

## **SUMMARY**

Psychiatric nursing experience is usually emotionally charged. Students come to the area with preconceived ideas about psychiatric patients and mental hospitals. Stigma attached to mental illness is an added factor to the situation. Thus the major assumption is that most student nurses experience anxiety of varying intensity during the per - interaction phase with the psychiatric patient. Therefore areas of stress experienced by nursing students ought to be identified because these are hindrances to student's performance, ability to learn and attitude towards this particular field.

Psychiatric nurse's awareness of possible sources of stress, limitations, capabilities, adaptive and maladaptive coping patterns will enhance them to react appropriately to stressful situations and manage properly patients' conditions while feeling healthy. So, investigating nurses' perception of possible sources of stress and reactions to stressful situations will enhance the awareness and consequently improve management of patients' conditions.

**The aim of the present study** was to identify the students nurses stressors associated with the psychiatric nursing experience and coping strategies using to reduce stress.

The study was carried out at the High Institute of Nursing, Zagazig University Benha branch on all the fourth year undergraduate students (93) attending the psychiatric nursing course during the second academic semester of 2000. The clinical experience was performed at Benha Mental health.

**These objectives were achieved through the following tools:**

- a) A questionnaire will be used to collect data concerning students

expectations prior psychiatric nursing experience.

- b) An observation sheet will developed to measure the coping strategies of students in different stress situations.
- c) Anxiety scale will be used to measure the anxiety level of the students.

**The main findings of this study were:**

- Majority of students had low scores in anxiety, fear, tension, depression, insomnia, state of memory, cardiac signs, respiratory signs, autonomic manifestation, physical manifestation and sensory manifestation with the psychiatric clinical experience related to high level of knowledge.
- By order of stressors priority of psychiatric clinical experience were: unacceptable patient's behavior, patient's prognosis, discrepancy between what is taught and routine of the hospital. Fear from excited patient, effect of first impression about the psychiatric hospital.
- The most causes of anxiety, fear, tension and depression result from the instructor's presence with the student in the psychiatric field.
- Regarding students feeling towards various types of patient behavior as the patients exhibiting sexual behavior, suicidal behavior and violence that causes stressor, as fear, tension and depression.
- Most of the students had overwhelmed feeling towards psychiatric nursing experience. This feeling dropped between fear and anxiety.
- All of the students felt fear and anxiety regarding to how to deal with the psychiatric patient.
- Most of the students in needs to acquire up to date knowledge about adaptive coping patterns to be able to cope with their stressors &

psychiatric patients.

**The following recommendation were formulated:**

- [1] All nursing students should have planned learning experiences during their initial professional education.
- [2] Student nurse should be helped to understand themselves through self expression of their feelings and emotional problems.
- [3] Formal nursing education systems should place more emphasis on behavioral management, communication skills and developing effective relationships, as they are the basis to understand human behavior and plan for patient's care.
- [4] Student should be gradually exposed to the clinical area starting from the simple or progressing to the more complex situations this should be planned by nurse educator to overcome her feeling of fear, anxiety.
- [5] Healthy coping methods should be taught to all nurses at regular sessions by professional people in the field of mental health.
- [6] Group meetings and discussion between students and their teachers to overcome hindrances for achieving the learning objectives either practically or theoretically.
- [7] Psychometric measures should be done early for every student nurse especially prior to the beginning of psychiatric nursing.
- [8] Development of stress management programs for nurses and suggestions of certain strategies.