level as well as the relationship of stress, resilience, and psychological health in nursing studer UK and China.

Also try to to search for a strategy to f effective way to ease stress and psych distress in nursing education program more healthy for this participates.

Background

◆ **Stress and psychological distress** in student nurses has been **widely demonstrated** and present globalization trend including China.

◆ **Resilience has been described as a personal resource** that can influence an individual's ability to cope with the negative effects of stress and have strength to deal with adverse experiences.

◆ To date, **little research has been done** to examine the **relationship of both stress and psychological health with resilience** in these population in nursing area.

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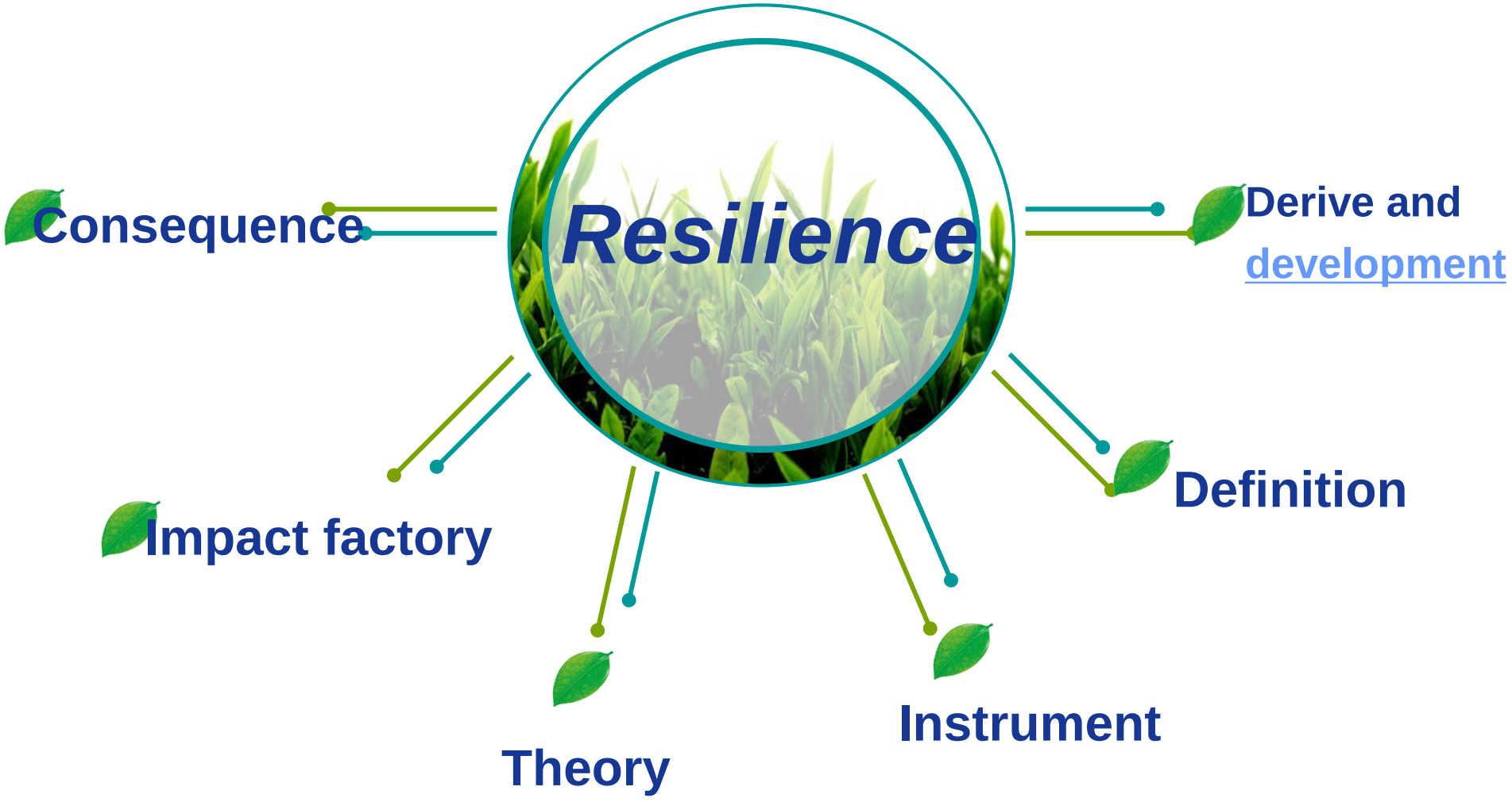
Study on Resilience



