

Article: 1005

Topic: EPW27 - e-Poster Walk Session 27: Education

Perceived-stress and Resilience in Nursing Students

N. Seyedfatemi¹, F. Pourafzal², M. Inanloo³, H. Haghani⁴

¹Center for Nursing Care Research, Iran University of Medical sciences, Tehran, Iran ; ²school of nursing and midwifery, Tehran University of Medical sciences, Tehran, Iran ; ³school of nursing and midwifery, Iran University of Medical sciences, Tehran, Iran ; ⁴faculty of Medicine, Iran University of Medical sciences, Tehran, Iran

Background & Objective: The effect of perceived-stress on students' health is dependent on their coping abilities. One of coping strategies for dealing with stress is resilience. The aim of this study is to examine perceived stress and its relation with resilience in undergraduate Nursing students

Methods & Materials: In this cross-sectional study, 309 under-graduate nursing students studying at Tehran University of Medical Sciences during the first semester of 2012-2013 were selected by stratified sampling. Data were collected using the Perceived stress scale and Connor-Davidson Resilience Scale (CD-RISC) questionnaires. The data was analyzed using descriptive and inferential statistics by SPSS-Ver14.

Results: Findings revealed that about 100% (99.3%) students reported that perceived stress moderately or high. Regarding relation between perceived-stress and resilience There were statistically significant relationship between these two variables ($P \leq 0.001$, $r = -0.38$).

Conclusion: According the study findings nursing school can provide facilities and opportunities for students to learn stress management strategies such as increasing resilience ability during 4 years educational program.

Key words: Perceived-stress, Resilience, Nursing students