

# Summary

Anxiety is a normal emotion which in moderate degree can be a helpful force by increasing effort and alertness .

In excess anxiety impairs effectiveness and is a handicap . Anxiety is more common in adolescence . The maximal prevalence of anxiety in normal adolescents was shown by the extremes of their age group ( 13 and 20 years ) .

Anxiety is more common in females than males . Anxiety is multifactorial in origin and arise from an interaction between genetic, constitutional , biological, psychological and environmental factors . socio-cultural and traditional influences may affect content and the symptomatology of psychiatric illness Psychological troubles in general were more frequent among students of low – socioconmic group. Adverse experience in child hood and adolescence involving parental indifference and sexual and physical abuse consideranly raise risk of both depression and anxiety .

This work was intended to study the prevalence of anxiety among baccalaureate nursing students at Benha university and to identify the relation ship between anxiety and socio- demographic variables and to determine the levels of anxiety and its associated risk factors among baccalaureate nursing students at Benha university .

The study included All students from the first, The second, third , fourth and the internship year of baccalaureate nursing students at Benha university . The study was carried out on a total

of 449 students from the different academic years with ages ranged between ( 18-20+ ) years .

The standardized Arabic translation of Taylor's test was used to assess the level of anxiety among students .

*A questionnaire was designed to identify the following :-*

- a- Individual features of the nursing students including age and year .
- b- Social features of the nursing students including residents, educational zones and crowding index .
- C- Familial features including number and type of siblings, parental age, consanguinity, education and work of parents .
- d- Certain risks including birth order, medical history, relation with peers and educator, history of failure, family coherence and familial psychological troubles.

*The present study concluded the following :-*

- 1- Anxiety was found to be widely spread among adolescents as they all tend to be anxiety at this particular period .
- 2- Prevalence of anxiety ( severe and very severe ) levels of anxiety among the female nurse students ( studied group ) was high( 44 % )approximately.
- 3- Social and socioeconomic conditions had positive significant effect on anxiety. Higher anxiety scores were encountered among students from middle and high social classes. Living in urban residents at end of adolescent stage .
- 4- The number of siblings in relation to anxiety was statistically significant
- 5- The role of the environmental factors was more obvious than genetic factors in the precipitation of anxiety .

- 6- Father's occupation significantly affects anxiety of students. Higher anxiety levels were encountered among students whose fathers were holding semiskilled and manual jobs .
- 7- Bad parental relation and incoherent families were behind the precipitation of anxiety.
- 8- Students bad relation with peers and teaching staff were behind the precipitation of anxiety .
- 9- Unsatisfaction with nursing study curriculum was associated with significantly high level of anxiety.
- 10- Also, the higher levels of anxiety can be predicted in females had older parents and had history of childhood problems .

It is recommended that health and family life education should be offered the students and their families.

Also, application and implementation of a guidance program specific to nursing students to alleviate high anxiety level among students enrolled in the different educational zones of Kaliubia governorate.