Derive and development

Resilience is derived from the French word ”resile” ， means bounce back.Study of resilience is begun from 1970’s.

Development of three stage：

Early period(1970~ 1990) Characteristics and protective factors

Medium term (1990~ 2000) Dynamical processes

Last period(2000~Now) Involved in Positive Psychology

Definition of Resilience

- Resilience as a personal resource that can influece the individual's ability to avoid the potentially deleterious effects of streee and make the necessary protective strength under adverse experience,as well as the ability to bounce back from adversity as most research of resilience concluded. (Wagnild(1997,2003) and Dyer(1996))
- Resilience refers to positive adaptation although faced with adversity,trauma,tragedy, threat, or other much pressure.(American Psychology Association)

The resilience scale

Resilience Scale includes 25 items reflecting five characteristics which is served as the conceptual foundation for resilience (Wagnild & Young)

- **Equanimity,which is a balanced perspective of individual life and experiences.when encountering adversity.**
- **Meaningfulness,which means the perception that life has a purpose and realization that there exist something for living.**
- **Perseverance, refers to the willingness to proceed with reconstructing life and connoting the ability to keep going despite set backs or discouragement.**
- **Existential aloneness,implied the recognition of each person's unique path and acceptance of one's life.**
- **Self-reliance,assessed the belief in one' self and capabilities when facing with adversity.(Wagnild & Young, 1990, 1993).**

Consequence of Resilience

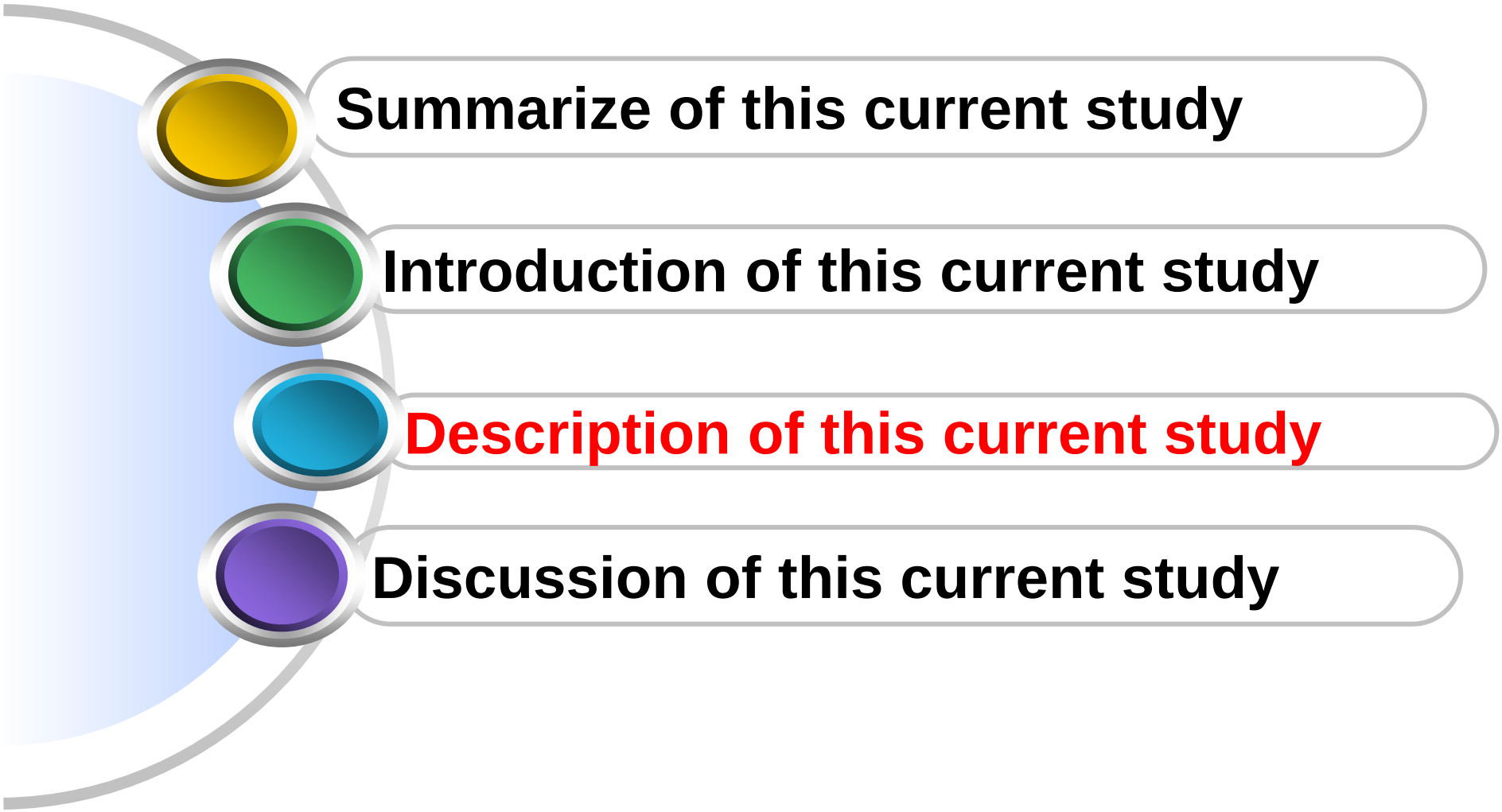
Physical Health

Mental Health

Subject Well-being

Quality of Life

Contents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Method

Study Design

This study employed a cross-sectional research design.

Study Design

Survey Research

Parameters

Stress and Psychological health for evaluating the current health status of nursing students in China.

Participants

1538 participants were tested by the international commonly assessment scale.

Method

- Instrument and survey procedure

Instrument

- Resilience Scale(C-RS)(Resilience)
- Stress in nursing students Scale(C-SINS) (Stress)
- General Health Questionnaire-12(C-GHQ-12) (Psychological Distress)

Method

Sample and data collection

◆The participants were 1538 Chinese Nursing students from three Nursing School of Universities, Hangzhou.

◆The inclusion criteria were being student nurses in Nursing School, the clear thinking and good language communication ability,Voluntarily participate in this study. Nurses were not included if not voluntary.

◆ 1538 student nurses received face to face interview and completed the questionare after filling the formal informed consent.

Sampling method

Convenient sampling method were used for this study.

Method

Data analysis

◆All analyses were performed using the Statistical Package for the Social Sciences (SPSS) for Windows version 18.0 (SPSS Inc., Chicago, IL, USA).

◆Statistical evaluations were at 2-tailed tests, with p values of less than 0.05 considered as significant. Cronbach's alpha coefficients was used to determine the correlation among resilience,stress and psychological distress.

◆ Descriptive statistic analysis, correlation analysis as well as stepwise multiple regression analysis were examined on matching pairs of data.

Method

Ethical Consideration

- The study protocol was approved by the Research Ethics Committee of Hangzhou Normal University as well as the other two universities.

Result

- The mean score of resilience was 121.84 (SD=21.30).
- A comparison of the scores for the dimensions of the SINS showed a relative difference in terms of mean scores and in descending order.
- The mean score of psychological health was 6.20 (SD=1.83).
- Resilience was found to be related significantly with stress and psychological health with the correlation coefficient is -0.195 and 0.064 respectively.

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Conclusion

◆ This study illustrated that resilience was a stronger predictor of stress and psychological health including in China and UK.

◆ Future research will be carried out to implement the strategies or interventions including conducting nursing education programs and competencies in enhancing resilience in global nursing research.

Thank You !